CHECKLIST

Before you talk to someone about their gambling

- [ ] Ground yourself first – a walk or quiet time helps you stay calm.
- [ ] Write down specific moments you've noticed, not general accusations.
- [ ] Choose a private, quiet place where you won't be rushed or interrupted.
- [ ] Give them a gentle heads-up – don't ambush them.
- [ ] Ask open questions and listen more than you speak.
- [ ] Stick to what you've observed – be concrete, not vague.
- [ ] If they get defensive, stay calm and pause the conversation if needed.
- [ ] Offer practical support and information about help services.
- [ ] Look after your own wellbeing – supporting someone else is hard work.
- [ ] Remember you cannot control their choices; you can only control your response.