

### 3. Avoidance of risks & triggers

A helpful strategy, particularly in the early stages of trying to stop gambling, is to learn to recognise and avoid situations that may trigger your urge to gamble. Avoidance is a recommended tactic until you develop the skills to cope and avoid relapse.

Trigger	What can I do to reduce this trigger?
<i>Eg: When I go to work I walk or drive past several bookmakers.</i>	<i>Change my route to work to avoid the bookies.</i>