

OVERCOMING GAMBLING ADDICTION

Running summary of weekly activities

Date: Week:		
Date	Wins	Losses
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Total		

Review of Step 2

Have you made enough copies of the monitoring sheets to use over the next few weeks? It is a good idea to overestimate the number of copies needed; it is best to have spares rather than to risk running short.

Now, before moving on to the next step, make sure you are familiar with the process. Are you writing down enough information about your mood and stresses, so that when you study it you will be able to see any patterns that are