

Breaking Free with Gambling Leap

By Colin Brown

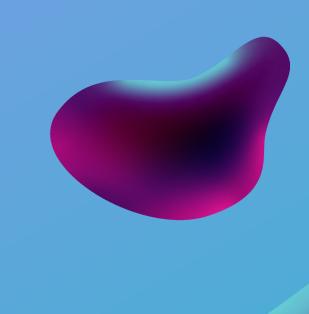




8 Steps to a Healthier, Stronger You

"Welcome! Today, we'll walk through practical steps that can help anyone struggling with gambling or other compulsive habits. Think of this as a roadmap — not just about quitting, but about gaining freedom, peace of mind, and a better future."

"If you had more control over one habit in your life, what would change first?"





WHY IT MATTERS:

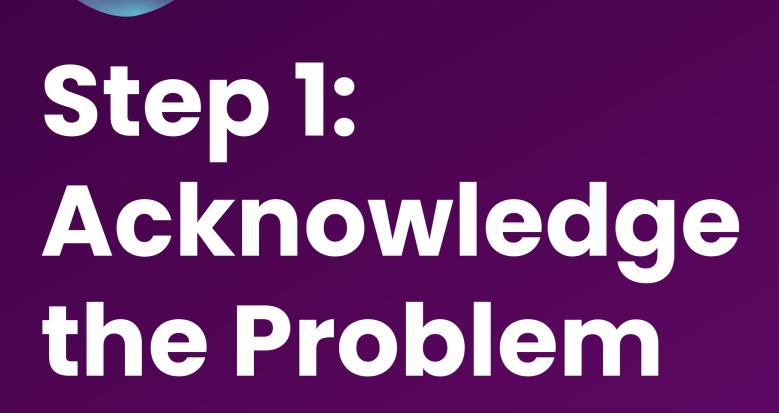
- The first step is often the hardest admitting there's a problem.
- Without acknowledgment, no lasting solution can begin.

HOW TO DO IT:

- Be honest with yourself write it down.
- Confide in someone you trust.
- Take ownership: "Yes, this is an issue, and I want to change."

"WHY DO YOU THINK ADMITTING THE PROBLEM FEELS HARDER THAN SOLVING IT?"

Honesty builds the foundation of every recovery journey.



WHY IT MATTERS:

- If temptation is always around, the struggle is constant.
- Blocking access creates space to focus on healing.

HOW TO DO IT:

- Use self-exclusion tools: GamStop, Gamban, MOSES, SENSE.
- Limit financial access: hand over cards, set withdrawal limits.
- Replace downtime with positive alternatives.

TEMPTATION STAYS OUTSIDE

Control your environment, and you control your choices.



GAMBLING LEAP Lived Experience | Education | Awareness | Prevention

Step 3: Find Inspiration from Others



WHY IT MATTERS:

- Recovery feels less lonely when you hear real stories of hope.
- Inspiration sparks belief: If they did it, so can I.

HOW TO DO IT:

- Join support groups & online communities.
- Listen to podcasts or watch recovery talks.
- Explore Gambling Leap's Discord & resources.
- Learn from Colin's story & book.

SURROUND YOURSELF WITH VOICES OF STRENGTH.



Step 4: Identify Triggers

WHY IT MATTERS:

- Triggers are hidden doorways back to old habits.
- Awareness is the shield against relapse.

COMMON TRIGGERS:

- Stress after work.
- Boredom or loneliness.
- Certain places or people.
- Emotional highs & lows.

WHEN YOU KNOW YOUR TRIGGERS, YOU CAN BREAK THE CYCLE.

HOW TO MANAGE:

- Write down personal triggers.
- Replace them with healthier outlets.
- Avoid risky environments early on.



Step 5: Challenge Beliefs



WHY IT MATTERS:

- Addictions grow on false beliefs: "I can win it back" or "I need this to cope."
- Challenging beliefs removes their power.

HOW TO DO IT:

- Write negative thoughts → Replace with affirmations.
- Example: "I always lose" → "I deserve peace of mind, not loss."
- Practice daily reminders.

"WHAT'S ONE BELIEF YOU'VE OUTGROWN IN LIFE?"

Changing your thoughts changes your future.



STEP 6: REWIRE THE BRAIN



WHY IT MATTERS:

- The brain can change habits rewire it, but so can recovery.
- Science calls this neuroplasticity.

HOW TO REWIRE:

- Journaling: release emotions, track progress.
- Meditation: reduce urges, build calmness.
- Breathing exercises: manage stress instantly.
- Physical activity: boost mood, replace dopamine hit.

EVERY NEW HABIT IS A NEW CONNECTION — AND A STRONGER YOU.



WHY IT MATTERS:

- Without goals, recovery feels endless.
- With goals, you see milestones and wins.

HOW TO DO IT:

- Start small: "One day without gambling."
- Build up: "Save \$100 in a month."
- Reward yourself when you hit milestones.

SMALL WINS ADD UP TO BIG VICTORIES.



Step 7: Set Clear Goals



STEP 8: FOCUS ON THE PRESENT

WHY IT MATTERS:

- Guilt about the past or fear of the future creates pressure.
- Living in the present makes change possible.

HOW TO DO IT:

- Practice mindfulness: "I am okay in this moment."
- Let go of past losses.
- Focus on today's choices tomorrow will build itself.



YOU CAN'T CHANGE YESTERDAY — BUT YOU CAN SHAPE TODAY.

"YOU DON'T HAVE TO FACE THIS ALONE. GAMBLING LEAP EXISTS TO GIVE YOU TOOLS, GUIDANCE, AND A SUPPORTIVE COMMUNITY — EVERY STEP OF THE WAY."

"THE LEAP MAY FEEL BIG TODAY, BUT IT LEADS TO FREEDOM TOMORROW."

JOIN THE COMMUNITY START YOUR JOURNEY TODAY

