

# BARRIERS AGAINST MONEY TRIGGERS

## Limit Access to Cash, Credit or Debit Cards, and Checking Accountants

Money is said to be the primary cause of gambling relapses. Most people find if they have cash or a credit/debit card in their pocket, they are more likely to gamble. Many people who successfully stop gambling say that developing an entirely new relationship with money is critical.

Listed below are strategies for creating safety with your money. Some may seem extreme or difficult. You might choose only one or two at this time, or you might be ready to use all of them to help you reduce or eliminate gambling from your life.

*Check off the strategies you believe might be effective for you:*

- Get money off your body. Only carry the amount of cash you will need for one day's expenses. You can ask for support with this by enlisting a trusted person to help you with your cash.
- Cut up your credit and debit cards, or give them to a friend or family member for safekeeping.
- Deposit paychecks automatically into your bank account, or collect your wages with spouse, partner or trusted friend.
- Create a spending plan and a restitution plan.
- Limit the amount of money you can withdraw in one day (talk with your bank).
- Ask family and friends not to lend you money (or to invite you gambling).
- Eliminate all other sources you might have for gambling money.
- Tackle your financial difficulties without hesitation. Do not let financial uncertainty immobilize you. If necessary, seek financial counseling to start the process of financial recovery.
- Learn about the 'money patterns' in your family of origin (styles of earning, spending and saving). Explore your own relationship with money, beginning with your childhood. Talk with counselors and read books. Become educated and conscious about how money is operating in your life.

People who are most successful with relapse prevention accept the fact that money can be a trigger for gambling. They know how to protect themselves from unsafe access to money. Successful people have developed spending and restitution plans. They have insight into their personal habits with money, including their relationships with others. People who successfully stop gambling have a realistic awareness of the damage caused by problem gambling, and a healthy respect for the danger of relapse.

