

SHOW ME THE MONEY!

Brought to you by the Florida Council on Compulsive Gambling

Problem gamblers often find easy access to cash or credit which increases the urge to gamble. To improve your financial health, try one or more of the following:

- consolidate debt and create a payment plan
- cancel or freeze credit cards, or give them to someone you trust
- cancel your bank cards, and actually go into the bank if you need cash
- use direct deposit
- add a trustworthy person to your account
- never carry more cash than you absolutely need
- avoid jobs (like waiting tables) where you handle or have access to cash

 **Florida Council on Compulsive Gambling, Inc.**

HOW MUCH MONEY DO YOU REALLY NEED?

To better manage your money, grab a sheet of paper and fill out the info below:

Money In

- wages
- tips
- scholarships
- grants/loans
- allowance
- other

Money Out

- rent
- utilities
- phone
- car/car insurance
- food/toiletries
- tuition/books
- credit card payments/
other debts

Total Money In VS. Total Money Out

1. Subtract money out from money in.
2. The total is how much money you actually have at your disposal each month.

This will help you move toward financial stability as you regain control and learn to live within your means. If you feel overwhelmed during this exercise, speak to a counselor or contact the Florida Council on Compulsive Gambling.

24-HOUR | CONFIDENTIAL HELPLINE

888-ADMIT-IT

www.gamblinghelp.org