

# What will I gain?

Write down the things you will gain from reducing or stopping gambling. Keep this list handy so you can challenge negative thoughts or feelings as and when they occur and keep focus on the positives. Keep adding to your list as you discover new things to look forward to.

You can use the following chart to help you consider the advantages and disadvantages of reducing or stopping your gambling.

Reducing or Stopping Gambling	
Advantages	Disadvantages
Continuing to Gamble	
Disadvantages	Advantages