

The SAOL Project Presents



Reduce the Use 2

Supplementary Worksheets and
Handouts for people exploring

Gambling

Worksheet W1 2

Current Gambling

Initials: _____

Write down your current gambling as honestly as you can remember. If a particular type does not apply to you just leave the boxes blank. The first two lines are examples to get you started.

Example

TYPE OF GAMBLING	HOW OFTEN?	HOW MANY BETS?	COST PER WEEK
Bookies Type: Horses	Every day	4	€120
Lottery	Every 2 nd day	10 lines National Lottery and 6 scratch cards	€80

Type of gambling	How Often?	How many	Cost per week
Bookies Type: Type: Type:			
Casino Type: Type: Type:			
Internet Type: Type: Type:			
Card Games Type: Type: Type:			
Lottery			
Bingo			

Worksheet W① 3

Gambling Diary/Journal

By filling out this diary sheet you will begin to see patterns to your gambling, what triggered it, the feelings associated with those triggers, the actions you took and the consequences of those actions. You should record every trigger regardless of whether you ended up gambling or not. This information will help you to become more self-aware around your gambling. Record as many situations as possible in between each module of the course and bring your Journal with you to each module.

Day And Time	Trigger What made me want to gamble?	Thoughts & Feelings What was I thinking? What was I feeling?	Behaviour Did I gamble? If I didn't gamble, what did I do instead?	Good Consequences Did anything good happen?	Bad Consequences Did anything bad happen?

Here are some risky situations. Mark them 1 to 3 as you see fit. (1= no temptation gamble; 2 = slight temptation to gamble; 3 = strong temptation to gamble)

Risky situation	1	2	3	Risky situation	1	2	3	Risky situation	1	2	3
When I am angry				When I feel bored				When I feel happy			
When I feel sad				When I feel lonely				When I feel good about myself			
When I am around people who gamble				When I feel guilty				When I am offered other drugs			
When I have money worries				When I don't feel good about myself				When I have money to spend			

Worksheet W④1

Sample Gambling Situation

Background

Situation/incident

Thoughts- Internal Conversation

Feelings

Behaviour

Consequences

Handout H④2

Dave's Story

Background

Dave has wanted to give up gambling for the last six months, but had never gone a full week without placing a bet. A lot of Dave's gambling was done in the local bookies and he would have a few drinks with the lads as he was placing bets. The last time Dave gambled was a week and half ago and he is feeling really good about himself - he hasn't had a drink in the past week and a half either. He's started to make plans for the future and if you ask him, he will say there is no way he wants to go back gambling again and that he feels proud of himself. He even feels he has been sleeping a bit better these past few days.

Situation/Incident

A close relation of Dave's passed away. Dave went to the funeral and back to the pub to be with his family. Dave has a few drinks and he starts to feel a bit tired.

Thoughts- Internal Conversation

Dave starts to think that the company is boring; he is aware that some of the family is in the bookies placing bets. He starts to think about all the fun they are having. Dave thinks, "Sure I will go into them and the fresh air will wake me up". He then thinks, "Maybe I will have one small bet it will help me feel better".

Feeling

Dave feels excited at the thought of the bookies and having a laugh with the lads. He feels a rush of adrenaline run through his body. He is feeling reckless from the alcohol and he's only thinking of the here and now. At this point Dave has started to forget all the positive things he was thinking about just a short while ago.

Behaviour

Dave goes into the bookies and asks the lads how they are doing; he begins to study the form and asks his uncle for the loan of €100. He places a bet on a horse – which wins. So Dave decides to have another bet and also a look at the dogs. Dave spends the rest of the day between the Bookies and the pub. He loses his money and the €100 loan he got off his uncle.

Consequences

Dave wakes up the following afternoon; he has missed work and has two texts from his uncle about the money. Dave remembers telling him that he had the money in the bank and would return it the next day. Dave knows he only has €20 in the bank and is worried about how he going to get it back or explain himself to his uncle. Dave gets the €20 out of the bank and goes into the pub as he feels a drink will settle him and get his head straight. The racing is on in the pub; Dave sees a 10/1 shot that will get him back the money. Dave places the bet.

