Gambling Safety Plan



What gets me thinking about gambling (triggers)?	When I feel like this I can Call?	When I feel like this I can do?	that remind me	The reasons that I choose NOT to gamble are?	The people in my life that I can trust to help me make and maintain this change are?
Example: Boredom	Call my friend Jenny	Go for a walk around the block	When lost 10kg in 4 months. It was hard and I replaced it but I kept persisting	I want to save money so that I can go on a holiday	My doctor (GP)

