

# Ten Top Tips<sup>©</sup>



## When you have a gambling problem

1. **Tell others** about your problem and decision. It is easier to overcome your problem if you have some support.
2. **Take financial control.** Calculate how much money you have lost and won over the time you have been gambling.
3. **Become aware of the situations** which have turned your gambling into a problem. For example, when you are bored, angry, have some spare cash, feeling lucky or thinking about losses.
4. **Think about your thinking.** How you think about your gambling will strongly influence how you act. Practice saying straight things such as: 'after a run of losses, raising my stakes and betting on the outsiders was a silly thing to do'.
5. **Money management:** To gain perspective on the value of money, try to reorganise your finances. For example, pay bills by direct debit, have your partner collect your wages and leave the credit cards at home when you go out.
6. **Organise your time:** When gambling becomes a problem, it takes up many hours of the week. Many gamblers feel a 'gap' when they reduce their gambling time. Try socialising or taking up a hobby or sport.
7. **Relaxation is important.** A lot of problem gamblers are intense about many areas of their lives. Learning to relax is one way of overcoming the initial strong desire to return to gambling.
8. **Saying positive things** to yourself can help determine how you feel and act. It requires a deliberate effort to overcome negative self-talk. Try to remember the good things about not betting.
9. **Make a commitment** to be honest to yourself and others. If relationships have broken down due to dishonesty then make a big effort to be totally honest in the future.
10. **If you are giving up or cutting down** on your gambling, remember that it sometimes takes a few efforts to reach your goal. Keep focussed on your successes.