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The Gambling Recovery Star flashcards are for use with service users. These cards are an additional resource to be used alongside the Star Chart, with or instead of the short illustrated Scales and User Guide.

Please ensure you have received training, are licensed and are familiar with the Star and how to use it.

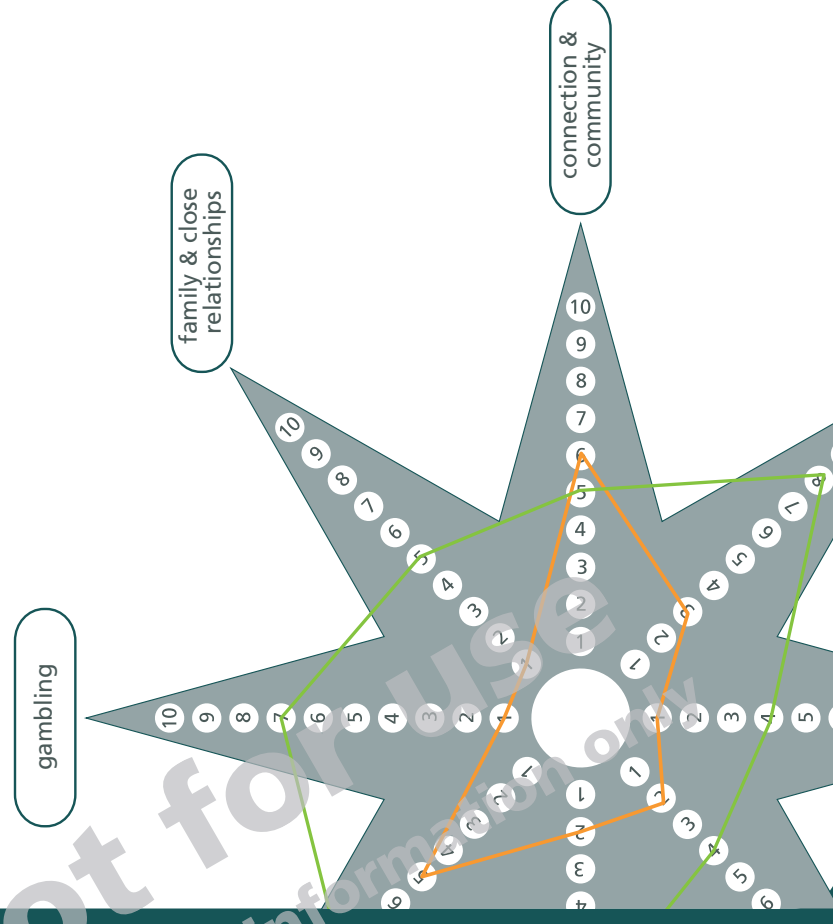
This pack contains 15 cards in total including:

- 8 Star area flashcards
- 5 Journey of Change flashcards
- Cover and Introduction card
- Contents and "How to print" card

Want to use this Star?
Visit www.outcomesstar.org.uk
Contact info@triangleconsulting.co.uk
or 020 2722 8765

Gambling Recovery Star™

The Outcomes Star for people with gambling-related problems



Introduction

This version of the Outcomes Star is for people needing help to recover from problematic gambling. It is designed to support people to live a life free from the harm caused by gambling. For many this will mean not gambling at all. Others may gamble within safe limits if that works for them.

This is a version of the Outcomes Star, a suite of tools for supporting and measuring change when working with people. It could also be tested with people with other behavioural additions such as gaming, shopping or risk-taking.

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How to print the flashcards

Each card is designed as A5 in size. They can be professionally printed or printed on standard office printers. They have been designed to fit two to an A4 page and to be printed double-sided and then cut out, with the main area on the front of the card and additional images and text for prompts on the back.

Set the document to print in colour or black and white, double-sided, long-edge binding.

- If your printer allows you to print to the edge of a page, scale at 100%. If it does not, you can print the document at “scale to print” and trim off the white borders
- A professional-print pdf with full 3mm bleeds is available should you wish to get the cards professionally printed onto cardstock.

