ABC VAC SWEEP
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CHECKLIST

Rebuilding Your Savings After Gambling: A Checklist

- [ ] Open a savings account with a different bank from your current account
- [ ] Remove the debit card and hide the balance from your app
- [ ] Set a standing order for the day after you are paid
- [ ] Register with GAMSTOP to block gambling sites
- [ ] Install blocking software such as Gamban or BetBlocker
- [ ] Tell someone you trust that you are saving
- [ ] Check your balance once a month, no more
- [ ] Treat the saved money as untouchable until you have built a buffer