

Gambling Motivation Ruler



How motivated are you to change your gambling behaviour right now? On the ruler below mark your motivation to change from 0 to 10.

A “0” means that you are not currently motivated to change your gambling behaviour and a “10” means you are extremely ready to take charge of your life and reduce/stop your gambling behaviour.



What does the number you chose on the motivation ruler mean to you? I.e. perhaps that changing would make you less stressed or perhaps you want to be free of debt.

1. _____
2. _____
3. _____

What do you think is getting in the way of your motivation to change your gambling behaviour? I.e. maybe because getting help is hard, or you don't know where to get help

1. _____
2. _____
3. _____

What or who do you think will help you sit higher on the scale? I.e. talking to your partner or family, support from a counsellor, voluntary barring, increase other hobby activities

1. _____
2. _____
3. _____