



## GAMBLING SELF-EXCLUSION SURVIVAL GUIDE

### The First 7 Days: You've Banned Yourself. Now What?

Self-exclusion is a massive step. It stops the action, but it doesn't stop the emotions, the boredom, or the urge. The first week is the most dangerous time for a relapse.

Use this checklist to secure your environment and protect your mind while the dust settles.

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#### ✓ IMMEDIATE ACTION (DAYS 1-2)

*The goal is "Friction." Make it impossible to bet on impulse.*

[ ] **The Bank Block** Log into your banking app or call customer service. Ask to block **Merchant Category Code 7995** (Gambling Transactions). If your bank has a "Gambling Block" toggle in the app, turn it on.

[ ] **The Cash Diet:** Hand over your credit cards and debit cards to a trusted family member or spouse for one week. Carry only enough cash for gas and lunch. If you can't bet electronically, you can't lose electronically.

[ ] **The Digital Cleanse:** Install a device-level blocker like **Gamban** on your phone, tablet, and work computer. Do not rely on "willpower" to stay off the sites. Rely on software.

[ ] **The "Unsubscribe" Purge.** Go to your email inbox. Search for keywords like *"Bonus," "Free Play," "Bet,"* and *"Wager."* Unsubscribe from every single marketing list. These emails are designed to trigger you—get them out of your face.

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#### 🛡️ STABILIZATION (DAYS 3-5)

*The goal is "Accountability." Secrecy is the addiction's best friend.*

[ ] **Tell One Person** You don't have to tell the world, but you must tell *one* person. A spouse, a brother, a best friend. Say these words: *"I have self-excluded from gambling. I am trying to stop. I need you to know."*

[ ] **Identify Your "Danger Zones"** When did you usually gamble? (e.g., Driving home from work? Late at night on the couch?

- **Plan:** Fill that specific time slot with a non-digital activity. Go to the gym, see a movie, or leave your phone in the other room.



[ ] **Find a Meeting** Look up a local 12-Step meeting or support group. You do not have to speak. You do not have to join. Just go and sit in the back. Seeing other men who are winning this battle will give you hope.

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### **LOOKING FORWARD (DAYS 6-7)**

*The goal is "Next Steps." A ban is temporary; recovery is permanent.*

[ ] **The "Why" Journal:** Take 10 minutes to write down *why* you bet. Was it to make money? To escape stress? To feel excitement? Understanding the "Why" helps you find healthy replacements.

[ ] **Call for Backup** Self-exclusion is just the emergency brake. Now you need a mechanic to fix the engine. **Call Prescott House at 866-425-2470.** We can help you build a plan for Day 8 and beyond.

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### **URGENT: THE 20-MINUTE RULE**

Science shows that an intense craving typically lasts only **15 to 30 minutes**. If you feel the urge to find a loophole:

1. **Wait.** Look at the clock. Commit to waiting 20 minutes.
  2. **Move.** Change your physical environment. Walk outside. Take a cold shower.
  3. **Call.** Call your trusted person or our facility.
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### **STILL STRUGGLING?**

If you have tried the checklist, installed the blockers, and signed the papers, but you are still finding ways to gamble (or feeling unsafe with your own thoughts), **do not wait**.

Self-exclusion is a tool, but for many men, it is not enough. You may need a stronger foundation to rebuild your life.

**Call Prescott House Now: 866-425-2470.** *We have been there. We can help you find the way out.*

