

Reflective Worksheet 16

Keeping Busy

Staying occupied can help reduce urges, but meaningful activity also supports identity, connection and self-worth. This worksheet helps you explore how to fill your time in ways that nourish you.

If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Urges

When do gambling urges tend to appear during your day?



Feeling

What activities help you feel grounded, creative or connected?



Identity

What LGBTQ+-affirming spaces or hobbies interest you?



Feeling

What activities help you feel like yourself and being present and in the now?



Goal

What small activity could you add to your week to support recovery?



Urges

How does meaningful activity affect your mood or urges?
