

# MY GAMBLING HARM REDUCTION RECOVERY PLAN

Name: \_\_\_\_\_

ID #: \_\_\_\_\_

Date: \_\_\_\_\_

My plan for my gambling recovery is **harm reduction**. This means I would like to continue gambling but I would like to do so safely. Part of this plan will be to view gambling as purely entertainment and not a way to make/earn money.

## Harm reduction plan

- I intend to only spend \$\_\_\_\_\_ per \_\_\_\_\_ on gambling.
- I intend to only gamble \_\_\_\_\_ times per \_\_\_\_\_.
- I will only gamble for \_\_\_\_\_ at a time. I will stay no later than \_\_\_\_\_.

I find the following things trigger urges for me to gamble.

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

I can cope with or manage urges to gamble in the following ways.

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

If I find myself driving to the casino or other gambling venues I can go to the following places instead.

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

If I find myself having urges to gamble I can call the following people to talk.

Clinician Name _____	Clinician Phone _____
Contact Name _____	Contact Phone _____
Contact Name _____	Contact Phone _____
Contact Name _____	Contact Phone _____

Problem Gambling Help Line – (888) 789-7777  
Problem Gambling Chat Room - <http://www.ccp.org/>  
National Gambling Chat and Forums - <http://www.gamtalk.org>  
GA Help Line – 1-855-222-5542  
GA Phone Meeting – Call (712) 770-4160 enter 611704# when prompted  
(meets Wednesdays at 9:00 PM EST)

I intend to keep my money safe and protect my finances by doing the following.

- ✓ Paying all bills and important expenses first, **before** gambling.
- ✓ Turn over my finances to a trusted family member  
To Whom? \_\_\_\_\_ When? \_\_\_\_\_
- ✓ Add a trusted family member to my checking account and require two signatures to withdraw  
Who? \_\_\_\_\_ When? \_\_\_\_\_
- ✓ Schedule direct deposit of my paycheck to my bank account  
When? \_\_\_\_\_
- ✓ Limit the amount of money I can withdraw in a week (arrange with bank)  
When? \_\_\_\_\_
- ✓ Leave my cash/checks/debit or credit cards at home when I go out
- ✓ Meet with peer counselor or other financial counselor  
When? \_\_\_\_\_
- ✓ Tell friends and family NOT to lend me money  
When? \_\_\_\_\_
- ✓ Withdraw cash needed ONLY for expenses each day
- ✓ Call credit card companies and request a hold placed on further withdrawals  
When? \_\_\_\_\_
- ✓ Remove access to ATM usage and/or other financial transaction methods on the casino floor  
When? \_\_\_\_\_
- ✓ Leave ATM/Debit/Credit Card at home and bring only cash to the casino.
- ✓ Refrain from re-playing winnings. (If I win, I will not use these winnings to continue gambling.)
- ✓ Go to the casino ONLY with a trusted friend or family member who has knowledge of my harm reduction plan. This person is \_\_\_\_\_
- ✓ Other \_\_\_\_\_  
\_\_\_\_\_

I will envision the following things for my future as I recover from my gambling problem.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_