

# MY GAMBLING ABSTINENCE RECOVERY PLAN

Name: \_\_\_\_\_

ID #: \_\_\_\_\_

Date: \_\_\_\_\_

My plan for recovery from gambling is **abstinence**. This means that I feel in order to recover from my gambling problem I will need to stop gambling completely.

I find the following things trigger urges for me to gamble.

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

I can cope with or manage urges to gamble in the following ways.

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

If I find myself driving to the casino or other gambling venues I can go to the following places instead.

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

If I find myself having urges to gamble I can call the following people to talk.

Clinician Name _____	Clinician Phone _____
Contact Name _____	Contact Phone _____
Contact Name _____	Contact Phone _____
Contact Name _____	Contact Phone _____

Problem Gambling Help Line – (888) 789-7777  
Problem Gambling Chat Room - <http://www.cpg.org/>  
National Gambling Chat and Forums - <http://www.gamtalk.org>  
GA Help Line – 1-855-222-5542  
GA Phone Meeting – Call (712) 770-4160 enter 611704# when prompted  
(meets Wednesdays at 9:00 PM EST)

I intend to keep my money safe and protect my finances by doing the following.

- ✓ Turn over my finances to a trusted family member  
To Whom? \_\_\_\_\_ When? \_\_\_\_\_
- ✓ Add a trusted family member to my checking account and require two signatures to withdraw  
Who? \_\_\_\_\_ When? \_\_\_\_\_
- ✓ Schedule direct deposit of my paycheck to my bank account  
When? \_\_\_\_\_
- ✓ Limit the amount of money I can withdraw in a week (arrange with bank)  
When? \_\_\_\_\_
- ✓ Leave my cash/checks/debit or credit cards at home when I go out
- ✓ Meet with peer counselor or other financial counselor  
When? \_\_\_\_\_
- ✓ Tell friends and family NOT to lend me money  
When? \_\_\_\_\_
- ✓ Withdraw cash needed ONLY for expenses each day
- ✓ Call credit card companies and request a hold placed on further withdrawals  
When? \_\_\_\_\_
- ✓ Exclude myself from the casino  
When? \_\_\_\_\_
- ✓ Remove access to ATM usage and/or other financial transaction methods on the casino floor  
When? \_\_\_\_\_
- ✓ Other \_\_\_\_\_  
\_\_\_\_\_

I \_\_\_\_\_ (will/will not) attend Gamblers Anonymous (GA) meetings as part of my recovery.  
- If so, I will attend the GA meeting in \_\_\_\_\_ which meets \_\_\_\_\_.

I will envision the following things for my future as I recover from my gambling problem.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_