



Controlling My Own Life

When you have a video game addiction, you probably find that gaming starts to control your life. If it is creating stress, jeopardizing your career, interfering with your personal relationships, causing physical and emotional problems, and/or causing financial hardships, gaming is controlling your life.

In the spaces below, investigate how gaming may be controlling your life:

Aspects of My Life	How Gaming is Controlling My Life	What I Need to Repair
<i>Example: Creating Stress</i>	<i>I feel like I need to game all the time, and I become miserable when I'm not gaming.</i>	<i>I need to find some substitute activities to engage in rather than gaming all the time.</i>
Creating Stress		
Jeopardizing My Career		
Interfering with Relationships		
Physical and/or Emotional Problems		
Causing Financial Problems		
Other		

***It is important to remember that you are in control, not the video games!
It is your responsibility to control how and when you play video games.***

You need to start by:

- Setting aside specific starting and ending times of the day you will play your favorite video game.
- Finding alternatives to gaming.
- Developing social relationships with people outside of your gaming circle



Why Do You Play Video Games?

Many people do not know why they play video games. They believe that games are enjoyable, and a fun way to pass the time. By thinking about it, and the issues that arise because of it, they recognize that they are gaming for many reasons other than enjoyment.

Take some time to really reflect on WHY you play video games. Some possible reasons are listed below. Why do you play? How do you think this helps you? How can you achieve the same benefits you believe you get from playing without the games?

Reasons people play:

- To be in a place where they are not judged.
- To block out their negative emotions or mood.
- To escape from their problems.
- To feel accepted.
- To have a connection with the online video community.
- To have feelings of achievement.
- To reduce stress.

Why I Play Video Games	How It Helps Me	How Can I Achieve the Same Benefits Without the Games?
<i>Example: To meet other people who have the same interests as I do.</i>	<i>It keeps me from being socially isolated and so angry.</i>	<i>Join another type of club or activity in my community where I could meet like-minded people.</i>