

THE “PREOCCUPATION” CONVERSATION

CONVERSATION STARTERS

FOCUS

To identify that harm isn't just about being broke; it's also about the mental bandwidth gambling takes up.

ADULT



ADULT

It sounds like you feel you've got a solid system for your accas.
Do you find you're thinking about the next bet even when you're out with mates or
trying to sleep?

YOUNG PERSON



YOUNG PERSON

[Response]

ADULT



ADULT

That's actually one of the first 'harms' people don't talk about – that preoccupation that stops you engaging with life around you. It's basically when the game starts living rent-free in your head 24/7.

TAKEAWAY / REFLECTION

When it starts messing with your sleep or making you feel on edge until the result comes in, that's the industry winning.

Have you ever felt like you can't actually enjoy the game because you're too worried about the outcome?