

HOW WILL GAMBLING AFFECT YOUR LIFE IF YOU DON'T CHANGE?



If you keep gambling without any change over the next 1, 2 or 3 years, what will your life look like? Imagine the effect on each of the areas listed below.

Use 1 or 2 words on each line.

1. Finances:

2. Emotional health:

3. Physical health:

4. Relationship with spouse/partner:

5. Relationship with children:

6. Relationship with friends/family:

HOW WILL GAMBLING AFFECT YOUR LIFE IF YOU DON'T CHANGE?



7. Your view of yourself:

8. Work/school:

9. Leisure/social:

Now, use these words to form a **POWERFUL IMPACT SENTENCE** about what would happen if you continued to gamble without changing.

This sentence is a summary of the future impact of gambling on your life. It highlights what gambling will do to your life if you don't change your gambling behaviour.

IMPACT SENTENCE:

Repeat this sentence often. It also helps if you repeat this sentence with vivid, emotionally powerful imagery (e.g., picturing a declining relationship with your children).

References:

Herie, M. & Skinner, W.J.W. (Eds.) (2014). **Fundamentals of Addiction: A Practical Guide for Counsellors** (4th ed.). Toronto, ON: Centre for Addiction and Mental Health.

Miller, R.N. & Rollnick, S. (2002). *Motivational Interviewing* (2nd ed.). New York: The Guildford Press.