

Reflective Worksheet 20

Affected Other

Supporting someone you care about through gambling harm can be emotionally complex, especially when LGBTQ+ identities, safety, stigma or family dynamics are involved. You may have carried worry, confusion, responsibility, or fear while also navigating your own identity, relationships and wellbeing. Many affected others describe feeling torn between wanting to help and needing space to protect themselves.



**Speak to Your
Recovery Coach**

This worksheet offers a gentle, non-judgemental space to reflect on your experiences as an affected other. You are invited to explore how gambling harm has impacted you, what you've been holding emotionally, and what support you may need. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Emotions

How has someone else's gambling behaviour affected your emotions or daily life?



Feeling

What feelings come up most often when you think about their gambling?



Identity

How has LGBTQ+ identity shaped your experience as an affected other?



Impact

What responsibilities have you taken on, and how has this impacted you?



Boundary

What boundaries feel important for your wellbeing, and which ones feel difficult?



Goal

What would healing look like for you, separate from the other person's recovery?
