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CHECKLIST

Phone blocking setup checklist – for self-employed people

- [ ] Choose your method: built-in controls, blocking software or a separate work device
- [ ] Research options for your phone model and your business needs
- [ ] If blocking needs a PIN or code, decide who you trust to hold it
- [ ] Install or set up your chosen method
- [ ] Test access to your banking app, email and other essential work tools
- [ ] Test that gambling sites and apps are blocked
- [ ] Have a conversation with the person holding your PIN or code, explaining what you're doing and why
- [ ] Leave the block active for a week without changing it
- [ ] Notice any patterns – when do you reach for the phone, or feel the urge to gamble most strongly
- [ ] If blocking isn't enough, contact GamCare or Gordon Moody for additional support