

Reflective Worksheet 11

Journalling

Journalling can help you make sense of your experiences, honour your identity and understand your relationship with gambling. This worksheet offers prompts to support clarity, self-compassion and LGBTQ+-affirming reflection. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Feeling

What thoughts or feelings do you often push down or avoid?



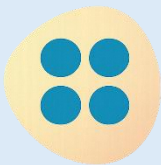
Emotions

How does writing help you understand your emotions or triggers?



Identity

What identity-related experiences have shaped your coping strategies?



Patterns

What patterns do you notice in your gambling behaviour?



Talk

What would you like to say to your future self about recovery?



Meaning

What does living authentically mean to you right now?
