

# Gambling diary

A gambling diary can help you learn about your gambling and change your gambling behaviours and habits. These writing prompts may be useful in understanding your thoughts and feelings.

## 1. Before you gambled

What was the situation? What were you feeling? What were your thoughts?

## 2. When you decided to play

How did you feel? Why did you decide to play? Did you feel in control?

## 3. When you were playing

Were you winning or losing? How were you feeling? What did you do next?

## 4. Feelings about gambling

What do you like about it? What do you dislike about it? Do you want to change?