## **Gambling Relapse Analysis**

I have tried to quit gambling at least \_\_\_\_\_ times before.

	The SITUATION around me that led to me gambling again:	The <b>FEELINGS</b> that might have contributed to my relapse:	The THOUGHTS in my head that made it seem like a good idea:	How much MONEY was lost/gained in that episode:	How I FELT AFTER leaving the casino (or other facility or gambling activity):	Looking back, SOMETHING I MIGHT HAVE DONE DIFFERENTLY was:
Date of relapse: New Year's 2017	EXAMPLE:					
Motivation to NOT gamble <i>had</i> been: <u>finances,</u> lost trust from spouse	Drove by the casino	Tired, overwhelmed, stressed	I need to zone out	lost \$200, also lost \$50 free play, total loss of \$250	like crap, low self- esteem, financial problems just made worse	Driven a different route home, deep breathing, called my SO, turned on the radio to change my thoughts
Date:						
Motivation to NOT gamble:						
Date:						
Motivation to NOT gamble:						

## **Gambling Relapse Analysis**

	The <b>SITUATION</b>	The <b>FEELINGS</b> that	The <b>THOUGHTS</b> in	How much	How I <b>FELT AFTER</b>	Looking back,
	around me that	might have	my head that	MONEY was	leaving the casino	SOMETHING I MIGHT
	led to me	contributed to my	made it seem like a	lost/gained in that	(or other):	HAVE DONE
	gambling again:	relapse:	good idea:	episode:		<b>DIFFERENTLY</b> was:
Date:						
Motivation to						
NOT gamble:						
Data	1					
Date:						
Motivation to						
NOT gamble:						
Data	ı	Ι				<u> </u>
Date:						
Motivation to						
NOT gamble:						