

FREE GUIDE + WORKBOOK

18 STEPS TO A LIFE WITHOUT GAMBLING

A practical guide and workbook
for lasting change

QUITBET

START HERE / ACT BEFORE READING AHEAD

Your first 24 hours

Start here if you are safe. You can use steps 1, 7, 8 and 9 today, before reading the rest. If you cannot stay safe, use page 3 now.

1. End the session. Confirm one barrier; if pending, add an available safeguard ([step 7, page 24](#)).
2. Protect one essential expense before your next risky time ([step 8, page 27](#)).
3. Choose somewhere away from gambling and a solo action for an urge ([step 9, page 30](#)).

Example: Block confirmed on phone. Keep tomorrow's food money available. After my shift, park the phone and shower; contact support if I keep reopening gambling.

Protection active/pending; backup while waiting:

Essential expense; amount/date; protected or at risk:

Next risky time; where and what I will do:

Support option if my plan is not enough:

This is your first-day plan. Reuse it later. Examples are fictional. Type, print or use a note; save privately. Free tools and the optional app are on page 5.

START HERE

If you need help right now

If you might hurt yourself, cannot stay safe or face an immediate threat, contact emergency services or a crisis service now. Move to a safe place and ask a safe person to stay with you if possible. Do not wait to finish a worksheet.

In the United States and Canada, call or text 988 for suicide crisis support. Elsewhere, use your local emergency number for immediate danger; use findahelpline.com to find other support. Pages 66-67 list gambling and crisis services separately.

If you are safe but still gambling, stop the session. Leave the device or venue and move somewhere gambling is harder to reach. Do not add money to try to repair the loss.

Protect money needed for food, housing, medicine, transport and dependents. Remove a stored payment method, ask your bank about gambling blocks or ask a gambling service for help with self-exclusion.

If safe, you can message someone: I have been gambling. Can you stay in touch while I stop and put a block in place? If nobody answers, begin the solo sequence on page 31. Seek gambling support if you keep returning; use urgent help if you cannot stay safe.

For immediate danger, use emergency care. A gambling helpline is not emergency dispatch.

Sources [1], [28], [30], [31]

FIND WHAT YOU NEED

Contents

First-day route: 1 / Stop → 7 / Access → 8 / Money → 9 / Urges

01 Stop the session and make your first change **6**

02 Break one link in the gambling loop **9**

03 Separate the promise from the result **12**

04 Let go of the finishing win **15**

05 Stop asking the next bet to fix the past **18**

06 Let go of being due a win **21**

07 Close the easy ways back to a bet **24**

08 Keep essentials out of the next bet **27**

09 Use a plan when an urge arrives **30**

10 Prepare for your most likely trigger **33**

11 Tell one safe person what you need **36**

12 Find support you can reach **39**

13 Address stress, sleep and mental health **42**

14 Give gambling-free time a place in your week **45**

15 Get help with one urgent bill **48**

16 Ask for gambling-specific treatment **51**

17 Act quickly if you gamble again **54**

18 Keep your plan ready for life changes **57**

Each step: theory, example, action, summary and task. Skip ahead for practical protection or treatment. Reuse notes; pause a distressing reflection.

Free tools and app 5 | Planning worksheets 60-65 Help 66-67 | About this guide 68 | Sources 69-71

QUITBET / FREE TOOLS AND OPTIONAL APP

Choose a tool for your next step

Free PDFs. No email, account or purchase. Choose A4 or US Letter, in color or black and white.

quitbet.co/free-resources



Quit-gambling checklist / Step 7

Check one protection; write the next gap you will close.

Personal urge plan / Step 9

Write your trigger, first action and backup contact.

Game-day plan / Steps 10 and 18

Choose your setting and a backup before the next match.

30-day quit-gambling calendar / Step 14

Write a start date; mark today and one thing that helped.

QuitBet app / Free to start

For iPhone with iOS 18 or later.

Start with the free pattern check and quit-plan preview.

Pick one everyday trigger to plan for.



Full tools include daily check-ins, urge exercises and progress tracking, with QuitBet Unlimited.

Full tools require a subscription. Check the current price and terms before subscribing.

[Open QuitBet on the App Store](#)

Choose one tool and use it today. Human support is available whenever you need it; gambling and crisis contacts are on pages 66-67. For immediate danger, use page 3 now.

STEP 01 / THEORY

Stop the session and make your first change

Make stopping possible today

You can stop the current session before you feel certain about the rest of your life. Close it, then change the access that would make returning easy. The next useful question is not 'Am I serious enough?' It is 'What can I close now?'

Start with the harm you want to prevent: rent money disappearing, another sleepless night, or time you had promised your family. You do not need to wait for a diagnosis before acting on that harm or asking for help.

An urge after stopping does not cancel your decision. Exclusions, blocks and practical support can make that decision easier to carry out. No single safeguard closes every route; check what each one covers.

Use the first-day plan at the front of this book. If you might harm yourself or cannot stay safe, use urgent help first. Otherwise, begin with one stopped session and one barrier.

Example: Ben has lost money after a late shift. He wants to know whether he is 'really addicted' before doing anything. He logs out and requests exclusion now. The label can wait; another session does not need to follow.

Sources [1], [2]

STEP 01 / ACTION

Close the session, then check the barrier

Log out or leave the venue safely. Do this before reviewing losses, checking results or waiting for a better ending. Move away from the place or device you used to continue.

Choose your main account or venue. Find its self-exclusion instructions and submit the request without gambling. If the instructions are unclear, ask the operator's support team how to apply. This is an administrative request; you do not need to explain your whole history.

Save the reply outside the gambling app. Check what it covers and when it becomes active. A submitted request can remain pending. While you wait, keep logged out and add an available device or payment barrier; step 7 helps you check coverage.

Mark the status on your first-day plan or use the boxes here. If you already have a confirmed exclusion, check it rather than submitting it again. The result is one stopped session and a barrier with a known status.

STEP 01 / PUT IT INTO PRACTICE

Summary and task

- You can act on harm without choosing a diagnosis.
- Stop the current session before planning the whole recovery.
- Check when a barrier becomes active and what it covers.

Your task: Close your main route back

Use your first-day plan if you have already started. Check existing protection instead of repeating the request.

1. End the session and request exclusion from your main account or venue, without placing another bet.
2. Save the reply outside the gambling app and check its coverage and start time.
3. Record active or pending status, plus a follow-up time if needed.

Example: Main betting account. Request sent; confirmation pending.
Logged out and phone blocker active. Check the reply tomorrow morning.

Main account or venue:

Protection requested or checked; active or pending:

Any gap while waiting, and my follow-up time:

Done when: The session is closed and one barrier is checked or requested, with its status recorded.

Next step: Go to steps 7-9: access, essential money and urges.

STEP 02 / THEORY

Break one link in the gambling loop

Change what happens before the bet

A session often starts before you open the account. Payday arrives, the group chat mentions a match, or a notification meets you after work. You expect money, relief or something to look forward to. Easy access turns that expectation into a session.

Think of one remembered occasion in four parts: the cue, the promise, the way in, and the result afterward. Include the later checking, secrecy or tiredness, if those happened. This is a practical map, not a diagnosis or a reason to replay bets.

Availability, marketing and product design contribute to gambling harm. Your surroundings deserve attention as well as your thoughts. A promotional message can be removed even when a difficult shift cannot.

Ask: 'Which link can I change before the next familiar moment?' Choose the earliest accessible link. Removing a prompt does not solve loneliness or financial pressure, but it gives you one less invitation to respond to.

Example: Marcus checks his phone when wages arrive. A promotional message makes gambling feel like part of payday. He removes the message and puts his essential-payment reminder first. He changes the invitation before deciding how to spend.

Sources [2]

STEP 02 / ACTION

Remove one repeated invitation

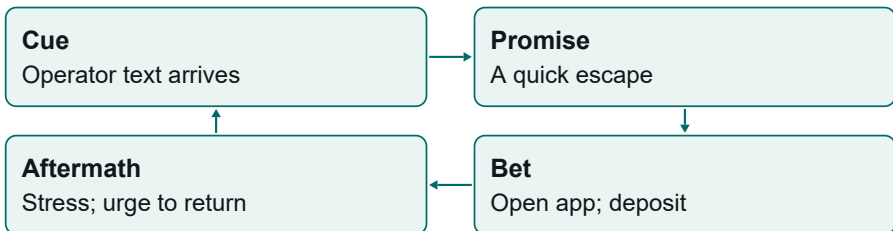
Choose one contact that repeatedly invites you back: operator notifications, promotional emails or a social account sharing gambling content. Use a remembered example. Do not browse offers to find a stronger one.

Turn off notifications through your device settings, unsubscribe from promotional messages, or mute the account. Keep necessary exclusion confirmations and service replies available. You are removing an invitation to return; keep the other protections on your plan in place.

Check the setting you changed. Then decide what the same moment will lead to instead. If an after-work notification usually starts the loop, your first-day plan might say: 'After work, open my saved urge plan before browsing.'

Use an existing note rather than drawing another full map. If messages still arrive, list them for the access check in step 7. You are finished when one invitation is removed and the next familiar moment has a different first action.

Example: a repeated invitation



Example pattern. Your own cue or route may be different.

Sources [20]

STEP 02 / PUT IT INTO PRACTICE

Summary and task

- Notice the cue, promise, access and later result.
- Remove one invitation before the next familiar moment.
- Give that moment a different first action.

Your task: Remove one link, keep one useful cue

Use a contact you already recognize. No gambling research or new diary is needed.

1. Switch off, unsubscribe from or mute one repeated gambling invitation.
2. Check the change and add a different first action to your existing plan.

Example: Operator notifications switched off in phone settings. After work, open my saved urge plan. Promotional emails still need removing.

Invitation removed and how I checked it:

At that moment I will; any remaining messages:

Done when: One invitation is removed and a replacement first action is ready.

Next step: Check remaining messages and shortcuts in step 7.

STEP 03 / THEORY

Separate the promise from the result

Keep the need, question the method

Gambling may have provided moments you enjoyed: excitement, relief or conversation with friends. You do not have to deny them to stop. Compare the promise with the whole experience, including what came afterward.

If the promise was rest, did you finish rested? If it was money, did you gain reliable control over your bills? If it was company, did you feel more connected or end up hiding the session? Ask about a familiar evening rather than your best remembered minute.

Gambling harm can involve health and relationships as well as money. A brief benefit can coexist with a cost you no longer accept. The need underneath it still deserves an answer.

Name that need plainly: a break, something absorbing, company, or help with a payment. Then choose another method. It may feel quieter at first. You are testing whether it serves the need without the spending, secrecy or lost time you want to leave behind.

Example: After a difficult shift, Daniel wants to feel competent at something. Gambling promises that feeling but leaves him checking losses. He spends a short session fixing his bike instead, then notices whether finishing one useful task gives him satisfaction.

Sources [2]

STEP 03 / ACTION

Test an alternative against the actual need

Take one familiar promise and finish the sentence: 'What I wanted was...' Use the first-day plan if you have already named the need. Add the later result in a few words, without reviewing betting history.

Choose something that fits. For company, arrange a short conversation about a shared interest. For an absorbing break, start a saved podcast, a practical project or a game without wagering or paid chance features. For a bill, use the payment-help route in step 15.

Set a time and a first action small enough for a hard day. 'Work on the bike for ten minutes after my shift' is easier to begin than 'find a new hobby.' Make sure any cost is affordable.

Try it once. Ask whether it met any part of the need and what would improve it. Keep your barriers in place. If it did not help, adjust the method; you have learned something about the need, not earned a reason to gamble.

STEP 03 / PUT IT INTO PRACTICE

Summary and task

- Compare the whole experience with the original promise.
- Keep the need even when you change the method.
- Try one fitting alternative and adjust it using what happened.

Your task: Test one better way to meet the need

This is one small experiment, not a demand to enjoy a new life immediately.

1. Name one need and the later result of using gambling to meet it.
2. Try an affordable alternative at a specific time, using a small first action.
3. Note what helped or what you will change next time.

Example: Want something absorbing; gambling leaves me checking money. At 7 pm, fix the loose bike light for ten minutes. Afterward: useful, but start earlier next time.

Need, and gambling's later result:

Alternative, first action and time:

What helped or needs changing:

Done when: You have tried one alternative and identified something to keep or change.

Next step: Add the useful version to your first-day plan; build a repeatable slot in step 14.

STEP 04 / THEORY

Let go of the finishing win

Choose an ending that does not need a result

One final win can seem like a clean ending: recover your pride, prove you were not foolish, then walk away. Notice the condition hidden in that story. You have allowed the next result to decide when you may stop.

Ask what happened after earlier wins. Did you leave, increase spending, or return later? There is no required answer. Look for the rule you actually used, rather than the ending you hoped for.

If a loss means 'I cannot leave like this' and a win means 'I should make the most of this,' both results can lead to another bet. What result would give you permission to leave? If the condition keeps moving, waiting cannot provide a dependable exit.

You can dislike the ending and still close the session. Stopping today does not make the past loss acceptable. It changes who decides what happens next: your chosen action rather than another result.

Example: Sam tells himself a final win will restore his pride before he quits. He notices he said the same thing after earlier wins. He changes the ending: close access today, even though the last session was disappointing.

STEP 04 / ACTION

Remove the condition, carry out the exit

Use the sentence you already associate with a finishing win: 'I will stop when...' Complete it without naming an amount or calculating a target.

Replace it with a decision that applies after either result: 'I am ending gambling without waiting for a winning ending.' Choose an unfinished action from your first-day plan: close access, confirm a pending exclusion, or protect an essential payment.

Begin that action before checking scores, balances or recent results. If your main barrier is already active, verify it once and choose the next gap. There is no need for another exclusion request or another page of notes.

Keep the replacement sentence where you use the plan. When a remembered win returns, ask whether it settled the reason you wanted to stop. Then carry out the same exit action. This step changes the stopping rule; step 5 deals with the separate pressure to recover money already lost.

STEP 04 / PUT IT INTO PRACTICE

Summary and task

- A winning ending can keep stopping dependent on another result.
- Check whether both winning and losing become permission to continue.
- Choose an exit action that applies after either result.

Your task: Replace the winning-ending rule

Use two short lines in your existing plan. Do not calculate a winning target.

1. Name the condition you have attached to stopping.
2. Replace it with a result-independent decision and complete one unfinished protective action.

Example: Waiting for a win that makes the ending feel better. I am ending without that condition. Confirmed my main exclusion is active.

I have been waiting to stop until:

My decision instead; protective action completed:

Done when: Your replacement decision is saved and one protective action is completed or a pending request has a follow-up time.

Next step: Keep that stopping rule when a win or loss comes to mind.

STEP 05 / THEORY

Stop asking the next bet to fix the past

Protect what remains instead of risking the repair

A loss can create urgency: payday is tomorrow, a partner expects the bill to be paid, or you want the problem fixed before anyone knows. Another session can then feel like a responsibility. It is still a new risk.

Ask: 'If this money had not already been lost, would I choose gambling as the repair plan?' The pressure comes from the loss; it does not make the next bet more reliable.

The amount lost and the money available now are different decisions. You cannot change the first by insisting it should not have happened. You can decide what happens to the next payment, the remaining balance and the next hour.

Stopping the chase may leave a real bill and a difficult conversation. Those deserve practical attention. Separate them from gambling: one route protects what remains, another handles the payment. Neither requires you to win first.

Example: Alex has lost part of the money for a household bill and wages arrive tomorrow. He wants to repair it secretly. He blocks the route back, protects the incoming payment and prepares the bill details for an advice request.

Sources [14]

STEP 05 / ACTION

Separate the immediate stop from the bill

Close the gambling screen or leave the venue safely. Keep the next payment, borrowed money and essential belongings out of another session. Use the access and money protections in your first-day plan; steps 7 and 8 expand them.

Name the actual problem in plain terms: which bill, when it is due, and whether essentials are at risk. Do this away from gambling accounts. An account balance is not an instruction to gamble.

If the deadline is close or food, housing or another essential is at risk, use the payment-help route in step 15 now. Otherwise, put the next bill action on your plan for tomorrow. A provider or qualified local debt adviser can explain options without another bet.

You can begin alone by closing access and protecting essentials. If you keep reopening the session, cannot protect needed money, or feel unsafe, bring in human help now. Use step 9 for the urge while the practical problem remains unresolved.

