



The dangerous moment is often after the loss.

Use this immediately after a loss, slip or gambling episode. The aim is not to punish yourself. The aim is to stop the harm escalating.

DO THIS FIRST

- Do not deposit again.
- Do not borrow.
- Do not chase what has gone.
- Close the app, site, account or venue access.
- Move away from cards, cash, credit and transfer options.

WHAT HAS HAPPENED

Write only the facts. Amount lost, time, trigger, access used. Do not use this space to insult yourself. Facts help you respond safely.

PROTECT WHAT IS LEFT

- Move remaining money away if possible.
- Pay or separate an essential bill immediately if possible.
- Remove saved payment details.
- Ask someone trusted to help protect access.
- Use blocks or exclusions.

ONE HONEST MESSAGE

Copy and send: "I have gambled and I am scared I might chase. Can you stay in touch with me while I protect what is left?"



CALM & STEADY

AFTER A LOSS RESET SHEET

Pause. Protect. Reach out. Reset.

RESET STATEMENT

I cannot undo what has gone. I can stop the next harmful decision. The next step is protection, not chasing.