

Reflective Worksheet 19

Structure & Routine

Structure and routine can help reduce urges, stabilise emotions and create a sense of safety, especially when life feels unpredictable. This worksheet helps you explore routines that support both your identity and your recovery.

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



Routine

What parts of your day feel most unstructured or vulnerable?



Urges

How does routine affect your mood or gambling urges?



Identity

What identity-affirming practices could you build into your day?



Safety

What small or big routines do you have that help you feel grounded or safe?



Barriers

What barriers can you identify that makes routine difficult for you?



Goal

What is one realistic routine you could start this week?