Journey of Change

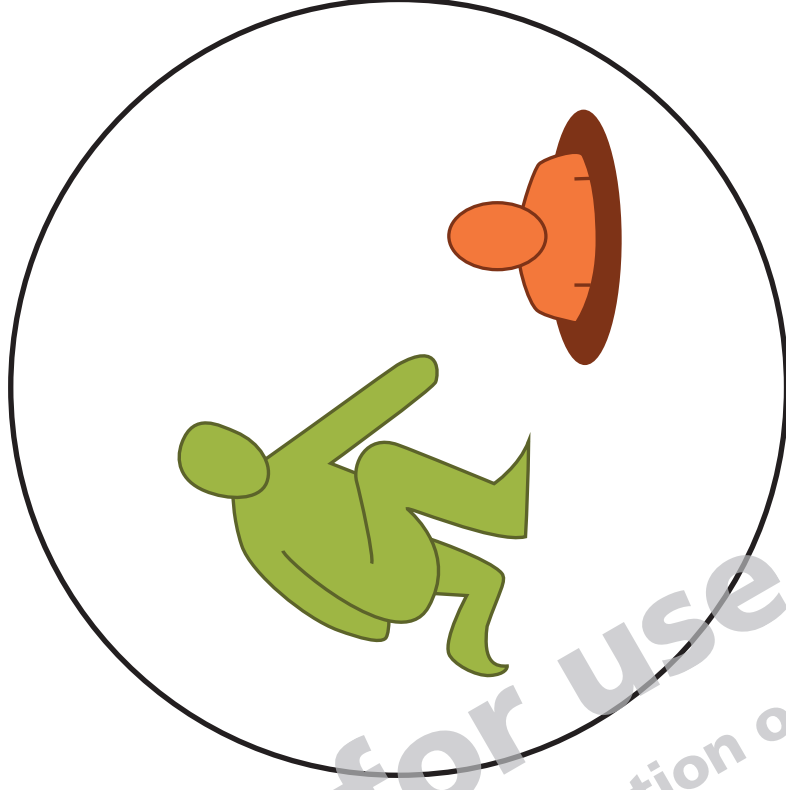
Gambling Recovery Star™



3-4 Accepting help

Journey of Change

Gambling Recovery Star™



1-2 Stuck

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1-2 Stuck

1 = Things are stuck

2 = Occasionally acknowledge you may need support

- You or others harmed by gambling
- Not acknowledging problems
- Not seeing how anyone could help
- Not accepting help

3-4 Accepting help

3 = Sometimes accept help

4 = Accept help consistently

- Recognising the impact on you or others
- Knowing things need to change
- Talking or learning about gambling
- But... not yet believing you can change

The Journey of Change

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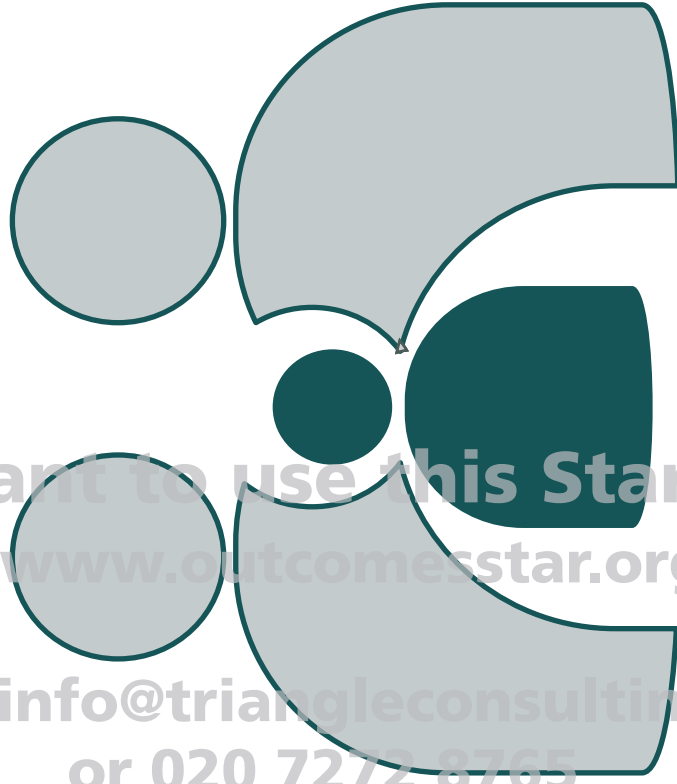
The Journey of Change

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Family and close relationships



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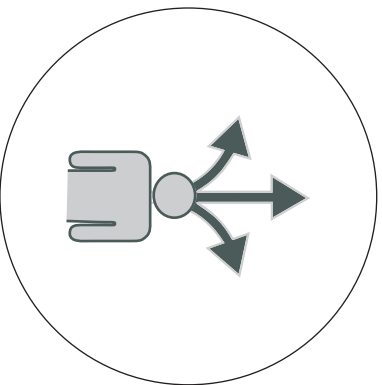
Gambling



Gambling



Understanding gambling



Managing impulses

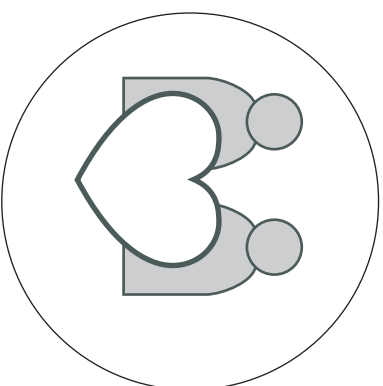


Dealing with triggers



Strategies to avoid harmful gambling

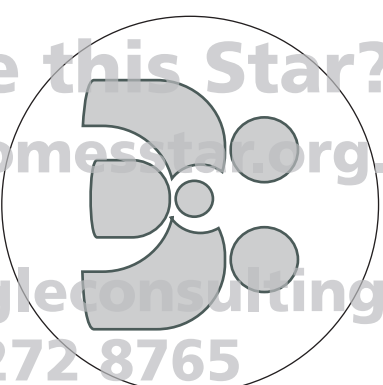
Family and close relationships



Healthy relationships



Building trust



Impact of gambling on relationships



Coping with loss or problems