

THE RISK RECEIPT

Family Receipt Request

Ask for the receipt without starting a war.

This is not a diagnosis. You are not being asked to name an addiction.

This is not a confession ambush. It is a request for reality.

The person in the loop fills the Personal Receipt Worksheet. You keep this request.

Nothing is submitted to The Risk Receipt. We do not hold deposits or balances.

If you are in crisis or do not feel safe, contact local emergency services.

No picks. No strategies. No promises. Just the receipt.

This stays with you. More at theriskreceipt.com

Ask for the receipt.

If someone you love is struggling with sports betting, the first conversation does not have to be an accusation. It can be a request for reality.

The Personal Receipt Worksheet gives them a private way to count what the loop has cost: money, time, health, secrecy, relationships and what it has left behind.

You are not asking them to perform shame. You are asking them to stop carrying an uncounted cost alone.

- 01** Give them the Personal Receipt Worksheet. Let them fill it in private first.
- 02** You may ask to sit with the count later. You do not need every figure on day one.
- 03** Do not diagnose. Do not demand a confession. Ask for a count.
- 04** If they will not look, you still have a boundary. You do not have to live around an uncounted cost.

Download the Personal Receipt Worksheet at theriskreceipt.com/submit

You can say this.

Keep it short. One request. Not a war.

I'm not asking you to explain every parlay or live bet right now. I'm asking you to count the receipt. Not just the sportsbook balance. The deposits, cash-outs, time, stress, secrecy and impact this has had on us. You do not have to show me everything immediately. But I need to know that you are willing to look at the full cost, because I cannot keep living around something that is never counted.

If they sit down

They fill the Personal Receipt Worksheet. Honesty, not punishment. They may show you some of it, later. That is a bridge, not a verdict.

If they say no

You still have a boundary. You can get support for yourself. You can refuse to fund the next deposit. A family member who stops pretending is already changing the room.

The Risk Receipt is not a clinic. It will not sit in the room with you. It will put a count on the table.

theriskreceipt.com/submit/family