

THE RISK RECEIPT

Personal Receipt Worksheet

*A written count of money, time, health, relationships,
and what sports betting has left behind.*

Break down the real cost before you explain it.

This worksheet is free, and it is for you. Nothing is submitted to The Risk Receipt.

It is not a diagnosis, a score, financial advice, or therapy.

Answer in writing. Use statements where you can.

If you are in crisis, contact local emergency services or a qualified professional.

Pseudonym (optional)

Date

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

This stays with you. More at theriskreceipt.com

Most people remember wins, near misses, and almost-comebacks. They avoid deposits, time, secrecy, and impact. This worksheet is a place to write the rest. Fill it before you explain it. You can do that alone.

If you later show it, you are not performing shame. You are saying you are willing to count what this has cost, and that you understand the impact. Showing someone your receipt is not the same as asking them to forgive you.

Before you begin

If this starts to feel too much, stop. Stand up. Drink water. Contact someone safe. The point is honesty, not punishment.

- 01 Use records for money. Memory is not a statement.
- 02 Answer health and relationship questions in plain language. Short is enough.
- 03 The last page asks for the receipt in a sentence - not the sportsbook balance.
- 04 If you show this to someone, you are no longer asking them to live inside an uncounted cost.

The goal is not only to stop something destructive. It is to see what the same intelligence, energy and drive could build if they were no longer consumed by the loop.

Money

Do not reconstruct from memory of wins. Use statements.

Which platforms have you used in the last 12 months? List all of them, including any you still hide.

Total deposited (from statements, not memory):

Total withdrawn:

Current balances, added together:

Fees, juice, subscriptions, or other costs of staying in the sportsbook:

Net receipt

Net receipt = total withdrawn + current balances - total deposited

A negative number is not your failure. It is the receipt.

What number do you tell yourself? What number do you avoid?

Time

A year of evenings is a body of work that never became one.

In a typical week, how many hours go to odds, scores, parlays, live bets, apps, and recovery after a session?

Hours in the last 30 days:

Hours per week x 52 = annual hours:

_____ x 52 = _____

What could that have become?

What did those hours replace?

When did you last take a full day with no checking scores, no odds, no "just looking"?

If you had those hours back this month, what would you have done with them?

Body and health

The loop is not only a ledger. It lives in sleep, appetite, and the nervous system.

How is your sleep - hours, quality, nights lost to games, scores, or the urge to bet?

What happens to eating, exercise, alcohol, or stimulants around a session?

What physical signs do you associate with the loop? Jaw, stomach, chest, restlessness, numbness.

When did you last feel well without a result to explain it?

What has a doctor, partner, or your own body already tried to tell you?

Relationships

Family presence reduced is still a line on the receipt.

Who knows the real size of this?

Who thinks it is smaller than it is?

What have you hidden: deposits, losses, time, mood, plans?

Describe the last time you were in the room but not present - a meal, an evening, a conversation.

What conversation have you been postponing?

What would it cost to tell one person the actual receipt?

What boundary would protect the people affected by this, even if you are not ready to stop?

Secrecy and identity

The loop thrives in private. Honesty is easier when you write it down first.

What do you call this privately? Following the game, a hobby, an edge, a problem, nothing.

Who are you when you are not in the loop?

When did you last promise yourself this was the last deposit, the last session, the last night?

Can you win and still not stop?

What are you using the loop to avoid feeling, saying, or building?

Output

Effort that leaves no evidence may not be work. It may be the loop.

What lasting thing exists from this year's effort? A skill, a product, a relationship, a body of work, a business, a healthier body - or none of these.

If the loop closed tomorrow, what evidence would remain?

What are you proud of that has nothing to do with a result on a screen?

What did you used to build, make, or care for that the loop replaced?

The redirect

The drive does not have to disappear. It needs a better place to go.

Name one skill, project, relationship, or piece of work that could take one hour this week.

If you are not ready to stop, what part of the loop can become smaller this week?

What would "more evidence than yesterday" look like in seven days?

Which of your strengths - focus, numeracy, persistence, independence, hunger to change your situation - could be placed somewhere less likely to destroy you?

Where does the drive go if it does not go back into the sportsbook, the parlay, or the app?

The receipt in a sentence

Write one sentence that is the receipt, not the sportsbook balance. Include money if you can. Include what the statement omits.

This week

Name one hour, one task, one conversation, or one piece of work that will exist after the session ends.

A sportsbook balance can vanish. A repaired relationship leaves proof. A skill leaves proof. A project leaves proof. The new scoreboard is whether your life has more evidence than it did yesterday.

Keep this receipt somewhere you can see it before the next deposit.

If you show it: I am no longer willing to make you live inside a cost I refuse to count.

This stays with you. Nothing is sent back to us.

theriskreceipt.com