

HOW WILL CHANGING YOUR GAMBLING IMPROVE YOUR LIFE?



If you stop gambling or stop harmful levels of gambling 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:

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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 your gambling changes in the way you plan it to.

This sentence is a summary of the future impact that stopping your harmful gambling behaviour will have on your life. It spotlights the benefits of changing your gambling behaviour. It can also help you maintain a firm and focused motivation.

IMPACT SENTENCE:

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

