



A. Self Assessment

2. Understanding your gambling

V.1

People who gamble regularly often operate “on automatic pilot”. They do not pay attention to the things that feed their desire to gamble. It is useful to pay attention to these to help you regain control over your gambling.

Think back to the last 3 times you gambled:

Example:

- **Where/Situation:** Stopped at a casino while looking for a job downtown
- **Feelings before:** Frustrated, discouraged, feeling broke
- **Thoughts before and during:** If I made a big win then I wouldn't need a job, it would solve my problems
- **Amount of \$:** lost \$60

1.	Where/Situation	Feelings before	Thoughts before and during	Amount of \$

2.	Where/Situation	Feelings before	Thoughts before and during	Amount of \$

3.	Where/Situation	Feelings before	Thoughts before and during	Amount of \$

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