

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

My early warning signs

Think about feelings, places, people and times.

02 Create a pause

If I feel an urge, my first action will be

My next activity away from gambling

03 Reach someone

My person / phone

Backup person / phone

If I can't reach them, I will

Keep urge tools close with QuitBet.

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

quitbet.co/go/urge-plan

