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| I have tried to quit gambling at least \_\_\_\_\_\_\_ times before. | | | | |  |  |  |
|  |  |  |  |  | |  |  |
|  | The **SITUATION** around me that led to me gambling again: | The **FEELINGS** 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 ***had*** been: *\_finances, 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* |
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| Date: |  |  |  |  | |  |  |
| Motivation to NOT gamble: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  | |  |  |
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| Date: |  |  |  |  | |  |  |
| Motivation to NOT gamble: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  | |  |  |
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|  | The **SITUATION** around me that led to me gambling again: | The **FEELINGS** 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 casion (or other): | Looking back, **SOMETHING I MIGHT HAVE DONE DIFFERENTLY** was: |
| Date: |  |  |  |  | |  |  |
| Motivation to NOT gamble: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  | |  |  |
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| Date: |  |  |  |  | |  |  |
| Motivation to NOT gamble: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  | |  |  |

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| Date: |  |  |  |  |  |  |
| Motivation to NOT gamble: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |