

## PERSONAL URGE PLAN

# A plan for the moment.

Fill this in while things are quiet. Keep it close for the moment you notice the pull to gamble.

## 01 Notice the moment

My common triggers

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My early warning signs

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Think about feelings, places, people and times.

## 02 Create a pause

If I feel an urge, my first action will be

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My next activity away from gambling

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## 03 Reach someone

My person / phone

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Backup person / phone

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If I can't reach them, I will

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Keep urge tools close with QuitBet.

Use the panic button and AI coach. Free to start.

[quitbet.co/go/urge-plan](https://quitbet.co/go/urge-plan)

