

Self-Monitoring Gambling or Urges to Gamble

Learning to understand and control gambling urges is an important step in regaining control over gambling behaviour. Using this tool will help you discover gambling patterns, triggers and coping strategies that are working.

Date	Time	Type	Where	With Whom	Mood	Gambled?	Time Spent	Net Won/Lost

Comments:

Consequences if gambled:

Coping strategies if not:

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Counselling can help you resolve problems caused by gambling and consider ways to lower your risk by stopping, reducing or modifying your gambling. It is available free of charge to anyone directly affected by gambling. Contact **Ontario Problem Gambling Help Line** anytime for information on problem gambling services and related resources in your community at 1 888 230-3505.