

4. Improve problem solving skills

It's really common for people struggling with a gambling problem to enter into a process of circular thought - thinking that the solution to problem gambling is gambling. Winning a jackpot is an unlikely and unrealistic solution that will only make the problem worse. By developing realistic ways to solve problems or worries that may be causing you anxiety you be in a much better position to Improve your current situation.

Problem / worry	Realistic solution
<i>Gambling debt</i>	<i>unify my debts into one loan with lower interest agree on affordable payments with creditor contact a debt counsellor get a part-time job ask a trusted individual to manage my finances until I'm back in control</i>