

INFORMATION TO SUPPORT A 'GAMBLERS' ON GOING RECOVERY

MONEY – TIME - ACCESS TRIANGLE

This concept offers understandable strategies for developing a treatment plan.

The points of the triangle are money, time and access: money refers to the access to money in cash or its availability through a bank card or in some other form; time is both time which is free for gambling and an individual's at-risk times (when gambling is more likely); access involves the availability of gambling opportunities, which may include slot machines, the internet, visits to bookies or other opportunities to gamble.

The triangle permits consideration of all three variables, since if they co-occur, there is a greater likelihood that an individual will gamble. This means that to avoid gambling you should aim to avoid opportunities where money time and access occur together.

MONEY

The essential point of the gambling triangle is to develop systems to protect yourself from exposure to money, as this is an important gambling trigger. Most people will limit their access to money. This may involve not using or carrying large amounts of money, credit or debit cards, putting gambling blocks on your bank accounts or restricting cash withdrawals. Many people also find it helpful to ask a partner or family member to handle their money for them and this can work if it is carefully considered.

TIME

Often, someone can identify the element of time, that is time for which they are unaccountable and therefore vulnerable to gambling. Usually, shame plays a reinforcing part of addiction, as shame about your gambling and the need to deceive your partner or family about it means gambling time is 'special time'. This may be time between jobs or on the way home from work, it may also be time when your partner is working and cannot check up on you and is unsure about your specific whereabouts. The gambling triangle helps to identify time as a trigger and to make sure available time is reduced. When free time does occur, you can schedule tasks and take particular care to ensure that money and access are limited during these times.

INFORMATION TO SUPPORT A 'GAMBLERS' ON GOING RECOVERY

ACCESS

The third part of the gambling triangle is gambling access, here you need to find ways to limit any exposure to gambling triggers. This could be not visiting highstreets on your own so as to not enter a bookmaker, signing up to gambling blocking software and self-excluding. If there is ever a time where you can't avoid access to gambling, it is even more important to attend to the other points on the gambling triangle – that is, money and time – so that gambling will not occur.

If you remove any of these 3 elements of money, time and access, it will help to avoid gambling and for you to achieve your chosen goals



Money How much do you gamble with and using what?

Time When do you gamble?

Access Where and how do you gamble?

