

## My Gambling Diary

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Name \_\_\_\_\_

Number of Days Gambling Free

Number of Days Controlling

	Not at all	A Little	Moderately	Very Much	Completely
I feel in control of my gambling today.					
I have a strong urge to gamble today.					
I can abstain from gambling today.					

Did I gamble today?	
If yes, how much time did I spend gambling today?	
If yes, how much money did I spend gambling today?	
What was my state of mind today? Thoughts/Feelings?	
What events happened today to make me feel this way?	