CHAPTER 19

Cards to print

Three cards, each the size of a bank card. **Print them, cut them out along the dashed lines, and put each one where it says.** Take a photo of them too, for your phone's favorites. If you can, laminate them: a card that falls apart in your wallet within two weeks won't be there on the night you need it.

How to print them

1. If you like, fill in the backs right here in the PDF first.
2. Print **only the card pages**: pages **2** and **3**. In the print window, choose "Pages" and type them in.
3. Choose **"Actual size"** or **100%**, not "Fit to page." Thicker paper is better, if you have it.
4. Cut along the **dashed** line, around the whole card (front and back together).
5. Fold cards 1 and 3 along the **dotted** line in the middle, so the front and back sit back to back. A little glue or tape keeps it closed.

No printer? A print shop or a library can print two pages for you. Or simply take a screenshot of the cards and keep it in your phone's favorites. That's better than no card at all.

Card 1 — The emergency card

For you. In your wallet, **next to your bank cards**, so you see it the moment you reach for a card. On the back, "days of work" comes from the Chapter 11 exercises, and "My saying" from the Epilogue.

FRONT

STOP. READ ME.

I'm going to play. — And what if I lose? — I'm going to lose.

What hope are they selling me right now? None of it is real.

It isn't better anywhere.

The only way to win for certain is to keep the money in my pocket.

If I've been drinking or I'm feeling terrible: tonight, of all nights, I don't play. No way.

BACK

My number _____ **= days of work** _____

What I don't want to lose _____

My saying _____

1 min Say the three lines. What hope are they selling me?

10 min My one action _____

Tonight Money out of reach · Tell my key person.

Key person _____

Helpline _____

---- cut ····· fold

Card 2 — The doubt card

For you. On your phone, next to the photo of card 1. For the moment you start thinking about "another door" (Ch. 8 and 11).

FRONT

"MAYBE IT'S BETTER THERE?"

No. There:

- nobody checks the machine or the software,
- if you win, you might never be paid,
- if you disagree, there's nowhere to get justice,
- one mistake in a transaction, and the money's gone,
- if the authorities find you, everyone learns your secret.

It isn't better anywhere.

Card 3 — The key person's card

For your key person. Give it to them along with Chapter 18. They keep it in their wallet or on their phone.

FRONT

FOR THE MOMENT THEY PUSH YOU

"I agreed to protect you for as long as it takes, so you can be done with gambling once and for all. I won't accept the pressure you're putting on me, no matter what. I'm not giving you the key, no matter what, until you've quit for good. That's it."

BACK

PROOF, NOT PROMISES.

The key doesn't go back before _____

"Urgent" or "a health problem" → **check** with key person number 2:

Name · phone _____

→ I pay it directly. Never cash in their hand.

If they play again: **stay calm · "how many times?" · we keep going · the key stays with me.**

---- cut ····· fold