CHECKLIST

Asking For Help Checklist

- [ ] Write down what you want someone to understand
- [ ] Pick one trusted person to tell first
- [ ] Call a confidential helpline for practice
- [ ] Choose a set time for the first conversation
- [ ] Separate the gambling from the cover-up in your own mind
- [ ] Let the other person react before reassuring them
- [ ] Consider blocking software if urges keep interrupting your plans