

## Monitor Your Gambling & Urges



### Tips & Instructions

#### What time did you feel the urge?

Getting to know what time of day you feel urges is important. Patterns can help you to better identify when you are more likely to gamble (morning, afternoon or evening).

#### How strong was the urge?

This will help you better understand when your urges to gamble are stronger. You may want to pay special attention to the triggers that led to stronger urges.

#### What do you think triggered your urge?

A trigger can be the reason you gamble. For example; having money, feeling bored or a friend asking you to gamble. Getting to know these triggers is important so you can make a plan to deal or cope with these triggers and prevent gambling.

#### Did you gamble?

After an urge, you may or may not gamble. This will help you keep track of when you gambled or how you avoided gambling.

**No**

#### What did you do instead of gambling?

It's great that you were able to avoid gambling! Enter what you did instead of gambling. This will help you identify other activities that can help prevent you from gambling.



Completed: \_\_\_\_\_

## Monitor Your Gambling Urges

### How did you feel afterwards?

It's important to be aware of your feelings after you resisted the urge to gamble. These feelings, if positive, can motivate and reinforce your decision not to gamble.

### What happened as a result of not gambling?

Identifying all of the positive impacts of not gambling may help motivate you to avoid gambling in the future.

### Yes

### What type of gambling did you do?

Is there more than one type of gambling that could be a problem? Keep track of types of gambling to see if there are any patterns.

### Did you win or lose?

By keeping track of your wins and losses, you'll get a better picture of your gambling behaviour and whether or not you can afford to gamble.

**Note:** If you won money and then lost it, make sure you add your winnings to the total loss. For example, if you start playing with 200 dollars, win 100 dollars and then lose it all – your total loss will be 300 dollars for that entry. If you win 100 dollars and stop playing, your total winnings will be 100 for that entry.

### How long were you gambling?

Time can be as valuable as money. Keeping track of time spent gambling may help you decide if it is too much time away from other important activities and people in your life.

### With whom did you gamble?

Do you always gamble with the same person? Do you gamble alone? If you don't want to gamble, plan what you will say when someone asks you to go gambling. If you usually gamble alone, call someone that you trust. This can help prevent you from acting on the urge.

### How did you feel afterwards?

After you gamble or avoid gambling, it's important to track how you're feeling. Think about how you felt before and after to see if there are any patterns. Come up with a plan that will help prevent it from happening the next time you have an urge.

### What happened as a result of gambling?

Identifying what happens as a result of gambling may help motivate you to avoid gambling in the future. For example, a negative impact could be that you have a fight with your partner after gambling resulting in negative emotions.



Completed: \_\_\_\_\_

# Monitor Your Gambling Urges

## Self-Monitoring Diary

<b>1. Date</b>	Day: Month: Year:	Day: Month: Year:	Day: Month: Year:
<b>2. What time did you feel the urge?</b>			
<b>3. How strong was the urge?</b> Mild <span style="float: right;">Strong</span> 1 2 3 4 5 6 7 8 9 10			
<b>4. What do you think triggered your urge?</b>			
<b>5. Did you gamble?</b>			
<b>If you answered yes, skip to question 9. If you answered "no"...</b>			
<b>6. What did you do instead of gambling?</b>			
<b>7. How did you feel afterwards?</b>			
<b>8. What happened as a result of not gambling?</b>			



Completed: \_\_\_\_\_

# Monitor Your Gambling Urges

## Self-Monitoring Diary

If you answered "yes"...			
9. What type of gambling did you do?			
10. Did you win or lose?			
11. How long were you gambling?			
12. With whom did you gamble?			
13. How did you feel afterwards?			
14. What happened as a result of gambling?			

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**Reference:** Herie, M.A. & Watkin-Merek, L. (2006). *Structured Relapse Prevention. An Outpatient Counselling Approach* (2nd ed.). Toronto, ON: Centre for Addiction and Mental Health.