STEP 05 / PUT IT INTO PRACTICE

Summary and task

- A past loss does not make another bet a reliable repair.
- Protect the money available now and the next payment.
- Handle the real bill separately, with help when essentials are at risk.

Your task: Separate the chase from the actual repair

Use the money and access actions already on your first-day plan. No support message is required to begin.

1. Close the session and use one protection for remaining or incoming money.
2. Name the actual payment problem and its next practical action; seek prompt help if essentials are at risk.

Example: Gambling closed; payment block checked. Household bill due Friday. Collect the statement tomorrow; ask the provider about options if there is a shortfall.

What I protected, and how:

Actual bill or problem, deadline and next action:

Done when: The chase is interrupted, a money protection is used or requested, and the actual problem has a next action.

Next step: Use step 9 for the urge; use step 15 for a payment deadline or shortfall.

STEP 06 / THEORY

Let go of being due a win

A feeling is not a forecast

A run of losses can feel like a debt the game must repay. An almost-win can feel like unfinished business. Ask what new information the feeling gives you about the next result. Intensity is not the same as evidence.

On independent random games, earlier outcomes do not change the next result's odds. A losing streak does not make a win due. Other products work differently, so do not use this explanation as a rule for every form of gambling.

An almost-win can feel compelling without being a win or proof that the next result improves. Looking for a pattern can keep attention on another session instead of the harm that made you stop.

Knowing a sport may help you discuss or predict it. It does not make a bet certain or settle concerns about spending and secrecy. Ask a separate question: 'Even if I know a lot, has this activity given me the control I want?'

Example: Ryan knows his team's statistics and feels confident before a match. He notices knowledge has not stopped hidden spending. He keeps watching without betting content, using the reminder that understanding the sport does not resolve the pattern he wants to change.

Sources [2], [13], [15]

STEP 06 / ACTION

Match the reply to the thought

Choose the thought you most often use as permission to return. Use a memory; do not inspect results, watch gambling videos or place a test bet.

Match it with an accurate short reply. For an independent random game: 'Earlier losses or an almost-win do not improve the next result's odds.' For skill: 'My knowledge does not settle the spending or secrecy I want to change.'

Add the action already on your urge plan: close the screen, switch away from betting content or move to a place where you cannot continue. Save the reply beside that action rather than starting another diary. Practise the pair once without gambling.

You do not need to argue until the feeling disappears. Use the reply to recognize the thought, then do the action. If you repeatedly return despite that plan, get gambling-specific help; the exercise is a reminder, not a replacement for treatment.

STEP 06 / PUT IT INTO PRACTICE

Summary and task

- Independent random results do not make a win due.
- An almost-win or strong feeling does not prove the next result.
- Match a brief reply with a protective action you already use.

Your task: Add one useful reply to your plan

Reuse your urge plan. One accurate line and one practised action are enough.

1. Name one permission-giving thought and choose a reply that fits the product and concern.
2. Add the reply to your existing protective action and practise the pair without gambling.

Example: I know this sport well. Knowledge does not settle my hidden spending. Read that line, then switch away from betting content.

The thought that gives me permission:

My accurate reply, then the action I practised:

Done when: One accurate reply is saved with an existing protective action, and you have practised it.

Next step: Use the pair when the thought appears; seek gambling-specific help if you keep returning.

STEP 07 / THEORY

Close the easy ways back to a bet

Make access harder before the next urge

A promise to stop does not change a saved password, a working card or a betting link. Access protection changes what you can reach. Its purpose is to make the next risky moment less dependent on a fresh decision.

Each layer has gaps. Deleting an app leaves the account open. A phone block may not cover a laptop. A bank block depends on the cards, payment methods and transaction classifications it covers. Check what is active rather than assuming one switch covers everything.

In the UK, GAMSTOP covers participating remote operators licensed in Great Britain, not every website worldwide or physical venue. Other schemes have their own rules. A submitted request may still need activation.

If your bank has no gambling block, you still have other layers: account exclusion, device controls and removing stored payment details. Ask what controls are available for your account. Preserve access to essentials; do not treat moving money between your own accounts as a gambling block.

Example: Morgan has deleted the betting app, but an old laptop and payment wallet still work. The bank offers no gambling block on that account. Morgan checks exclusion coverage and adds a device block while asking about other payment controls.

Sources [17], [18]

STEP 07 / ACTION

Close the largest remaining gap

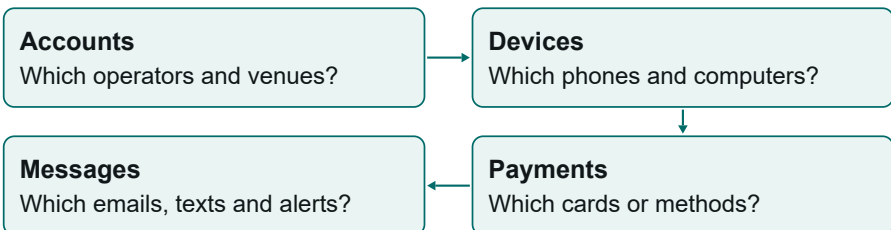
Start with your page 2 plan or existing checklist. Check four areas: accounts, devices, payments and messages. Add only what is missing; keep confirmations in the same record.

Check exclusion coverage and activation, including venues and unused accounts. Delete saved passwords and apps. Check every device you could use, including a work device if you are permitted to change its settings.

Ask the bank which cards and payment methods its block covers. If no block is offered, ask about other available controls, remove stored payment details and strengthen the account or device layer. Mark payment access as uncovered until confirmed otherwise.

Opt out of betting messages and remove saved links. Close the most immediate gap now. Save active confirmation, or mark the request pending with a follow-up date. Verify through settings or support, never by attempting a bet.

Check all four protection areas



Coverage check: save confirmation and note any accounts or methods still uncovered.

Sources [17], [18]

STEP 07 / PUT IT INTO PRACTICE

Summary and task

- Check accounts, devices, payments and messages; one layer can have gaps.
- If a bank block is unavailable, strengthen other layers and keep the gap visible.
- Save active or pending status; verify without attempting a bet.

Your task: Close the largest remaining gap

Add to your page 2 plan or [free checklist](#); do not copy everything again.

1. Check the four protection areas. Find the easiest remaining way to gamble, without opening betting content or trying a bet.
2. Close that gap now. If a request is pending or the option is unavailable, add another layer and record the follow-up.

Example: Bank offers no block for this account. Laptop block is now active; exclusion pending. Stored card removed. Ask about payment controls Thursday.

Gap found, or coverage verified if none:

Barrier added; active confirmation or pending request:

Remaining gap; service to ask and follow-up date:

Done when: One gap has a confirmed protection, or a pending request plus another available barrier; any remaining access is clearly recorded.

Next step: Keep the confirmation with your plan; follow up on any pending request.

STEP 08 / THEORY

Keep essentials out of the next bet

Available money already has a job

A bank balance can look like money you could risk. Some of it may already be needed for rent, transport or food before your next income. A written list makes those commitments visible before payday arrives.

A previous loss does not turn new wages into a gambling budget. Another bet puts the new money at risk as well. Ask: If this money disappeared tonight, which ordinary need would go unpaid?

List the essentials due before the following income, including dependents' needs if relevant. A long-term debt total and tomorrow's transport fare are different problems. Protect the coming days while you seek advice about the larger picture.

A separate bills account can organize money; moving it between your own accounts does not itself block gambling. Check the safeguard from step 7 and its limits. Financial help should stay voluntary and safe. A shortfall needs qualified local advice, rather than another bet.

Example: Casey's wages arrive at midnight, and rent is due on Monday. An old loss makes the new balance feel like a second chance. Casey lists rent, transport and food before payday, then checks the available safeguard already recorded.

Sources [1], [2], [18]

STEP 08 / ACTION

Prepare before money arrives

Reuse the income or bill figures from page 2 if you have them. Add the next income date and amount, then essentials due before the following income. Use statements or bills; mark unknown figures instead of guessing.

Check payment dates as well as totals. Paying one bill early could leave food or transport uncovered. Arrange only affordable payments you understand. If the essentials exceed the income, record the closest deadline and request local debt, housing or welfare advice.

Use your step 7 record to check one payment safeguard before payday. Confirm its status and coverage; do not start another checklist. If the bank offers no block, use available account or device protection and keep the payment gap visible.

