CHECKLIST

Daily honesty in gambling recovery

- [ ] Name one thing you lied about this week and write it down privately
- [ ] Tell the truth about something small before anyone asks
- [ ] Correct a recent lie directly and briefly
- [ ] Set one boundary you can actually keep
- [ ] Share a difficulty before it becomes a crisis
- [ ] Pause before answering questions that trigger the urge to lie
- [ ] Step outside when the pressure to be dishonest feels urgent