



HELP GAMBLING ADDICT

ACTION LIST

OVERVIEW

This is an action guide to support you in your dealing with a gambling addict. We've divided the template in four parts:

- Focus on yourself first
- Focus on the other person
- Take the conversation
- Plan the future together
- Support tools

This document contains to-do-lists and tips we hope will benefit you. Let's get started.

PART: 1

FOCUS ON YOURSELF

There is only one you. So, before we put any focus on helping someone else. We want to focus on you. If you don't feel well, there is no way you have the energy to help someone else.

Let's do the following things:

- Read through this guide.
- Stick to your routines (take walks, meet with friends, cook food, workout...). Decide and write down 3 things you'll do only for yourself in the next 3 days.
- Read through the Guides about "Addiction," "Can you gamble and win?", and "How they trick you." They'll give you a head start!
- Sign up as a free member on QuitGamble.com to take advantage the resources we provide. **(Optional)**
 - Ask any questions you have to the members.
 - Read stories from other Affected others in our Relative Support Group.
 - Work through the Non-Violent Communication course. We can't recommend it enough!
- Please, read through the section about co-dependency again – list 5 things you'll do to avoid becoming co-dependent.
- Spend a few hours reading about online casinos, sports betting, and poker. It will give you a better understanding of the topic.

PART: 2

FOCUS ON THE PERSON WITH GAMBLING PROBLEMS

Let's put our attention to the person you believe struggles with gambling. Here are a few things you can do over the next few weeks.

Let's do the following things:

- Read through the section about signs of gambling addiction again.
- Pay attention to the person. Is there anything wrong?
 - What warning signs can you identify?
 - Monitor the behavior, any changes? Be attentive and write things down.
 - Put extra attention to things that regard money.
- Ask questions about how the person is feeling.
- Try to come up with ideas of things you can do together. That would distract both of you, and it gives you a chance to spend time together.
- Ask someone close to you for help, perhaps the partner, close friend, family member, or co-worker. Share your concern and ask them to observe various warning signs. Recommend them to read through this guide as well.

PART: 3

TAKE THE CONVERSATION

Confronting, or start talking with someone we believe has a problem can be difficult. Most of us fear how the person will react. The following list will help prepare you for that situation.

Let's do the following things:

- Practice listening with empathy (watch the video again)
- Prepare open-ended questions to get the person talking. Avoid judgments and analysis, focus on the person's feelings, and start building a connection. Start from the beginning. If you need inspiration, check out the guide again.
- Sit down with the person. Tell him/her about your observations, feelings, and needs. Then ask him/her to tell you about what you've observed. If you need extra support, ask another relative to join the conversation.

PART: 4

PLAN FOR THE FUTURE:

Here is a list of things you and the person can do together.

Let's do the following things:

- (You) **You mustn't lend out money to the person.** If you cover up financially, the person will not take responsibility for his/her actions. You're only doing them a disservice. They need to suffer the consequences of their gambling.
- (Together) If he/she gambles online, install the Gamban app together. It'll block all gambling sites.
- Check if there are any ways to self-exclude from casinos in your country.
- (Together) Encourage him/her to do the Happiness Test. After the test, sign up on QG together. You can create separate accounts to get the support both of you need.
- (Together) If the person has a lot of debt with high- interest rates, help him/her find a person who can consolidate all loans to one big loan with a lower interest rate.
- (Together) Plan a few social activities together and be outside in nature. Help the person to reconnect to nature and other people. For example, take long walks or go to the gym together.
- (Together) Open up to other relatives together. They can also support you. It's a myth that we are strong alone. **WE ARE TRULY MUCH STRONGER TOGETHER!**
- (Together) There are physical support groups for gambling addicts like Gambler's Anonymous in most countries. The 12-steps program at GA works

PART: 5

SUPPORT TOOLS

We know you're in a tough spot, and we want to support you as much as possible. Here is a list of things tools we believe you'll find useful.

- Nonviolent Communication course (Highly recommended)
- [The Happiness Test](#) (It'll help the problem gambler what gambling is doing for them.)
- The Support group for affected others on QuitGamble.com.
- The community on QuitGamble.com (Ask questions, discuss, find inspiration)
- Videos to share (Share the intro video to [QuitGamble](#) or our [Youtube channel](#).)
- The guides about *Addiction, can you win? & How they trick you.*
- Block apps like [Gamban](#) and [Betblocker](#).
- Physical support groups, perhaps there is one for affected others in your city.