ABC VAC SWEEP
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CHECKLIST

Before you talk to your partner: a one-page checklist

- [ ] List every debt with creditor names and amounts owed
- [ ] Note which debts are joint and which are in your name alone
- [ ] Self-exclude through GAMSTOP or install blocking software
- [ ] Choose a calm time and ask your partner when they're free to talk
- [ ] Prepare one sentence that states the problem plainly
- [ ] Bring your written list and a rough plan for what happens next
- [ ] Be ready to hand over account access if your partner asks
- [ ] Know the numbers for GamCare and other support services
- [ ] Accept that the conversation will take more than one sitting