If useful, ask a safe person to check in after wages arrive. Agree what you will share. Company while reviewing bills does not require giving away passwords or control over essentials.

Sources [1], [18]

STEP 08 / PUT IT INTO PRACTICE

Summary and task

- List essentials and dates before the next income arrives.
- Use your existing access record to check one available safeguard.
- Get qualified advice about a shortfall; help must be safe and voluntary.

Your task: Give payday money a job

Use your existing figures; fill only the gaps.

1. List next income, essentials due before the following income and any shortfall.
2. Check a step 7 safeguard. If unavailable, add an account or device layer; note pending or uncovered gaps.
3. For a shortfall, request local advice or note opening time and nearest deadline.

Example: Friday wages \$900; essentials \$950. Card block active. Rent due Monday; advice requested about the \$50 gap.

Next income date and amount:

Essentials total; money missing:

Safeguard status; advice contact if needed:

Done when: A barrier is used or requested, payment gaps are recorded and any essential shortfall has an advice action.

Next step: Check any pending protection before income arrives; keep this list for step 15.

STEP 09 / THEORY

Use a plan when an urge arrives

You can act before you feel calm

An urge can feel like restlessness, a repeated thought or a pull toward a screen. It can be present while you take a different action. You do not need to settle the thought or feel certain before closing the app.

A plan that starts with calling someone can stall when nobody answers. Prepare a sequence you can begin alone, plus a human backup. The first aim is to stay away from gambling access while doing something ordinary.

Choose a hands-on task that fits the setting: shower after a shift, prepare work clothes, tidy a shelf or walk a safe familiar route. Enjoyment is optional. Starting is enough for the next action.

No fixed number of minutes guarantees that an urge will end. A pause is not permission to bet afterward. If the pull remains, repeat the sequence or change the activity. If you keep reopening gambling, seek human support; if you cannot stay safe, use page 3 immediately.

Example: After a late shift, Riley starts scrolling betting content. Nobody is replying. Riley closes the app, leaves the phone charging across the room and showers. The urge remains, so Riley starts laying out tomorrow's work clothes.

Sources [1]

STEP 09 / ACTION

Use the solo sequence, then your backup

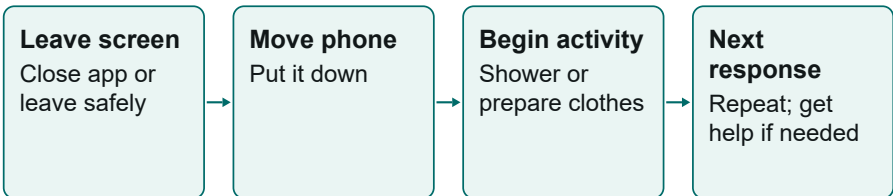
Close the gambling screen or leave the venue safely. Say: This is an urge; I can act without placing a bet. Keep exclusions and blocks active.

Park the phone away from your hands. Keep the plan on paper or somewhere you can reach without betting content, and retain a way to call for help. Move to a safe ordinary place where you are less likely to gamble.

Start one hands-on activity: shower, fold clothes, clean a shelf or walk a safe familiar route. If nobody replies, begin anyway. You do not have to wait for company or calm.

If the urge remains, stay away from access and repeat with another activity or location. If you keep reopening gambling or fear another loss, use your saved human backup now. Recurring disruption needs gambling-specific support. If you cannot stay safe, use page 3; skip the worksheet.

A pocket plan for an urge



A solo response can begin now. No fixed urge duration; use urgent help if unsafe.

Sources [1]

STEP 09 / PUT IT INTO PRACTICE

Summary and task

- Close the screen, park the phone and move to a safer place.
- Start an ordinary activity you can do alone; repeat if needed.
- Keep human backup for repeated return to gambling, and urgent help for unsafe situations.

Your task: Save a plan that works when nobody answers

Use the [free personal urge plan](#) or add these instructions to your page 2 note.

1. Choose where to park the phone, a safer place and one hands-on activity you can start alone. Add what you will repeat if the urge stays.
2. Keep a human backup and when to use it. Save the plan outside betting content; rehearse finding it once, without exposing yourself to gambling.

Example: Close app; charge phone across the room; shower and prepare work clothes. If the pull stays, tidy the hall. If I keep reopening bets, use saved support chat.

Close screen / park phone / move to:

Hands-on activity I can start alone:

My repeat action; human backup and when to use it:

Done when: Your saved plan has an immediate solo action, a repeat option and a human backup; you can find it without gambling content.

Next step: Keep the plan ready before tonight's risky time.

STEP 10 / THEORY

Prepare for your most likely trigger

Prepare for the moment, not every possible urge

A trigger is something that tends to come before an urge: a message, a setting, a feeling or a familiar time. Pick one recognizable moment. You do not need to explain your whole gambling history to prepare for it.

The useful detail is specific: wages arriving at midnight, a friend posting bets before a match, or coming home wired after a shift. Write what gambling seems to offer there: company, relief, excitement or a way out of a money worry.

Use a when-then response that fits the actual moment. A reply to friends needs a next move if betting talk continues. A call needs a solo backup if nobody answers. Prepare what you can control.

You do not need to reopen betting content or visit a venue to test the plan. Use what you already know. If recalling an episode becomes distressing, choose an obvious cue you can remove. Persistent or overwhelming feelings deserve professional support.

Example: Alex's friends start discussing bets before a match. Alex has already chosen a reply and another place to watch. When the betting talk continues, Alex leaves the chat and watches elsewhere, with a solo plan ready if watching stays risky.

Sources [1]

STEP 10 / ACTION

Add one when-then line to your urge plan

Reuse your step 9 note. Add one familiar cue and the action you will take: When this happens, I will do this. Keep the action specific and available at that time.

For a match with friends: When bets enter the conversation, I will say I am watching without betting, mute the betting chat and move away if it continues. Arrange your own way home or another place beforehand.

Add a solo backup from step 9. If watching keeps pulling you toward a bet, skip the broadcast and begin that activity. A friend being busy or disagreeing does not leave you without a next step.

Prepare one needed detail now: silence the chat, choose another location or put the activity ready. At the next ordinary occurrence, note what helped or got in the way. Change that detail; do not gamble to test yourself.

One cue, one next action**When**

Match chat turns to betting.

**Then**

Mute it; change where I watch.

Example response: prepare an alternative; skip the match if it keeps pulling toward bets.

Sources [1]

STEP 10 / PUT IT INTO PRACTICE

Summary and task

- Choose one specific cue and what you hope gambling will change.
- Add a when-then response to your existing urge plan.
- Prepare a solo backup; observe ordinary life without gambling to test yourself.

Your task: Prepare one when-then response

For match-day cues, use the [free game-day plan](#); otherwise add one line to your note.

1. Use your step 9 plan. Write one recognizable cue and an action you can begin: When... I will... .
2. Prepare one detail now. Add a solo backup for a busy friend, continued betting talk or an activity that stays risky.

Example: When friends share bets, mute the chat and watch elsewhere. My own journey is ready. If watching still pulls me back, skip it and start my solo activity.

When... I will...:

What I need ready beforehand:

If that is unavailable, I will:

Done when: Your existing plan contains one cue, action and solo backup, with one preparation completed.

Next step: Use the response at the next ordinary occurrence; adjust one detail afterward.

STEP 11 / THEORY

Tell one safe person what you need

Ask for practical help without demanding forgiveness

Fear of anger or disappointment can make disclosure difficult. The first conversation can be short: what gambling affected, what you have done and what help you need. You do not need to present a complete history to begin.

Choose a person who respects your safety and privacy. A friend, relative, clinician or adviser may fit; being close does not automatically make someone safe. If disclosure could expose you to threats, violence or financial control, seek confidential guidance first.

Someone affected may be hurt or angry. They may decline a request or need time. Acknowledge the effect without asking them to reassure you, forgive immediately or prevent every future bet.

A checkable action gives the conversation something concrete: an active block, an unpaid bill list or an agreed review time. It does not restore trust in one exchange. Be honest about pending protections and uncertain figures. Keep a boundary about timing without claiming shared bills are already resolved.

Example: Morgan tells a safe partner about hidden rent money. The partner is angry and wants time alone. Morgan does not ask for instant forgiveness: they show the confirmed block and agree when to review the unpaid bills.

