



Gambling Diary

Keeping a record of your gambling is an important step and can give you valuable insight into your behaviour. Keep a note of how much money and time you spend, how you feel while gambling and the triggers and consequences of your gambling.

After completing your diary for a few days or weeks you may be able to start to identify a pattern in your behaviour.

Date & time	What were you doing just before you gambled? How were you feeling?	Type of gambling	Time and money spent	How much did you win?	How much did you lose?	Consequences
2 Dec, 10.30pm	Watching TV at home. Feeling lonely.	Online/blackjack	2 hours/ \$200	\$50	\$200	Exhausted at work the next day