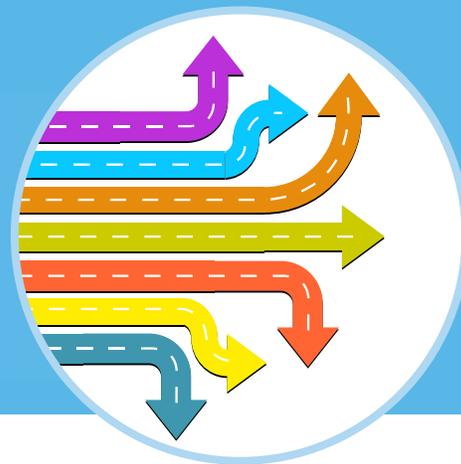


# QUITTING OR CUTTING BACK



Once you decide to make changes to your gambling, there are 3 options you can explore. Your options are described below.

## 1. QUITTING FOR GOOD

Many people find avoiding all forms of gambling to be the safest option for them.

## 2. QUITTING SPECIFIC GAMBLING ACTIVITIES

Some people quit the gambling activities that have caused them difficulty but continue to engage in other gambling activities (e.g., they quit playing slots and bingo but continue to buy raffle tickets).

This choice can be harder than quitting all gambling activities because you may find yourself starting to have difficulty with another type of gambling. For example, if you decide to cut out slot machines, an activity that has caused you the greatest difficulty, but start to increase your lottery wagering to try to win back some money, this would suggest it would be best to stop playing the lottery as well.

If this option is the one you choose, you need to decide what gambling activities you are cutting out and what activities you will continue to play.

## 3. CUTTING BACK

Some people plan to continue the gambling activities that cause problems for them but limit their play to non-problem levels.

This choice is usually the toughest. Many people attempt to do this but find that constantly struggling within their limits is too difficult. If you are thinking about cutting back on your gambling, it is helpful to quit all gambling for 2 to 3 weeks before making this decision. During this period, noticing how you cope with urges or temptations to gamble can help you decide if this is the right option for you

# QUITTING OR CUTTING BACK



If you are thinking of cutting back, go through the statements below, and indicate whether you agree or disagree with each:

	AGREE	DISAGREE
1. I can afford to gamble.		
2. I have been able to control my gambling (e.g., limiting time, limiting money spent) successfully in the <b>last year</b> .		
3. My family will support my decision to continue gambling.		
4. I have not thought about winning back money I have already lost.		

If you answered **disagree** to any of the above questions, then trying to cut down may **not** be the best choice or an easy goal to achieve. This is because your continued gambling, even if it is much reduced, will still likely worsen your financial situation, upset people around you and/or be difficult to manage if you found it hard to control your gambling in the past. Most importantly, if your motivation to gamble at all includes the idea of winning back money you have lost, then you are at risk of making the problem worse.

If you do decide to **cut back** your gambling, it is important to consider the following guidelines:

- Develop ways to avoid “chasing your losses” (i.e., trying to make up for what you’ve already lost).
- Limit the time you will spend gambling.
- Keep a daily diary to record your gambling (e.g., use a notebook to record the amount of time spent gambling, number of occasions, wins and losses, etc.).

Choose **one** of the following options as your goal, and sign your name. This will act as a personal contract to yourself, which will help you stay committed to your goal.

## 1. Quitting for good

Signature:

---

## 2. Quitting specific gambling activities

Types of gambling allowed:

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Types of gambling not allowed:

---

---

Signature:

---

# QUITTING OR CUTTING BACK



### 3. Cutting back

Number of days a week I can gamble:

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Maximum amount of time per session:

---

Maximum amount of money (\$) per session:

---

Maximum amount of money (\$) per week:

---

Signature:

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**Adapted from:**

Gambling, Gaming and Technology Use. (2018) Quitting or cutting back [Web page]. Retrieved from <https://www.problemgambling.ca/gambling-help/online-tools/Worksheet.aspx?Action=Render&Id=1922>.

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