

# Reflective Worksheet 5

## Isolation & Loneliness

Loneliness and disconnection can affect anyone, but many LGBTQ+ people face unique barriers to finding safe, affirming community. This worksheet offers space to reflect on how isolation influences your wellbeing and gambling behaviour, and to explore what kinds of connection feel meaningful and possible for you right now. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



### Mood

When do you feel most disconnected or alone?  
(Environment, Certain Times)

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### Urges

How does loneliness influence your gambling urges, behaviours or habits?

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### Connection

What kinds of connection do you crave – emotional, social, identity-based?

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### Goal

What small, safe steps and goals could help you build connection?

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### Grounded

What routines and structure help you feel grounded or less alone?

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### Taking Action

What is one “micro-connection” you could try this week?

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