



Build a gap between the urge and the next gambling decision.

Use this plan before the urge arrives, so you are not trying to design safety while your mind is racing.

MY FIRST 20-MINUTE DELAY PLAN

- Leave the gambling app, site, venue, account or trigger.
- Put physical distance between me and money access.
- Set a 20-minute timer before making any decision.
- Do not deposit, borrow, chase, transfer or message in panic.
- Use one grounding action: walk, shower, breathe, make tea, sit with someone or leave the room.

WHAT MY MIND USUALLY SAYS

Write the risky thought here. Examples: I can win it back. Just one more. I need to fix this tonight. Nobody has to know.

MY SAFER REPLY

Write your response here. Example: I do not have to fix everything tonight. I only need to protect the next 20 minutes.

WHO I WILL CONTACT

- Name:
- Phone / message:
- What I will say: I am struggling with an urge. Can you stay in touch for 20 minutes?



CALM & STEADY

URGE DELAY PLAN

Pause. Protect. Reach out. Reset.

AFTER 20 MINUTES

- Check if the urge has reduced even slightly.
- Do not reward the delay with a bet.
- Take one more protection step before returning to normal activity.