

MEMORY AID

When facing overwhelming urges or a slip:

1. I stay calm; I distance myself and reflect on what just happened.
2. I identify the thoughts that tell me to exceed my limits.
3. I recall the principles of chance:
 - It gives a false impression about the likelihood of winning.
 - Results are unpredictable.
 - Each play is independent.
 - No strategy works; there is no way to control the outcome.
 - Negative expected winnings = more to lose than to win
4. I remember all the effort I have invested so far.
5. I remember all the advantages of controlling my gambling.
6. I ask for help from others if all of the above fail.