

WAYS TO BOOST YOUR MOTIVATION



As you make changes to your gambling, it is important to find ways to keep yourself motivated. Use this worksheet to jot down some ideas for how to boost your motivation.

1. Look at the positive outcomes of changing your gambling behaviour.

2. Look at the negative outcomes of continuing to engage in problem gambling.

3. Think about your values (i.e., what really matters to you, what sort of person you want to be, what you really want to do with your time).



4. Reduce triggers.

5. Look at barriers to change, and try to address them in a realistic way.

6. Get support.

7. Set real and achievable goals.

References:

Beck, J.S. (2011). *Cognitive Behavior Therapy: Basics and Beyond* (2nd ed.). New York: The Guildford Press.
Miller, R.N. & Rollnick, S. (2013). *Motivational Interviewing* (3rd ed.). New York: The Guildford Press.