

Gambling Relapse Analysis

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: <u>New Year's 2017</u> Motivation to NOT gamble had been: <u>finances, lost trust from spouse</u>	EXAMPLE: <i>Drove by the casino</i>	<i>Tired, overwhelmed, stressed</i>	<i>I need to zone out</i>	<i>lost \$200, also lost \$50 free play, total loss of \$250</i>	<i>like crap, low self-esteem, financial problems just made worse</i>	<i>Driven a different route home, deep breathing, called my SO, turned on the radio to change my thoughts</i>

Date: Motivation to NOT gamble: _____ _____ _____						
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