Recover with Pride

LGBTQ+ GAMBLING HARM SUPPORT

Reflective Worksheets and Gambling Recovery

switchboard

REFRAME COACHING

University of Brighton

Reflective Worksheets and Gambling Recovery

What Are Reflective Worksheets?

Reflective worksheets are structured exercises designed to help you explore your thoughts, feelings, behaviours, experiences, and recovery journey. They provide a guided way of understanding what is happening in your life, identifying patterns, and developing practical solutions to challenges.

Unlike general journalling, reflective worksheets usually focus on specific topics or questions, such as understanding gambling triggers, managing difficult emotions, exploring self-esteem, developing coping strategies, or setting recovery goals.

For LGBTQ+ people, reflective worksheets can also create space to explore experiences relating to identity, stigma, discrimination, relationships, community, self-acceptance, and resilience. They can help you develop a deeper understanding of how these experiences may interact with gambling-related harm.

Reflective Worksheets and Gambling Recovery

How to Use This Tool

Reflective worksheets work best when completed honestly and at your own pace. There are no right or wrong answers.

You may use worksheets to explore:

- Gambling triggers and urges.
- Emotional wellbeing.
- Financial impacts of gambling.
- Relationships and support networks.
- Identity and self-esteem.
- Stress and coping mechanisms.
- Recovery goals and achievements.
- Future aspirations and personal growth.

As you complete each worksheet, focus on being curious rather than critical. The purpose is to learn more about yourself, not to judge yourself.

Many people find it helpful to revisit worksheets over time to identify changes, progress, and new areas for development.

Reflective Worksheets and Gambling Recovery

How This Can Aid Recovery From Gambling Harm

Recovery often begins with understanding.

Many people struggle to change gambling behaviours because they are unclear about what drives them. Reflective worksheets can help uncover the thoughts, emotions, situations, and behaviours that contribute to gambling harm.

Using reflective worksheets regularly can help you:

- Identify gambling triggers and patterns.
- Improve self-awareness.
- Understand emotional responses.
- Develop healthier coping strategies.
- Increase motivation for recovery.
- Track progress and achievements.
- Build confidence and resilience.
- Set realistic and meaningful goals.

The more you understand yourself, the better equipped you become to make positive changes.

Reflective Worksheets and Gambling Recovery

LGBTQ+ Considerations

Many LGBTQ+ people experience challenges that can affect wellbeing and influence gambling behaviours.

These may include:

- Homophobia, biphobia, transphobia, or discrimination.
- Identity concealment.
- Coming out experiences.
- Social isolation and loneliness.
- Family rejection.
- Minority stress.
- Low self-esteem resulting from stigma or prejudice.
- Challenges accessing supportive environments.

Reflective worksheets can help you explore these experiences in a structured and supportive way.

They can support greater understanding of how LGBTQ+ experiences have shaped your coping strategies, relationships, confidence, and recovery journey. They can also help highlight strengths, resilience, and personal growth that may otherwise go unnoticed.

Reflective Worksheets and Gambling Recovery

Practical Recovery Activities

Examples of reflective worksheet topics include:

Understanding My Gambling Triggers

- When do I feel most likely to gamble?
- What emotions am I experiencing beforehand?
- What needs am I trying to meet?

Exploring My Support Network

- Who supports my recovery?
- Who can I contact when I am struggling?
- What additional support might I need?

Reflective Worksheets and Gambling Recovery

Strengths and Resilience

- What challenges have I overcome?
- What strengths helped me through difficult times?
- How can I use these strengths in recovery?

Identity and Wellbeing

- What helps me feel accepted and authentic?
- What situations increase stress or anxiety?
- How does my identity influence my wellbeing?

Recovery Planning

- What are my goals for the next month?
- What barriers may arise?
- What actions can I take to stay on track?

These exercises encourage self-reflection while helping turn insight into action.

Reflective Worksheets and Gambling Recovery

How We Can Help

Our Recover With Pride Recovery Coaches can help you use reflective worksheets as a practical tool within your recovery journey.

We can support you to:

- Identify the most relevant worksheets for your needs.
- Explore connections between gambling behaviours, emotions, and life experiences.
- Reflect on LGBTQ+ experiences that may have influenced your recovery journey.
- Develop greater self-awareness and understanding.
- Build healthier coping strategies.
- Set realistic recovery goals.
- Monitor progress and celebrate achievements.
- Create positive habits that support long-term wellbeing.

Our coaches can work alongside you to help interpret what your reflections are telling you, identify opportunities for growth, and turn insights into meaningful action.

Over time, reflective worksheets can become a powerful tool for self-discovery, helping you better understand yourself, recognise your strengths, and make informed choices that support lasting recovery from gambling harm. Recovery is not just about changing behaviour. It is about understanding yourself, learning from your experiences, and building a future that reflects your values, goals, and authentic identity.

Refer for support here:
www.switchboard.org.uk/service/recover-with-pride/referral/

switchboard

REFRAME COACHING

University of Brighton

Recover with Pride
LGBTQ+ GAMBLING HARM SUPPORT