

# My Gambling Diary

Print or copy as many of these pages as you need to keep track of your gambling behaviour over time.

Date \_\_\_\_\_

	Not at all	A little	Moderately	Very Much	Completely
<b>I feel in control of my gambling today</b>					
<b>have a strong urge to gamble today</b>					
<b>I can abstain from gambling today</b>					

<b>Did I gamble today?</b>	
<b>If yes, how much time did I spend gambling today?</b>	
<b>If yes, how much money did I spend on gambling today? (Including winnings)</b>	
<b>What was my state of mind today?</b>	
<b>What events happened today which made me feel this way?</b>	