

Reflective Worksheet 7

Finances

Financial stress is often shaped by systemic inequalities, not personal failings. This worksheet helps you explore how financial pressures, identity-related costs and money-related emotions may influence your gambling behaviour. Use this space to reflect with honesty and compassion, without judgement. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Impact



Feeling



Emotions

What financial pressures or inequalities have affected you? e.g., housing, employment

How do financial stress and gambling feel connected for you?

What emotions come up when you think about money? E.g. stress, worry



Goal



Support



Safety

What small financial steps feel manageable right now? What small goal can be set?

What support or resources could help you feel more stable?

What would financial safety, security or clarity look like for you?
