

# DECISION MATRIX



**WHAT ARE THE BENEFITS  
IF I STOP OR REDUCE  
MY GAMBLING?**

**WHAT ARE THE COSTS  
IF I CONTINUE TO GAMBLE  
PROBLEMATICALLY?**

**IN THE  
SHORT  
TERM**

**IN THE  
LONG  
TERM**

**Adapted from:**

Herie, M.A. & Watkin-Merek, L. (2006). *Structured Relapse Prevention. An Outpatient Counselling Approach* (2nd ed.). Toronto, ON: Centre for Addiction and Mental Health.

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