



HANDOUT 3: SESSION 04

High risk situations

Negative emotions: Anger, sadness, boredom, depression.

Conflict with others: Arguments, not being treated well, anger and frustration.

Pleasant emotions: Being in a good mood, happy, having a celebration.

Social pressure to gamble: Other people want to gamble, others invite you to a game.

Need for excitement: A need for excitement or action, or to alleviate boredom.

Worried about debts: Mounting debts, trying to solve a debt problem.

Winning and chasing: Wins, memory of wins, chasing losses, dreaming of past winning.

Confidence in skill: Confident in your skill or knowledge of the system, thinking you now know how to win.

Testing personal control: Believing you can now control your gambling, testing will power.

Urges and temptations: A casino is near by, cravings triggered by advertisement.

As with the hindrances and barriers, complete the following table with some high risk situations you've experience and then list how you reacted in the situation.

High risk situations	My response