

Name :

Date :

# REGAINING CONTROL: CBT WORKSHEET FOR GAMBLING ISSUES

Use this worksheet to identify gambling triggers, challenge negative thoughts, and explore healthier alternatives.

## 1. Identifying Triggers

*What situations, emotions, or thoughts usually lead you to gamble?*

1.
2.
3.

## 2. Recognizing Harmful Thoughts

*List three negative beliefs or thoughts you associate with gambling.*

1.
2.
3.

## 3. Challenging Negative Beliefs

*For each negative belief listed above, replace it with a more realistic or positive alternative.*

1.
2.
3.

## 4. Understanding the Consequences

*What are some of the negative impacts gambling has had on your life (financial, emotional, social, etc.)?*

1.
2.
3.

## 5. Exploring Healthier Alternatives

*List three activities or hobbies that could help replace gambling urges.*

1.
2.
3.