

Gambling Recovery Star™ Scales

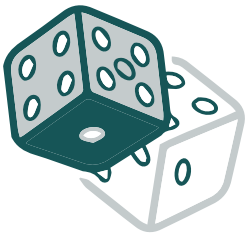
The Outcomes Star for people with gambling-related problems

For each of the eight questions, choose the response that fits best for you most of the time.

1-2 Stuck 3-4 Accepting help 5-6 Believing and trying 7-8 Learning what works 9-10 Self-reliance

1 Gambling

Understanding gambling, managing triggers and impulses, strategies to avoid harmful gambling



I'm not gambling in ways that cause harm and can maintain this for myself

- 10 Yes, that's me
- 9 Yes, with occasional support

I'm learning strategies and skills to avoid harmful gambling that work for me, with support

- 8 Yes, I'm getting there
- 7 Yes, but it's early days

I'm motivated to address my gambling and am trying to make some changes

- 6 I'm trying out some changes
- 5 I'm motivated to change

There are concerns about my gambling but I know things need to change

- 4 I accept help consistently
- 3 I sometimes accept help

There are concerns about my gambling but I don't accept help

- 2 Perhaps I need support
- 1 That's just the way it is

2 Family and close relationships

Healthy and supportive relationships, impact of gambling on close relationships, building trust



I have healthy enough close relationships and can maintain these for myself

- 10 Yes, that's me
- 9 Yes, with occasional support

I'm learning ways to improve my close relationships, with support

- 8 Yes, I'm getting there
- 7 Yes, but it's early days

I'm motivated to address problems with my close relationships and I'm trying

- 6 I'm trying out some changes
- 5 I'm motivated to change

There are serious problems with my close relationships but I know things need to change

- 4 I accept help consistently
- 3 I sometimes accept help

There are serious problems with my close relationships or family situation. I don't accept support

- 2 Perhaps I need support
- 1 That's just the way it is

3 Connection and community

Being connected socially or in your cultural, religious or local community, sense of belonging



I'm connected with people who are good for me and can maintain this for myself

- 10 Yes, that's me
- 9 Yes, with occasional support

I'm learning ways to have positive connections, with support

- 8 Yes, I'm getting there
- 7 Yes, but it's early days

I'm motivated to build positive connections and am trying

- 6 I'm trying out some changes
- 5 I'm motivated to change

I'm isolated or the people I know view harmful gambling as normal but I know things need to change

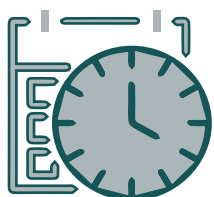
- 4 I accept help consistently
- 3 I sometimes accept help

I'm isolated or the people I know view harmful gambling as normal. I don't accept support

- 2 Perhaps I need support
- 1 That's just the way it is

4 How you use your time

Enjoying yourself without gambling, positive and meaningful activities, work, education, skills



I use my time in ways that feel meaningful and positive for me. I can maintain this for myself

- 10 Yes, that's me
- 9 Yes, with occasional support

I'm learning ways to use my time that are meaningful for me, with support

- 8 Yes, I'm getting there
- 7 Yes, but it's early days

I'm motivated to use my time meaningfully and am trying out some changes

- 6 I'm trying out some changes
- 5 I'm motivated to change

Gambling takes a lot of my time and/or is my main enjoyment but I know things need to change

- 4 I accept help consistently
- 3 I sometimes accept help

Gambling takes a lot of my time and/or is my main enjoyment. I don't accept support

- 2 Perhaps I need support
- 1 That's just the way it is

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