Sources [1]

STEP 11 / ACTION

Use a fact, an action and one request

Choose a safe recipient and a manageable format: message, call or conversation. Use three parts: what happened, one checkable action, and a specific request. Reuse your protection record or bill list rather than writing the whole history again.

For example: I used money meant for the bill and hid it. I understand why you are angry. My card block is active; here is the confirmation. Can we check the unpaid bills tomorrow?

Do not call a pending request active or promise numbers you have not checked. If needed, say: I can check the amounts tomorrow; I cannot give reliable figures tonight. Leave room for the person to need time.

If they agree, settle one detail such as a review time. If they decline, use another safe person or service. End a threatening exchange and seek safer support. You are not required to disclose to someone who may harm you.

A message in three parts



Example message to a safe person; use confidential help if disclosure is unsafe.

Sources [1]

STEP 11 / PUT IT INTO PRACTICE

Summary and task

- Choose a safe listener; use confidential guidance if disclosure risks harm.
- Name the effect, one checkable action and one specific request.
- Allow anger or time; one conversation does not repair trust.

Your task: Make one clear, safe request

Reuse one protection or bill detail you already checked.

1. Write a few sentences: the effect of gambling, an action already taken or honestly pending, and one specific request.
2. Choose a safe recipient and send it when safe. If disclosure risks harm, choose confidential guidance instead; add any needed timing boundary.

Example: I hid the overdue bill. I understand you are hurt. My block is active. Could we check the remaining bills tomorrow? I need to verify the amounts first.

Recipient and contact method:

My message:

Optional boundary or safer recipient:

Done when: Your request names an honest fact and checkable action; it is sent safely or a confidential alternative is chosen.

Next step: When a reply arrives, agree one time or task. Use another safe route if needed.

STEP 12 / THEORY

Find support you can reach

Choose the smallest useful route

You can begin without a phone call. A free worksheet, this book's boxes or a phone note can organize the next action. The optional app offers another format. Pick the route you will actually use today, with human backup for more help.

QuitBet has four free printables without signup. Use the checklist for access, the urge plan for a ready response, the game-day plan before a match, or the calendar to place actions in your week. Reuse work you have already done.

QuitBet is Free to start: a limited pattern check and quit-plan preview. Full check-in, urge and progress tools require a subscription. Check terms and cost before buying. You can carry out the book's actions with free paper tools or a note.

Tools are not gambling-specific treatment. If gambling continues, essentials are at risk or distress worsens, seek professional support. Ask about chat or remote appointments if calling is difficult; step 16 explains treatment options. If you cannot stay safe, use page 3 immediately.

Example: Sam is not ready for a call. Sam saves the free urge plan and prepares a solo response for evenings after work. A support chat is saved as backup; no signup, purchase or conversation is needed to begin the first action.

Sources [1]

STEP 12 / ACTION

Finish one action, then save a human backup

Name today's need. Use the free checklist for an access gap, the personal urge plan for a ready response, the game-day plan for a match or the calendar for a risky time. Add missing details to your existing work, then carry out its first action.

If you prefer QuitBet, try the free pattern check and plan preview. Keep the result only if it gives you a useful next action. Before paying for full tools, check the subscription terms and whether the routine fits your budget.

Human backup can be a safe person, support chat or optional moderated peer group. GamCare offers online peer support in England and Scotland. Check region, availability, cost and privacy rules. Peer support is not clinical treatment; pages 66-67 help you find services.

If nobody replies now, use the solo plan from step 9 while safe. If gambling continues, essentials are at risk or distress worsens, seek professional support now. Use urgent help if you cannot stay safe.

Sources [1]

STEP 12 / PUT IT INTO PRACTICE

Summary and task

- Begin with a free tool, your note, the optional app or a person.
- Use existing answers; finish one action and check any costs.
- Keep human backup; seek professional or urgent help when needed.

Your task: Use one route and save a backup

Choose a free tool, this book, [QuitBet](#) or a person; reuse saved answers.

1. Complete one action from a worksheet, the book, QuitBet or a conversation: activate a protection, save a solo plan, prepare for a cue or send a question.
2. Save a human backup with contact method and availability. If nobody replies, use your solo plan while safe; seek professional help for ongoing gambling or threatened essentials.

Example: Late-shift urges; free personal urge plan saved and work clothes ready. First action is a shower away from the phone. Support chat saved; opening hours checked.

My current need; route I chose:

Action completed; what I can use now:

Human backup; contact method and hours:

Done when: One action is complete, and you have a usable result plus a human backup.

Next step: Keep the result ready for the next risky moment; seek more help if needed.

STEP 13 / THEORY

Address stress, sleep and mental health

Help the part of the day that is hardest

Stopping gambling may leave the worry you were escaping still there. A difficult shift, an argument or a silent evening can remain difficult. Your stopping plan works better when it includes what you need at that moment, not only what you must avoid.

Start with one part of the day. Are you arriving home hungry, trying to settle after work or lying awake worrying about money? Choose a small response to that need. You can prepare it yourself without waiting to explain your whole situation.

For bedtime, prepare a quiet routine away from gambling messages. Keep your step 9 plan ready if an urge arrives. Poor sleep is not a failure of commitment, and a routine does not have to solve every cause of it.

Persistent sleep problems, low mood or anxiety deserve healthcare attention. Describe how they affect your day. You do not have to decide whether gambling caused the problem before asking for help.

Example: After a night shift, betting used to be your way to switch off. Set out clean clothes and keep the bedroom free of betting messages. If poor sleep keeps affecting work, ask for help with both sleep and gambling.

Sources [1]

STEP 13 / ACTION

Tell a professional the whole picture

Gambling can occur alongside depression, anxiety, trauma or alcohol and other substance problems. Tell a professional about both the gambling and the other concern. Ask whether care can address them together or coordinate a referral.

Name the effect on daily life: 'I am not sleeping and I have missed work,' or 'I drink before gambling and find it harder to stop.' Ask whether the service can help with both problems or connect you to someone who can.

If urges began or changed sharply after starting or changing a prescribed medicine, contact the prescriber. Explain when the change started. Some medicines can affect impulse control; the clinician needs to assess the connection. Do not change or stop treatment yourself.

Prepare a short message if speaking feels difficult; use it with your current clinician if you have one. While waiting, keep ordinary routines and gambling protections in place. If you cannot stay safe, use urgent help on page 3 rather than waiting for an appointment.

Sources [1]

STEP 13 / PUT IT INTO PRACTICE

Summary and task

- Treat stress and sleep problems as needs of their own.
- Tell a professional how gambling and other symptoms affect daily life.
- Discuss medication-related changes with the prescriber; do not alter treatment yourself.

Your task: Meet one immediate need; flag ongoing symptoms

Use your step 9 or 10 plan. Add something that helps the difficult part of your day; request healthcare help for a continuing concern.

1. Name one unmet need at your risky time. Prepare an ordinary response now, such as a quiet place to settle after work.
2. If symptoms persist or affect daily life, send a healthcare request or prepare an update for your clinician. Include gambling and relevant medication changes.

Example: After my shift, use the quiet room and park my phone. Poor sleep affects work; request an appointment about sleep and gambling.

Need at my risky time; response prepared:

Ongoing symptom; healthcare action if needed:

Done when: Your immediate response is prepared and any needed healthcare request has a next action.

Next step: Use the response at your next risky time; follow up the healthcare request.

STEP 14 / THEORY

Give gambling-free time a place in your week

Give the empty time somewhere to go

An evening that used to disappear into gambling may feel long when you stop. This step gives that time a plan you can actually attend. It builds on the need you identified in step 3: company, interest, rest or something else.

Match the activity to the need. Company might mean a weekly meal, helping a friend with a repair or joining a local group. Quiet time might mean working on your bike or reading. Decide the time, place and first step before the tired evening arrives.

Keep the cost and effort realistic. A nearby, affordable option is easier to repeat than an expensive class or long journey. If company matters, invite someone rather than assuming they will be available.

The activity may feel flat at first or turn out not to suit you. Ask whether it met the need and was worth repeating. It does not have to match gambling's intensity to have a place in a week you want to keep.

Example: Saturday mornings used to disappear into betting. You miss doing something useful with your hands. Arrange a bike repair with your brother and confirm the time. Prepare a project at home too, so a cancellation leaves you with a plan.

