

WORKING OUT YOUR MOTIVATION TO STOP

Write down up to ten main reasons why you should stop gambling. Now rank them on a ten-point scale according to how important they are for you. Give the most important a rating of 1 and the least important a rating of 10.

	Reason	Ranking
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Now compare these with any arguments you can think of as to why you should continue. Write down ten reasons in favour of why you think you should continue gambling.

For example:

OVERCOMING GAMBLING ADDICTION

- I believe I can win enough money to cover all my debts.
- I get a real sense of enjoyment out of gambling.
- Gambling is a way of escaping from my worries and problems.

As in the exercise before, rank them on a ten-point scale according to how important they are for you. Give the most important a rating of 1 and the least important a rating of 10.

	Reason	Ranking
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		