

# Thinking about changing

## The pros and cons of gambling



### THINGS I LIKE ABOUT MY GAMBLING

- Seeing my mates at a match
- Relaxing at a venue
- Fun activity to do
- Time out from my daily responsibilities

Your own pros:

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### THINGS I MAY WANT TO CHANGE

- Drinking when I bet and spending too much
- Staying on after my mates leave
- Relationship problems at home
- Financial difficulties
- Mental health issues

Your own cons:

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