



# My Plan for Gambling

The biggest problems I have had because of my gambling are:

- 1.
- 2.
- 3.

The reason I MUST limit or reduce my gambling is:

## My gambling goals:

1. I will spend no more than \_\_\_\_\_% of my budget, which is \$\_\_\_\_\_ per month.
2. I will spend no more than \$\_\_\_\_\_ per time that I gamble.
3. I will gamble expecting to lose, as that is the nature of the game. If I *do* win anything at all, this is what I will do with those winnings:
  
4. I will spend no more than \_\_\_\_\_hours playing, per time I gamble.
5. I will only gamble at the following low-risk activities or games:
  
6. I will only gamble in the following low risk situations:
  
7. I will be sure to be accountable to the following people about my gambling:
  
8. I will not gamble when I am feeling:  
Angry                      Stressed  
Lonely                      Other: \_\_\_\_\_  
Depressed
9. I will not gamble and use substances simultaneously.

**If I am unable to stick to any goal above, I will:**