CHECKLIST

Saying No – A Week of Practise

- [ ] Write down the script you'll use most often and read it once before bed for three days.
- [ ] Tell one person you trust what you're working on and ask them to help you practise by asking you to go gambling.
- [ ] Suggest one outdoor activity to a friend instead of something that involves gambling.
- [ ] When guilt comes after saying no, write down why you made that choice and read it back to yourself.
- [ ] Notice one friendship that feels lighter after you've said no to gambling – that's the one worth keeping close.
- [ ] Practise the redirect script: "I'm not doing that anymore. What I'm doing instead is [activity]. Want to come?"
- [ ] If someone pushes back, practise saying "I need you to respect this" – without explaining further.
- [ ] Spend one outdoor time with someone, even if it's brief, so you know what that friendship looks like on new ground.