

THE ABC MODEL OF GAMBLING EVENTS



The ABC model can be helpful for understanding the role gambling plays in your life. It involves looking at the people, places or events that may trigger your gambling as well as the behaviours and consequences that result. This can help you and your therapist/counsellor break down your gambling behaviours and identify coping strategies that are best suited to you.

Below are some examples of the (A) triggers, (B) behaviours and (C) consequences of problem gambling. Add your triggers, behaviours and consequences below to help you track how they are linked. It is also important to identify which consequences are short term and which are long term.

Triggers		Behaviours		Consequences	
A	<i>Friends going to the casino for a birthday celebration</i>	B	<i>Play slots at the casino</i>	C	<i>Uplifted mood (short term)</i>
A	<i>Hockey playoffs are on TV</i>	B	<i>Play PRO-LINE</i>	C	<i>Feelings of remorse and shame (long term)</i>
A		B		C	
A		B		C	
A		B		C	
A		B		C	

Adapted from: Herie, M.A. & Watkin-Merek, L. (2006). *Structured Relapse Prevention: An Outpatient Counselling Approach* (2nd ed.). Toronto, ON: Centre for Addiction and Mental Health.