

Responsible Gambling Plan Template

About This Plan

This template will help you develop a comprehensive plan for responsible gambling. By creating clear boundaries and strategies before gambling, you can ensure it remains an enjoyable entertainment activity rather than becoming problematic.

Remember that responsible gambling means:

- Viewing gambling as entertainment, not as a way to make money
- Only gambling with money you can afford to lose
- Setting and respecting limits on time and money
- Maintaining balance with other activities and responsibilities
- Recognizing warning signs of problematic behavior

Step 1: Set a Budget and Time Limit

Establish clear financial and time boundaries for your gambling activities:

Financial Limits

| Frequency | Maximum Amount |
|-----------------------|--|
| Per gambling session: | <input type="text" value="e.g., \$25"/> |
| Per week: | <input type="text" value="e.g., \$50"/> |
| Per month: | <input type="text" value="e.g., \$100"/> |

What percentage of your entertainment budget does this represent?

Time Limits

| Frequency | Maximum Time |
|-----------------------|--|
| Per gambling session: | <input type="text" value="e.g., 2 hours"/> |
| Per week: | <input type="text" value="e.g., 4 hours"/> |
| Per month: | <input type="text" value="e.g., 8 hours"/> |

How frequently will you engage in gambling activities?

e.g., Once every two weeks

Tips for Setting Limits

- Be specific with dollar amounts and time frames
- Consider different types of gambling separately (e.g., casino vs. lottery)
- Set limits that are meaningful but not overly restrictive
- Choose limits that align with your overall entertainment budget
- Consider tracking mechanisms (e.g., calendar alerts, separate gambling account)

Step 2: Identify Your Financial Boundaries

Complete these statements to clarify your financial boundaries:

I will only gamble with money from my:

e.g., entertainment budget, discretionary funds

I will never use money for gambling that is needed for:

e.g., rent, food, bills, savings, debt payments

If I lose my budgeted amount, I will:

e.g., leave immediately, wait until next month to gamble again

If I win money, I will:

e.g., set aside 75% and only play with 25%, deposit winnings directly to savings

Example: "I will only gamble with money from my entertainment budget after all bills and savings contributions have been paid. I will never use money needed for rent, groceries, utilities, transportation, or debt payments. If I lose my budgeted amount, I will leave immediately without withdrawing more money. If I win, I will set aside 50% of winnings and only continue playing with the remainder."

Step 3: List Strategies for Enjoyable Gambling

Develop at least five strategies that will help keep gambling an enjoyable activity rather than a problem:

Strategy 1:

e.g., Only gamble with friends, never alone

Strategy 2:

e.g., Leave credit/debit cards at home and only bring cash

Strategy 3:

e.g., Set a timer on my phone for when to stop

Strategy 4:

e.g., Take regular breaks every 30 minutes

Strategy 5:

e.g., Plan non-gambling activities before and after

Effective Strategy Examples

- Use only cash, leave credit cards and debit cards at home
- Set timer alerts on your phone to track time spent
- Always gamble with friends who know your limits
- Plan other activities before/after to ensure gambling doesn't extend
- Take regular breaks to maintain perspective
- Avoid gambling when upset, stressed, or after consuming alcohol
- Maintain a gambling log to track spending and time
- Use gambling establishment self-limitation tools
- Balance gambling with other social and recreational activities

- Set a win limit and leave when you reach it

Step 4: Create a Problem Gambling Awareness Checklist

Identify warning signs that would indicate gambling is becoming problematic:

- ☐ Spending more time or money on gambling than intended
- ☐ Gambling to escape problems or relieve negative emotions
- ☐ Lying to others about gambling habits or expenditures
- ☐ Neglecting responsibilities due to gambling
- ☐ Trying to win back money after losses ("chasing losses")
- ☐ Feeling irritable when trying to cut back on gambling
- ☐ Borrowing money or selling possessions to fund gambling
- ☐ Failed attempts to control, cut back, or stop gambling
- ☐ Missing school, work, or family events due to gambling
- ☐ Preoccupation with gambling (constantly thinking about it)

Additional warning signs I should watch for:

List any other signs specific to your situation

If I notice these warning signs, I will take these actions:

e.g., Talk to a trusted friend, take a 30-day break from gambling, call the gambling helpline

Helpful Resources

If gambling ever becomes problematic, these resources can help:

- **National Problem Gambling Helpline:** 1-800-522-4700 (24/7 confidential support)
- **Gamblers Anonymous:** www.gamblersanonymous.org
- **BeGambleAware:** www.begambleaware.org
- **Financial Counseling:** National Foundation for Credit Counseling (www.nfcc.org)
- **Self-Exclusion Programs:** Available through most casinos and state gaming authorities

A trusted person I can talk to if gambling becomes problematic:

Name and contact information

Reflection: Gambling as Entertainment

How does treating gambling as entertainment (rather than a way to make money) help maintain a healthy relationship with gambling activities? Explain your reasoning.

Write your reflection here...

Commitment Statement

I commit to following this responsible gambling plan to ensure gambling remains an enjoyable entertainment activity rather than a problem. I understand that responsible gambling means setting and respecting limits, maintaining balance in my life, and being aware of warning signs of problematic behavior.

Signature: _____

Date: _____