Worksheet W④2

My New Script

Background

Dave has wanted to give up gambling for the last six months, but had never gone a full week without placing a bet. A lot of Dave's gambling was done in the local bookies and he would have a few drinks with the lads as he was placing bets. The last time Dave gambled was week and half ago and he is feeling really good about himself and starts to make some plans for the future. He hasn't had a drink in the past week and a half either and if you ask him, he will say there is no way he wants to go back gambling again and that he feels proud of himself. He even feels he has been sleeping a bit better these past few days.

What happened?

A close relation of Dave's passed away. Dave went to the funeral and back to the pub to be with his family. Dave has a few drinks, starts to feel a bit tired and considers joining some of his family who are next door in the Bookies...

New Thoughts

New Feelings

New Behaviour

New Consequences

Worksheet W51

Good and Bad Things about Gambling

For this exercise you need to write down as many good and bad things about your gambling as you can. Be as clear as possible and try to have a minimum of at least three for each.

Type of gambling	Good things about using	Bad things about using
Bookies Type: Type: Type:		
Casino Type: Type: Type:		
Internet Type: Type: Type:		
Card Games Type: Type: Type:		
Lottery: Type: Type: Type:		
Bingo		
Other		

Worksheet W01

Good and Bad Things about Reducing/Stopping Gambling

Like the previous exercise you will need to write as many good and bad things about reducing/stopping your gambling use as you can. Aim for a minimum of three for each.

Type of gambling	Bad things about reducing/stopping	Good things about reducing/stopping
Bookies Type: Type: Type:		
Casino Type: Type: Type:		
Internet Type: Type: Type:		
Card Games Type: Type: Type:		
Lottery: Type: Type: Type		
Bingo		
Other		

WORKSHEET W⑤ 3

My Goals Worksheet

It's time to set some goals and make decisions about your gambling. Think back to the work you have already done on yourself during this programme.

What goals do you want to achieve?

- Do you want to stop gambling?
- Do you want to reduce your gambling?
- Are you happy enough to continue with your gambling?

The goal(s) I want to achieve over the next four to six weeks are:

The most important reasons why I want to achieve these are:

The steps I plan to take in achieving these goals are:

The ways other people can help me are:

Some things that might interfere with my plan are:

Handout H02

Understanding Cravings

1. Cravings are a normal part of reducing or stopping your Gambling and are to be expected.
2. Cravings will come and go and will lessen in intensity over time
3. They are most often experienced early in recovery but can persist longer
4. Cravings can be triggered in many ways:
 - Seeing someone that you associate with your gambling
 - Feeling emotions such as frustration, stress, boredom, depression, excitement, happiness, etc
 - Familiar objects, smells and sounds
5. Physical signs of Cravings can include:
 - Feeling nervous and agitated
 - Heart pounding
 - Sensation of being able to smell or taste the environment you associate with gambling (like the Casino or even the Internet Site)
 - Sweaty palms
 - Feeling of wanting to go to the toilet/diarrhea
6. Psychological signs can include:
 - Fantasies about gambling
 - Convincing yourself that you'll feel great if you gamble
 - Fooling yourself that it'll be ok to gamble just once

WORKSHEET W01

My Relapse Prevention Plan

Part 1 - Your Relapse Warning Signs

Some examples which might help: Stopped going to GA meetings; was feeling really angry with everyone around me; was thinking negative thoughts a lot of the time; starting avoiding my family; fantasised about gambling as a reward.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Part 2 What I will do if I notice these warning signs

Some examples which might help: Force myself to speak to my sponsor; talk to a counsellor about my feelings of anger; write down all the good things about my life; take some time out to do something for me; open up to someone I trust about my feelings; pick a different reward from my 'Reward List'.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____