

GAMBLING SELF CHANGE.

FACE A BRIGHTER FUTURE WITHOUT GAMBLING.

FACT SHEET 2: IF YOU DON'T NEED HELP, READ THIS.



Many gamblers who want to change their gambling habits prefer to do so on their own.

This fact sheet is based on the experience of gamblers and the problems they faced – and how they went about solving them.

In some of these situations you might recognise yourself and where you're coming from.

You will also find useful 'self-help' hints on where to go next.

Some issues people have solved on their own

"My kids accused me of ignoring them."



"I was horrified when a friend told me I was just too difficult and prickly to put up with."



"I found I was always going over my limit on my gambling money."



"When my boss asked me if I was worried about something, I knew he suspected I was gambling again."



"I knew I was kidding myself about my gambling."



So what did they do?

Something different.

Psychologists say that if we want something new to happen for us, then have to do something different from what we did before.

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How some people solved their problems

"I wrote down the specific hours and days I spent gambling. Then I set a limit to my sessions. To help me keep to it I arranged a different activity for the other nights."

"When I realised I was missing out on some of the good times with family and friends, I knew I had to do something. After thinking about it a while, I picked up the phone and started building the bridges again."

"I now pay all my bills first and then decide if I can go out gambling."

"I don't know how it happened, but somehow I managed to gamble away all my holiday money. I knew I had to make a change, so I started an evening course. New faces – new challenges – holiday next year!"

For these people, fairly easy actions resulted in major changes. If you want to see new things happen, think about what new things you could do.

Some more smart things to do

At times, the best thing is to bring in someone else.

- Ask a friend you can trust for some honest feedback.
- Find out how you can exclude yourself from gambling venues – they all have an exclusion program.
- Talk to your bank (they know their stuff on this) about ways you can restrict access to your cash and credit.
- Have a chat with a counsellor – it's free, professional and confidential.
- Look in the Yellow Pages for local community organisations you could join.

A few more winning tips

- Leave your credit card at home.
- Stick to soft drinks while gambling.
- Take frequent breaks.
- Gamble for fun, not for profit.
- Set a time and money limit – and stick to it.
- If you are depressed, don't gamble.
- Trust your own ability to change your habits.

If you want to find out more about gambling issues, see our website for:

- Studies
- Publications
- Gambling information

www.dhhs.tas.gov.au/gambling

Each time you do something different you're creating a pathway towards a new future.

Remember, there's a community out there with people who are interested in helping.

Fact sheets in this series

- 1 Gambling a problem? Help is at hand.
- 2 If you don't need help, read this.
- 3 Coping with the effects of someone else's gambling.
- 4 Test your gambling behaviours.
- 5 Helpful hints for family and friends.

Gambling Helpline 1800 858 858

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CONTACT DETAILS

Gambling Support Program, GPO Box 125, Hobart TAS 7001
1800 858 858 gambling@dhhs.tas.gov.au www.gamblingsupport.org

