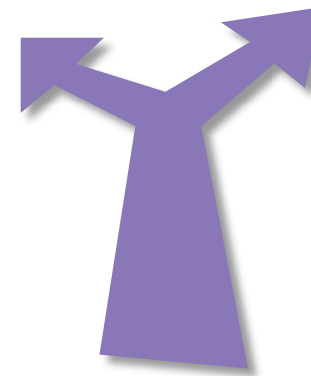


## 5. Dealing with the urge to gamble: The Three Ds



### **Delay**

The urge to gamble won't last forever. After a period of time the urge will pass.

Try techniques to delay gambling as much as you can and eventually the craving will pass.

### **Distract**

Fill the time that you would have used for gambling with an equally rewarding activity to distract yourself.

### **Decide**

Make the decision to stop gambling, and remember all the things you have to lose. Cravings only remind you of the good things about gambling so challenge those thoughts and remind yourself of all the reasons why you decided to change and stop gambling.

*Look back at the previous exercises to help remind you how far you have come...*