WORDS YOU CAN BORROW

Start with one honest conversation.

Try this with someone safe:

“I keep doing this longer than I want to. It helps for a moment, then costs me. Can you help me think through one change?”

You can choose what to share. Support can mean listening, helping you find care, or checking in about a plan you choose.

Someone I could ask:

The kind of help I want:

When we could check in:

Support should respect your choices and safety. It does not require handing over passwords or control of your money.

PROGRESS IS PROGRESS

A pattern can be changed one part at a time.

Noticing a cue. Adding a pause. Asking for help. Learning from the next try. These steps count.

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Mile or a Millimeter

www.progresscounselingprograms.com

US SUPPORT

Medical emergency: call 911. Emotional distress or suicidal crisis: call or text 988.

Gambling support and resources: ncpgambling.org

Find mental health and substance use treatment: FindTreatment.gov

General adult education. Not a diagnosis, treatment, or substitute for individualized care. Different behaviors may need different kinds of support.

SOURCES / FURTHER READING

NIH / Creating Healthy Habits

NCPG / Gambling tools & support

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RECOVERY IN REAL LIFE / 05

When the habit keeps winning.

Notice what the pattern gives you. Choose one place to change it.



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01 / MAP ONE REAL MOMENT

Get specific. Get curious.

Pick a pattern you want to change: scrolling, betting, shopping, sexual content, or another behavior. This is reflection, not a test.

BEFORE

What was happening? Where, when, and how was I feeling?

WHAT I DID

Describe the behavior in plain words.

WHAT I GOT BRIEFLY

Relief? Excitement? Distraction? Connection? Something else?

WHAT CAME AFTER

What did it cost or leave unresolved?

You can leave any prompt blank or complete it with support.

02 / CHOOSE ONE INTERRUPTION

Change one part.

Try one safe change. Adjust it to fit your situation.

ADD AN EXTRA STEP

Log out, remove a shortcut, or choose a blocker. Keep essential contacts accessible.

TRY ANOTHER WAY TO MEET THE NEED

For company, message someone safe. For a break, try an activity away from the device.

GET THE RIGHT SUPPORT

If the pattern is causing harm, seek qualified help. Gambling-specific support is available.

One change I can set up:

What would make it workable?

A barrier can support a plan. It does not replace care.

03 / PLAN FOR THE NEXT CUE

When this happens, I can try this.

Make the next step specific enough to use in the moment.

A REAL-LIFE EXAMPLE

“After work, I’ll text a friend before I open the app.”

When I notice:

I will try:

I can ask this person for support:

AFTER THE NEXT TRY

Did I notice sooner? What got in the way? What can I adjust?

What I learned:

What I will adjust:

A hard attempt does not erase progress. You can ask for more help.