

For everyone
affected
by gambling

CHAPTER ONE

Preparing for Change Worksheet

HELPING YOU THINK ABOUT WHAT NEXT

This worksheet has been designed for you.

You can use this to:

- Reflect on the impact gambling has on you and the things that are important to you
- Help you think about what to do next and if you want to be referred for specialist help
- Prepare for and take with you when you go for support and treatment if you have already made a referral
- Help you if and when you talk to someone, such as a loved one, about your gambling.



Some help might a good idea

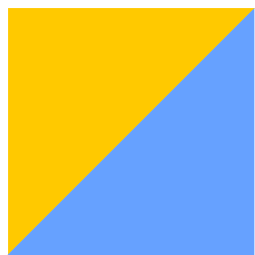
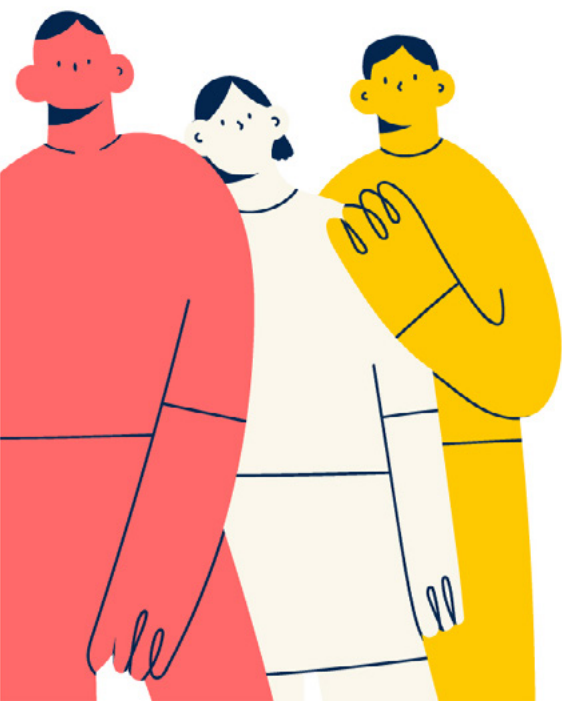
Sometimes it can be helpful to do this with someone you trust. They could for example talk it through with you and help you think about your answers. Whatever works best for you.



This is for you

Try to answer the questions as honestly as you can. Don't worry if you don't have all the answers straight away. We know it can be a big step to ask for help and that making changes can feel difficult. You can come back to this at any time.

Before you start, it might be helpful to go to: Chapter-one.org for information about what help and support is available, how to access it, and to understand more about gambling.



Thinking about the impact of gambling...

Consider all aspects of your life when answering these questions, such as friends, family, finances, health and mental wellbeing, thoughts, feelings and your plans for the future

What am I getting from gambling?

What is gambling costing me?

The changes I want to make are:

For example, if you think you spend too much time thinking about gambling you might want to have more time for plans with your friends, or you may wish to stop gambling altogether

Motivations to change

This section is to help you think about how ready you feel to make change, and where you might need additional support

1-10 Scale: 1 = not at all 5 = neither negative or positive 10 = extremely

How important is it to change my gambling?

How ready am I to change my gambling?

How much better would my life be if I changed my gambling?

How confident am I that I can change my gambling?

Making a plan for change

The steps I plan to take in making these changes are:

Things you might want to think about include blocking your access to gambling, seeking specialist support, or finding a new hobby to replace gambling related activities

How other people can help me

It is important to remember that you don't need to do this alone. Talking to someone is part of the process and will help you plan for change. Think about your close relationships and friends, as well your wider support network or professionals who might be able to help

Who:	How they can help:

I will know when my plan is working when:

Some things that could interfere with my plan are:

By thinking about what might stop you making changes you can start to plan for how you will overcome these barriers in advance, this will make your plan more likely to succeed

Free and confidential help and support that works is available.

You can refer yourself easily and quickly now and the team will get back to you within a week.

Visit Chapter One to find out more about gambling, steps you can take and the help available.

We are here to support everyone affected by gambling.

Chapter-one.org