STEP 14 / ACTION

Keep a small menu for different days

You do not need a complete new identity to begin. Returning a message, eating with someone or keeping a small commitment can give the week something to build on. Start with a person or activity that already matters to you.

If your usual social plans involve betting, suggest a specific change: meet for breakfast, choose another venue or do something after the match. You can ask for that change without explaining every loss. If a setting makes gambling hard to avoid, choose a different plan.

Build a small menu around what you tried in step 3. Keep one option for company and one you can do alone. A cancelled invitation need not leave the whole evening undecided; prepare a backup that fits your energy and budget.

You do not have to fill every empty minute. Some boredom may remain. If it turns into an urge, use your urge plan or contact support. Over time, notice which activities you actually return to and make room for those.

STEP 14 / PUT IT INTO PRACTICE

Summary and task

- Match the activity to the need you miss, such as company or a break.
- Give an affordable, repeatable activity a time and place.
- Keep an easier backup for days when plans change.

Your task: Schedule a repeatable activity

Use the [free calendar](#) or the notes from step 3. Turn one activity you want to repeat into an actual appointment with yourself or someone else.

1. Choose a regular gambling time and the need you want to meet. Reuse step 3's answer if it fits.
2. Set a repeatable activity, time and place. Send an invitation if needed.
3. Choose an easier backup that does not depend on someone being available.

Example: Sunday morning, help my brother repair his bike. Confirm the time. If he cancels, work on mine with betting messages muted.

My time activity and first step:

If that falls through I will:

Done when: A regular time is in your calendar, with a backup and any invitation sent.

Next step: After trying it, keep, change or replace the weekly plan.

STEP 15 / THEORY

Get help with one urgent bill

Start with the next bill

When a bill is due, another bet can look like the only fast answer. The deadline is real; a future win is uncertain. This step separates the two. Protect essentials and take the actual notice to someone qualified to explain your local options.

Step 8 protects new income. Here, choose one bill or notice. Record its amount, deadline and requested action. Keep the document where you can find it. One notice is enough to start a conversation; a complete file can come later.

Which debts have the most serious consequences depends on local rules and your circumstances. An urgent notice needs prompt attention from a qualified local debt adviser. Ask what to do before the deadline rather than guessing which creditor to pay first.

Use bills and ordinary bank statements, without reopening a gambling account. If the numbers bring an urge to chase losses, put the document down and use step 9. You can return to one notice later; tell the adviser which information is missing.

Example: Payday is tomorrow, but a household bill is already overdue. Photograph the notice and check the deadline. Prepare one advice question tonight instead of opening betting. Tell the adviser about the shortfall; missing statements can follow.

Sources [1]

STEP 15 / ACTION

Make the advice request

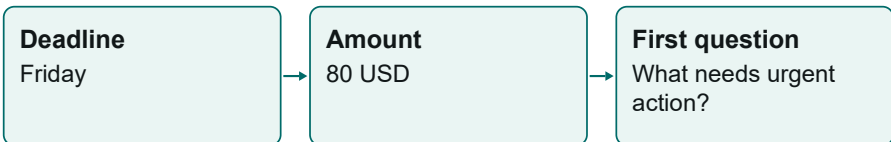
Look for a qualified adviser who covers where you live. Where available, start with a recognized free nonprofit or public advice service. Ask who provides the advice, whether there are fees and what information you need to bring. A gambling helpline may help you find local money support.

Make the request concrete: 'I have a notice due Friday and cannot cover it. What action is needed before then?' Include income, essentials and relevant gambling harm. If the service is closed, prepare the message and check its next opening time; seek prompt local advice for an urgent deadline.

If a creditor offers a payment arrangement, ask for the terms in writing. Do not agree to a payment you cannot assess just to end an uncomfortable call. If you are unsure, take the proposal to your adviser before deciding.

Help with money should respect your safety and control. Someone can help organize letters without taking over every account. If a person threatens you or uses money to control you, seek confidential advice rather than sharing passwords or financial records with them.

One bill to take to a local adviser



Example bill. Bring the notice; ask qualified local advice before promising payment.

Sources [1]

STEP 15 / PUT IT INTO PRACTICE

Summary and task

- Protect essentials while you seek advice about existing debts.
- One bill or notice is enough to begin an advice request.
- Get local advice before agreeing to payments you do not understand.

Your task: Take one bill to an advice service

Reuse the essential-expense note from step 8. Add one notice and its deadline, without calculating every past loss.

1. Find one bill or notice. Record amount, deadline and requested action; photograph or keep it.
2. Contact qualified local debt advice and ask what needs attention before that deadline. If closed, prepare the message and check when it opens.

Example: This bill is due Friday and I cannot cover it. What should I do first, and what details do you need?

The bill amount and deadline:

My advice contact and the question I will ask:

Done when: The notice is ready and the request is sent, or a call has a specific time and question.

Next step: Make the call; confirm advice before agreeing to a payment you cannot assess.

STEP 16 / THEORY

Ask for gambling-specific treatment

Ask before things get worse

You can take this step whenever you need it. Earlier steps are not entry requirements for treatment. Continued gambling despite plans, spending essential money or persistent distress are reasons to contact a service now.

Tell the service about low mood, panic, trauma, drinking or other concerns too. Ask whether it can address these alongside gambling or arrange another referral. A clearer picture helps the service understand what support you need.

Gambling-specific cognitive behavioral therapy (CBT) can help you examine gambling beliefs, recognize risky situations and practise responses. Ask a service about group or individual sessions and a format you can attend. This workbook can help you prepare, but it is not a course of CBT.

Ask about format, remote access, cost, language and waiting times. If one option does not suit you, explain why and ask about alternatives. The first call can request information as well as an appointment.

Example: Your blocks are active, but you keep finding another route after payday. A completed plan has not been enough. Tell a service exactly that and ask for gambling-specific treatment, including a format you can attend around work.

Sources [1], [2], [3]

STEP 16 / ACTION

Make the first appointment easier

Step 12 helped you choose an accessible support route. Here, ask specifically for treatment. Reuse your existing contact or request a healthcare referral. Describe what keeps happening, the harm that concerns you and the protections already tried.

Ask what the first appointment involves and what happens afterward. You can ask who sees your information and when it might be shared. If you want someone with you, a break or written information, ask whether that is possible.

If psychological treatment has not helped enough, ask a specialist whether other options, including medication, are suitable. A clinician needs to review benefits, risks and your other medicines. Do not start, stop or change medication yourself.

While waiting, keep your access protections active and ask what interim support is available. Keep a support contact easy to find. If you cannot stay safe, seek crisis or emergency help rather than waiting for a routine appointment.

Sources [1], [6], [7]

STEP 16 / PUT IT INTO PRACTICE

Summary and task

- Ask for help before losses or distress grow.
- Discuss gambling-specific CBT and a format that fits your needs.
- Prepare a short request; medication decisions belong with a clinician.

Your task: Contact one treatment service

If gambling continues or your current plan is not enough, use the contact from step 12. Upgrade an information enquiry to a treatment request.

1. Reuse your notes: what keeps happening, its main harm and the protections already tried.
2. Choose one service. Ask how to arrange a first appointment and about one access need.
3. Send the request or schedule the call.

Example: I keep betting after trying to stop. It is affecting my rent. Do you offer gambling-specific CBT, and how can I join?

My short request:

Service; request status or time to call:

Done when: A treatment request is sent, or the call has a time and a ready message.

Next step: If you cannot reach them, use a gambling helpline to ask for another option.

STEP 17 / THEORY

Act quickly if you gamble again

Stop the session and check safety

If you gamble again, stop the current session before trying to explain or repair it. Close the screen or leave the venue safely. Move away from access. Another bet cannot undo the episode, even if the thought says you must end on a better result.

Check safety first. If you might hurt yourself, cannot stay safe or face an immediate threat, use crisis or emergency help now. Ask a safe person to stay with you if possible. Reviewing a plan can wait.

If you are safe and nobody answers, begin the practical response yourself. Park the device, protect the next essential expense and use the ordinary activity from step 9. Close an available access gap without placing a bet to test it.

Contact support as soon as you can. You can say gambling happened and request one kind of help without reconstructing every bet. Repeated gambling or risk to essentials calls for more support, even when you have a written plan.

Example: Alone in a hotel, you gamble on an uncovered laptop. End the session and check safety. Put the laptop away, use your solo plan and close that access gap. Contact support; tell them what changed and what you need next.

