

## Gambling Calendar Instructions

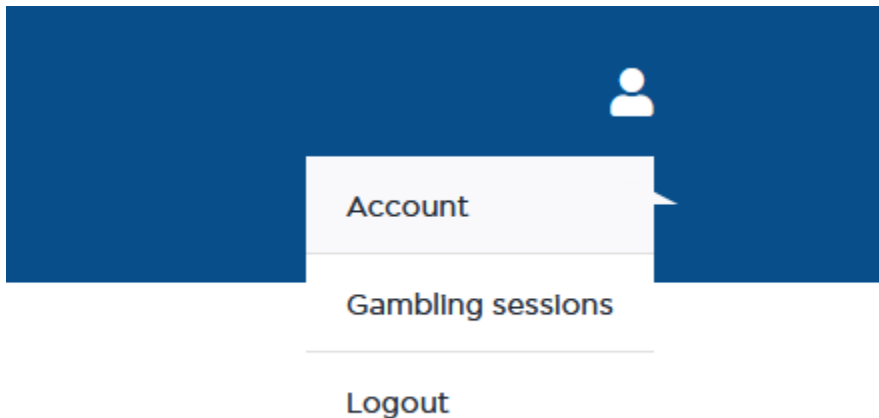
Let's start off by remembering the details of your gambling over the past three months. This isn't to make you feel ashamed or guilty about your gambling. We aren't trying to keep you stuck rehashing events you wish to move past. We are doing this because the more information we have about the details of your gambling, the better we can plan for the future that empowers you to make these lasting changes.

Completing this may feel like a challenging task. But there are some strategies to help you remember. Many people find their gambling behavior follows a particular pattern, making it less difficult to complete this assignment than they had imagined. Other times, it can be more complicated. We have found this calendar helps us remember past gambling activity.

*Please read the following full instructions before completing the calendar online.*

### Step 1: Account Set Up and Budget Details

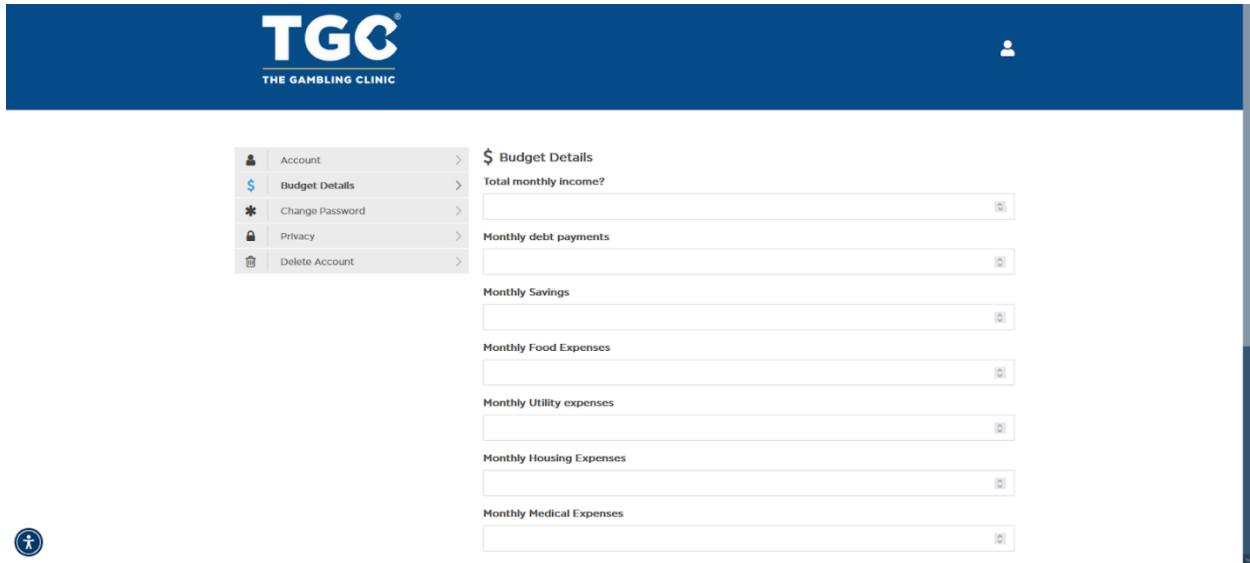
To begin please login and proceed to your account page (/account):



From here you will be able to edit your first and last name as well as your email address. The username assigned to your account is not editable.

You will also have access from the left menu to change your password, view the privacy statements and remove the account.

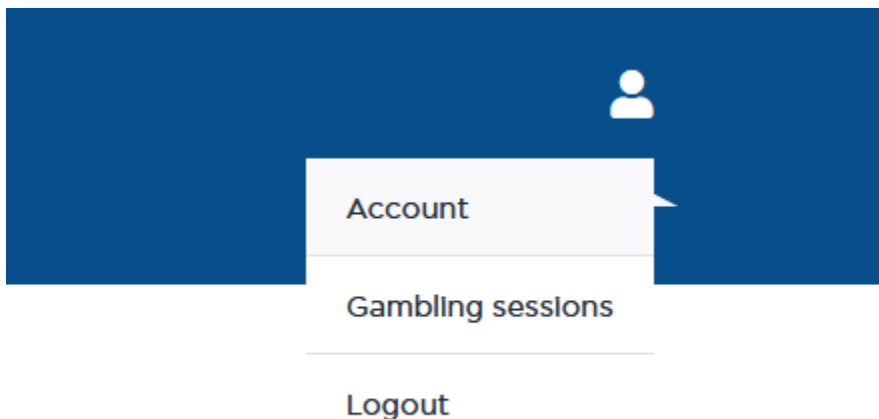
For the report to be accurate you will need to advance to the Budget Details section and fill in your information:



