

1. Gambling Diary

Keeping a record of your gambling is an important step and can give you valuable insight into your behaviour. Keep a note of how much money and time you spend, how you feel whilst gambling and the triggers and consequences of your gambling. It may be useful to use the following template in order to proceed with this exercise - though you could, of course, create your own diary.

After completing your diary for a couple of weeks you may be able to start identifying trends in your behaviour. For example, it might be that you tend to feel anxious or lonely before starting to gamble.

<i>Date & time</i>	<i>What were you doing directly prior to gambling? Where? Who were you with? How did you feel?</i>	<i>Type of gambling</i>	<i>Time and money spent</i>	<i>Consequences</i>
<i>2 Aug, 10:30pm</i>	<i>Watching TV at home alone. Feeling sad.</i>	<i>Online / blackjack</i>	<i>4 hours / \$200</i>	<i>Exhausted at work next day.</i>