Sources [1]

STEP 17 / ACTION

Close the gap

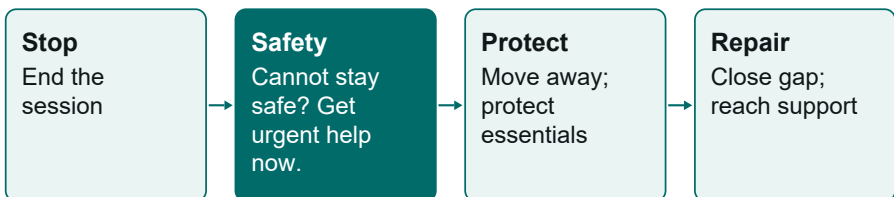
When safe, trace the short sequence before the bet: the situation, the route in and the gap in your protection. Keep it factual. You are looking for a change you can make, not a verdict on your character.

Maybe a new device was uncovered, a payment method remained available or betting messages pulled you back. Close one gap now. Confirm through settings, notices or support; do not try another bet to test the block.

Update your existing plan rather than starting every worksheet again. If your first contact is unavailable, use the backup from step 12. Say whether urges are continuing and what practical help you need.

If gambling keeps recurring, losses threaten essentials or distress is severe, contact a treatment provider. Ask whether your support needs changing. An episode deserves a prompt response; the useful next result is protection and care, not winning the money back.

If gambling happens again



If you cannot stay safe, use urgent help now; do not wait for later steps.

Sources [1]

STEP 17 / PUT IT INTO PRACTICE

Summary and task

- End the session and check immediate safety before reviewing it.
- Begin practical protection if safe; reach support without waiting to win back losses.
- Repair one gap and seek treatment when gambling continues.

Your task: Keep a short return plan ready

Reuse your first-day plan and steps 9 and 12. If gambling has just happened, act before filling any box.

1. Save the first actions: end the session, check safety, move away from access and protect essentials.
2. Keep your solo action and support contacts together. After an episode, add the actual gap and make one repair.

Example: End session; check safety; park phone. Protect groceries. Close uncovered-device access, then message support. Seek treatment if gambling keeps recurring.

First actions; solo response and support contacts:

Gap found or warning sign; repair made or next action:

Done when: Your first actions and contacts are easy to find; after an episode, one gap has a repair action.

Next step: If gambling happened, begin now; request more care if the plan is not enough.

STEP 18 / THEORY

Keep your plan ready for life changes

Prepare for the next change

A life without gambling needs room for ordinary changes: a payday, trip, event or difficult week. The final step keeps your plan usable as circumstances change. Choose the next change you know about instead of predicting every possible problem.

For payday, check essentials and payment protections before money arrives. For travel, consider unplanned time, the devices you will use and whether support is reachable. Notice the detail your usual routine does not cover.

For an event, decide how to take part and how to leave if gambling pressure grows. Make any request before it happens. If a familiar setting repeatedly pulls you back, changing the venue or skipping that event is a practical choice.

Confirm that exclusions and blocks cover your current accounts and devices through settings or support. Update contacts and check availability from your location. Planning one adjustment beforehand leaves fewer decisions to make during an urge.

Example: A work trip changes your evenings and gives you access to a different device. Check its protection before departure and arrange something for the first evening. Review that evening afterward; update the gap you actually found rather than predicting every risk.

STEP 18 / ACTION

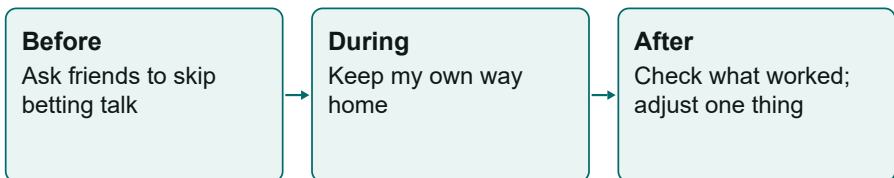
Review and keep what works

Use the week review on page 60 before a payday or change in routine. Check actual protection, the essential expense and one risky moment. Has the plan been used, or has it only been written? Repair a gap you can identify.

Review the activities you want to keep too. Is there time for company, rest or something enjoyable you can afford? If an activity keeps falling through, change its time or make it easier. Keep the part that actually happens.

A plan can look complete and still need changing. If you keep gambling, essentials are at risk or distress is growing, seek more support before your next review. Use what actually happened to explain where you need help.

Keep your step 17 response easy to find during settled periods. If gambling returns, use it promptly. When life changes, update the part that no longer fits. You do not need to rewrite everything or wait for a worse episode to ask for help.

Example: a match with friends

Prepare for an existing event. Change venue or leave if it no longer fits your plan.

Sources [8]

STEP 18 / PUT IT INTO PRACTICE

Summary and task

- Adjust your plan before a known change or event.
- Confirm protections through settings or support, without trying to gamble.
- Keep a brief review date and a way back to help.

Your task: Prepare one upcoming event

Use your step 10 response and page 60 review. For a coming match, the [free game-day plan](#) can organize an adjustment.

1. Name a coming change and the part your current plan does not cover.
2. Arrange one protection or alternative before it happens; keep a way to leave or a backup if needed.
3. Review afterward: what actually worked, and what will you change?

Example: Work trip next week. Check laptop coverage before leaving; reserve a gambling-free evening plan. Review the first evening and repair any gap.

Coming change; adjustment made or arranged:

Backup or exit plan; review time and what to check:

Done when: One adjustment is made or arranged, with a backup and a time to check what happened.

Next step: Make any pending adjustment before the event; use what the review shows.

YOUR PLANNING PAGES

What changed this week?

Review your first-day plan and any notes you used. Record what actually happened. You do not need a perfect week or a completed set of worksheets.

1. Check which protection is active and whether the essential expense was protected. Mark anything still pending.
2. Choose one risky moment. What did you do, and did gambling happen? Use this to adjust the plan.
3. Make one change now. If gambling continues, essentials are at risk or distress is severe, use step 16 rather than waiting for another review.

Example: Phone block active; groceries protected. Reopened betting messages after work. Muted that chat today and requested treatment information because gambling is continuing.

Protection actually active; anything pending:

Essential expense; protected or still at risk:

Risky moment; what I did and what happened:

Change made; extra help needed and next review:

A filled box is not a safeguard. Check the action happened. Keep what helped, repair a gap and seek more support when needed.

YOUR PLANNING PAGES

Make the first week workable

Optional: use the [free calendar](#) to schedule actions already chosen. Refer to your first-day plan; add dates rather than rewriting it. Follow your treatment plan if you have one.

1. Choose dates to check exclusions, device blocks and payment blocks. Mark anything pending.
2. Arrange one support contact and one activity for your riskiest time.
3. Book a short review using page 60. If gambling continues or essentials are at risk, seek help sooner.

Example: Monday, confirm the pending exclusion. Friday, keep my post-shift plan. Sunday, use page 60 to check what actually changed.

Barrier check: date and anything pending:

Support contact: who and when:

Risky time: activity, place and any person joining me:

Review: date, person and one question to discuss:

Next step: add the support contact and risky-time activity to your calendar.

YOUR PLANNING PAGES

A plan for the rest of the month

Optional: carry your weekly plan forward. Repeat what helped. Thirty days is a planning window; you can ask for more support sooner.

1. Keep one regular support contact. Choose dates for the next three weeks.
2. Schedule an affordable activity and prepare for one coming payday, event or change in routine.
3. Set a review date. Name the change that would make you contact professional help before then.

Example: Tuesday support calls. Saturday library group, free. Before payday, check my card block. If I gamble again, contact treatment support immediately.

My regular support contact; next three dates:

Activity; cost, place and date:

Coming event; safeguard I will arrange before it:

Review date; reason to seek help sooner:

Next step: book the first contact or activity. A date on this page alone is not a booking.

YOUR PLANNING PAGES

A short urge record

Optional: use this after an urge to update your step 10 response. Keep it brief; skip it if recalling gambling makes the urge stronger.

1. Record the setting and what happened just before the urge, without replaying bets.
2. Write what you did, including a support contact or barrier used.
3. Choose one change to make before a similar situation. Make the change or set a reminder now.