The screenshot shows the TGC (The Gambling Clinic) user interface. At the top is a dark blue header with the TGC logo and a user profile icon. Below the header is a left-hand navigation menu with options: Account, Budget Details (selected), Change Password, Privacy, and Delete Account. The main content area is titled '\$ Budget Details' and contains several input fields for budgeting: Total monthly income?, Monthly debt payments, Monthly Savings, Monthly Food Expenses, Monthly Utility expenses, Monthly Housing Expenses, and Monthly Medical Expenses. Each field has a small 'X' icon for clearing the input. A small circular icon with a plus sign is visible in the bottom left corner of the form area.

After filling out all the information in the Budget Details section, **remember to hit save at the bottom of the page once completed.**

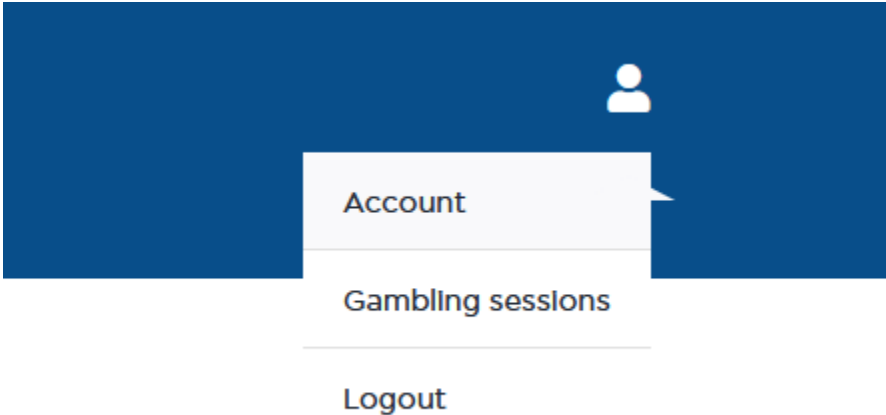
Once complete, you may use the same top-level navigation to proceed to the calendar to enter your session data:



Once your account is set up and you have input your Budget Details information, please read the instructions on how to use the Calendar.

### Step 2: Gambling Calendar Instructions

Once your budget details are saved in your account information, please navigate to the Gambling Sessions tab in the menu.



To begin this exercise, set a time frame. The start date should be one month before the end date, which should be today's date (note: the end date cannot go past the current date)



**May**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Spend some time thinking about the past month. On the dates you recall gambling, click on the date to add a singular or multiple sessions.

- **Tip:** It may be useful to look back at your financial records to see records of money spent and wins/losses. Some people also find reviewing social media posts or the pictures they have saved on their phone can serve as records of wins, vacations, or other life events that might correspond to gambling or not gambling.

Please list the following information required for each session (below are instructions about how you should fill each box out).

### Add New Gambling Session x

The date when you gambled (Required) Type of Gambling? (Required) How long did you gamble (hrs)? (Required)

Casino Slots

0

Gambling amount intended? (Required) Gambling amount risked? (Required)

0

0

Gambling amount Lost? (Required) Gambling amount Won? (Required)

0

0

Number of drinks consumed? (Required) Please list the special day or holiday (ex: Birthday) (Required)

0

no

For days that you gambled:

**TYPE OF GAMBLING:** Indicate the type of gambling you participated in.

**TIME SPENT:** The amount of time you spent gambling on this occasion.

- If you are someone who sports bets, you may find it more helpful to list the amount of time you spend researching, strategizing bets, and watching games in addition to the minutes it takes to place the bets to better capture the impact of your behavior on your day. Put your answer in hours. Gambled an hour and a half = write 1.5.

**AMOUNT INTENDED:** The amount of money you intended/planned to wager.

- This would include any limits for how much you wanted to wager before placing any bets.
  - o EX: if you went to the casino thinking that you would only gamble \$100, then write \$100 in the appropriate .

**AMOUNT RISKED:** Total amount of money you used to place bets.

- Find this by adding the dollar amount you started with or available funds in your account with any later cash you withdrew from the ATM, credit card, or borrowed from someone/casino.
  - o EX: if you walked into a casino with \$100, borrowed \$200 from a friend- \$300 is how much you risked.
  - o EX: if you had 300 available credits in your online gambling account and added \$200 more to the account to use, you risked \$500 dollars.

**AMOUNT WON/LOST:** Indicates how much you won or how much you lost.

- This means the amount of total winnings or losses at the end of the gambling session.
  - o EX: if you began an evening of gambling with \$100 and ended up with \$150, then you would write \$50 in the box indicating amount won.
  - o EX: if you ended up with only \$75 at the end of the same gambling session you would write \$25 in the box indicating amount lost.

**DRINKS:** Did you have any drinks while gambling?

- If you consumed any alcoholic drinks while gambling, indicate the number of beverages consumed in the box labeled "number of drinks consumed."

**SPECIAL DAY:** When you gambled was it a special day?

- On the day that you gambled, was there any special occasion? This can be anything such as a birthday, holiday, or even payday.