



D. Maintaining Your Goal

14. Slipping and relapses

V.1

You need to expect that problems will come back from time to time. If you do slip, remember that you haven't failed, and remind yourself of your past achievements. You can often predict when problem gambling will reappear. You are more likely to lose control when you have bad times in other parts of your life.

You can learn from your slips by recognizing your triggers and risky situations. Look at what happened and see if you can spot ways of stopping it next time. **Review the exercises you completed and see if you can come up with any additional ideas.** Learn from your mistakes, see what works, and brainstorm what could work in the future.

This exercise will help you keep track of triggers and situations that resulted in gambling and learn how you might be able to prevent them in the future.

Description of incident (triggers)

- Went for lunch with co-workers after a bad morning at work
- Felt frustrated and irritable
- Drove by the casino

What you can do to prevent it from happening again

- Phone a friend to help me resist the urge
- Use self talk
- Bring only enough money for lunch

	Description of incident (triggers)	What you can do to prevent it from happening again
1.		
2.		
3.		
4.		

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