

# REPAIRING RELATIONSHIPS



Your gambling has likely had negative effects on people around you and on your relationships with them. If you have hurt, neglected or misled your loved ones, it is important to work toward healing these relationships. This will help you repair the damage from your past activities and move forward to a more positive future.

Here are some steps you can take to repair relationships that have been hurt by your gambling:

1. If you have stopped your problematic gambling, find ways to show this to your loved ones so they can feel safer. Be patient with their need for proof and reassurance. Re-establishing trust will take time.
2. Offer a genuine and direct apology to people you have hurt. Help them understand that you take responsibility for the harm you have done and that you will do your best to repair what you can.
3. Do not expect instant forgiveness. Some people will feel wounded, and pushing for acceptance of your apology may leave them feeling resentful.
4. Be reliable. Follow through on promises and commitments. Be where you say you are going to be, and call if you have to be late.
5. Take action to make up for past wrongs. Listen carefully to what your loved ones tell you they need from you. Then, through your actions, show that you care and are making changes.

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Make a list of what you did or failed to do for each person, and think of what you can do to make it up to each of them:

NAME	WHAT I DID OR FAILED TO DO	WHAT I PLAN TO DO
<p>EXAMPLE My kids.</p>	<p>EXAMPLE I ignored them by spending too much time (and money) on online poker.</p>	<p>EXAMPLE I will get involved with their sports and dedicate Saturday nights to family time.</p>

Although taking responsibility for your past wrongs is important, it is just as important to forgive yourself so that you can move forward.

**Adapted from:**

Gambling, Gaming and Technology Use. (2018) Repairing relationships [Web page]. Retrieved from <https://www.problemgambling.ca/gambling-help/online-tools/Worksheet.aspx?Action=Render&Id=1932>.

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