DAILY MONITORING SHEET

The Daily Monitoring Sheet is useful for you to increase awareness of what your triggers are and patterns of wins and losses. This helps you to manage future choices and behaviours. Many people who gamble focus on memories of past wins and ignore the evidence of losses. This may lead to unrealistic beliefs about the likelihood of winning which can increase your motivation to gamble.

Date, time & place	Thoughts & feelings before gambling. Rating out of 10 of how much you want to gamble <i>(1=lowest, 10=highest)</i>	How much money you walk in with or get from an ATM	Wins	Losses	How much money you walk out with	Thoughts & feelings after gambling. Rating out of 10 of how you feel about the result <i>(1=lowest, 10=highest)</i>