Example: Late shift; wanted to switch off. Closed betting messages, showered and prepared work clothes. Mute the chat before tomorrow's shift.

When and where; what happened just before:

What I wanted from gambling:

Action I took; support or barrier used:

Change for next time; when I will make it:

Next step: make the change you named. If urges are hard to manage, ask for more support.

YOUR PLANNING PAGES

Your money map

Optional: combine step 8 income with step 15 notices for advice.

Estimates are enough. Use bills or statements, without opening a gambling account.

1. List expected income and essentials due before the following income, including dependents' needs.
2. List debt notices and deadlines. Mark amounts or dates you need help checking.
3. Contact a qualified local money adviser. Ask how to protect essentials and respond to the most urgent notice.

Example: Income \$900 Friday; essentials \$950. Rent notice due Monday.
Ask local debt advice what to do before Monday and about the \$50 gap.

Expected income: amount and dates:

Essentials: amounts, dates and money available:

Debt notices: amounts, deadlines and unknowns:

Advice service; contact date and first question:

Next step: make the advice request. Missing paperwork should not delay an urgent contact.

YOUR PLANNING PAGES

Your return to support plan

Optional: combine your plans and contacts from steps 9, 12 and 17. Prepare before you need it; keep it outside gambling apps.

1. Choose one early warning sign you can notice and one action that interrupts it.
2. Reuse step 17's first actions and contacts. Add a backup if one is missing; a safe solo action can begin while support is unavailable.
3. Name when to seek professional help. For immediate danger or inability to stay safe, contact emergency or crisis services now.

US example: Hiding spending, stop gambling and message Maya. Backup: 1-800-MY-RESET. Seek treatment if gambling continues; use 988 for crisis support or 911 for immediate danger.

Warning sign; protective action:

First contact; message I will send:

Backup service and contact details:

Reason to seek professional help; urgent safety contact:

Next step: save the contacts and a copy of this plan somewhere you can reach quickly.

VERIFIED SUPPORT / 11 OCTOBER 2026

Find gambling support

Contacts checked on 11 October 2026. These services help people affected by their own or someone else's gambling. Use the linked official pages for current contact details.

United States and territories

National Problem Gambling Helpline: call or text 1-800-MY-RESET (1-800-697-3738), available 24/7. The service connects you with support and resources in your area.

[NCPG gambling helpline \[24\]](#)

England and Scotland

GamCare: 0808 8020 133, available 24/7. Live chat and other contact options are on the provider's website.

[GamCare support \[21\], \[22\], \[23\]](#)

Wales and Northern Ireland

Wales: 0808 2819 265, available 24/7. Northern Ireland: Dunlewey on 08000 886 725, available 24/7. Use the service for the nation where you are located.

[Wales and regional guidance \[21\], \[22\], \[23\]](#)

[Dunlewey Northern Ireland](#)

Australia

National Gambling Helpline: 1800 858 858, available 24/7. Gambling Help Online also offers online support.

[Gambling Help Online \[27\]](#)

Canada

Gambling services vary by province and territory. Use the Canadian directory below. In Ontario, ConnexOntario is available on 1-866-531-2600, 24/7; this is an Ontario service.

[Canadian gambling-support directory \[25\], \[26\]](#)

VERIFIED SUPPORT / 11 OCTOBER 2026

Crisis support and other countries

If you might seriously harm yourself, cannot stay safe or face an immediate threat, contact emergency services now. Crisis and gambling helplines do different jobs. A helpline is not emergency dispatch.

United States

Call or text 988 for the Suicide & Crisis Lifeline, 24/7. Call 911 when immediate physical emergency intervention is needed.

[US 988 crisis support \[30\]](#)

Canada

Call or text 988 for Canada's Suicide Crisis Helpline, 24/7. Call 911 or go to an emergency department if serious harm is imminent or has just occurred.

[Canada 988 crisis support \[31\]](#)

United Kingdom and Republic of Ireland

Samaritans: 116 123, available 24/7. In the UK, call 999 if life is at risk or you cannot keep someone safe.

[Samaritans phone support \[29\]](#)

Australia

Lifeline: 13 11 14, available 24/7. Text and chat details are on its website. Call 000 if life is in danger.

[Lifeline Australia \[32\]](#)

Elsewhere

Use your local emergency number for immediate danger. For other support, select your country in Find A Helpline and check the chosen provider's hours, language and scope. It is a directory, not a crisis service itself.

[Country search for gambling support \[28\]](#)

FOR THE READER

About this guide

This guide helps you organize practical steps toward a life without gambling. Use the parts that fit your situation. You can skip a distressing reflection and take a protective action or ask for support instead.

The book draws on clinical guidance, research and official support information checked on 11 October 2026. The sources are on the following pages if you want to read more. Research can inform choices; it cannot promise your result.

The exercises are original planning aids. Neither this book nor QuitBet was tested in the cited studies. The guide has not received independent clinical review or reader testing. It supports education and planning, not diagnosis or personalized treatment, legal or financial advice.

Examples are fictional. They show a decision or a possible next action, rather than a real person's recovery story.

Prepared for QuitBet with AI-assisted research and drafting. QuitBet is operated by TheLoop Holdings, LLC. Links to QuitBet lead to our own products. The book and printable tools are free without signup. The app is Free to start; full tools require a subscription. You do not need a purchase to use this guide.

OPTIONAL READING / 1 OF 3

Sources

Want to read more? Tap a title to open the original source. This selected list was checked on 11 October 2026. Evidence quality varies; some papers were available only as abstracts. Services and guidance differ by country.

[1] NICE guideline NG248 on gambling-related harms (2025)

[nice.org.uk](https://www.nice.org.uk)

[2] WHO gambling fact sheet (2024)

[who.int](https://www.who.int)

[3] Psychological treatments and comparative evidence (2026)

pubmed.ncbi.nlm.nih.gov

[4] Motivational interviewing-informed interventions (2025)

pubmed.ncbi.nlm.nih.gov

[5] Combining motivational interviewing and CBT (2026)

pubmed.ncbi.nlm.nih.gov

[6] Medication review and network meta-analysis (2024)

pubmed.ncbi.nlm.nih.gov

[7] Pharmacotherapy for gambling disorder (2026)

pubmed.ncbi.nlm.nih.gov

[8] NICE evidence review on relapse prevention (2025)

[nice.org.uk](https://www.nice.org.uk)

[9] Positive and unwanted effects of online self-help (2025)

pubmed.ncbi.nlm.nih.gov

[10] A trial of self-guided online help (2024)

pubmed.ncbi.nlm.nih.gov

[11] Adding an interview to web-based self-help (2024)

pubmed.ncbi.nlm.nih.gov

OPTIONAL READING / 2 OF 3

Sources

[12] Help on Demand app development and usability (2026)

formative.jmir.org

[13] Near-miss effects in a laboratory gambling task (2009)

pmc.ncbi.nlm.nih.gov

[14] Cognitive biases and loss chasing (2021)

link.springer.com

[15] Return to player and random outcomes (2021)

gamblingcommission.gov.uk

[16] Great Britain online-game design concerns (2021)

gamblingcommission.gov.uk

[17] GAMSTOP Online terms and coverage (2026)

about.gamstop.co.uk

[18] Bank gambling blocks and their limits (2025)

gamcare.org.uk

[19] Online gambling among young Canadian adults (2025)

ccsa.ca

[20] Direct gambling marketing and short-term harm (2026)

pubmed.ncbi.nlm.nih.gov

[21] GamCare National Gambling Helpline in England and Scotland

gamcare.org.uk

[22] Wales gambling-support helpline in Wales

gambleaware.org

[23] Dunlewey Problem Gambling Helpline in Northern Ireland

dunlewey.org

[24] National Problem Gambling Helpline

ncpgambling.org

OPTIONAL READING / 3 OF 3

Sources

[25] Find Gambling Help for Canadians; Ontario ConnexOntario

responsiblegambling.org

[26] ConnexOntario in Ontario only

connexontario.ca

[27] National Gambling Helpline and Gambling Help Online

dss.gov.au

[28] Find A Helpline: Support for Gambling

findahelpline.com

[29] Samaritans emotional and crisis support

samaritans.org

[30] 988 Suicide & Crisis Lifeline

988lifeline.org

[31] 9-8-8: Suicide Crisis Helpline

988.ca

[32] Lifeline Crisis Support

lifeline.org.au