



CONTACT & RESOURCES

cam@gamequitters.com

(720) 903-5032

Program Workbook for Gamers: www.gamequitters.com/respawn

Program Workbook for Parents: www.gamequitters.com/reclaim

Parent Support Group on Facebook: [gamequitte.rs/parentgroup](https://www.facebook.com/gamequitte.rs/parentgroup)

Educational videos, inspiring stories, community forum & more:

www.gamequitters.com

Warning Signs

1. Pre-occupation
2. Withdrawal symptoms
3. Tolerance
4. Unsuccessful attempt to control
5. Loss of interest in previous hobbies
6. Continued use despite negative impact
7. Deception
8. Use of games to escape/relieve negative mood
9. Jeopardized or lost significant relationship, job, education opportunity

If the individual meets five or more signs in the last 12 months they may be at-risk and should seek professional support immediately.

Complete the screening quiz on the next page

SCREENING QUIZ

- Does the individual spend a lot of time thinking about games even when they are not playing, or planning when they can play next?
- Does the individual feel restless, irritable, moody, angry, anxious, bored, or sad when attempting to cutdown or stop gaming, or when they are unable to play?
- Does the individual feel the need to play for increasing amounts of time, play more exciting games, or buy more powerful equipment to get the same amount of excitement they used to get?
- Has the individual felt that they should play less, but were unable to cut back on the amount of time they spend playing games?
- Has the individual lost interest in, or reduced participation in other recreational activities (sports, hobbies, meetings with friends) due to gaming?
- Has the individual continued to play a game even though they were aware of negative consequences, such as not getting enough sleep, reduced performance at school/work, or neglecting important duties?
- Has the individual been deceptive, or lied to family, friends, or others about how much they game, or tried to keep their family or friends from knowing how much they game?
- Does the individual game to escape from or forget about personal problems, or to relieve uncomfortable feelings such as guilt, anxiety, or depression?
- Has the individual risked or lost significant relationships, job, educational, or career opportunities because of gaming?

If the individual meets a score of five or more in the last 12 months they may be at-risk.

Family Screen Time Agreement

Have a written set of rules or guidelines when it comes to technology use. This is sometimes called a contract.

It's important to enroll your gamer into the creation process. The more forced it is, the more likely you are to run into friction. Ask them what they feel is fair and why. Explain clearly why certain agreements are in place.

Set a specific day of the week to talk about tech - 'Tech Talk Tuesday', 'Screen Free Sunday' and create Sacred Family Time.

Follow the outline by Delaney Ruston, filmmaker of Screenagers:

Defining Your Family's General Principles — what is your 'why'?

Defining Family Rules — translate principles into agreements.

Establishing Incentives and Consequences — get input from them. Incentives tend to work better than consequences.

Allow wiggle room — mistakes are learning opportunities.

RECOVERY PLAN



Follow these practical steps:

1. Commit to a period of no-gaming (3 days minimum)

2. Choose new activities that fulfill the same needs gaming fulfills

- something mentally engaging (coding, new instrument)
- something to do at home (cooking, podcasts, reading)
- something to help you be social (group activities)

3. Schedule your free-time with a daily agenda

- use the pomodoro technique (focused 30-60 minutes)

4. Beware of urges and cravings

- be patient, they will pass like waves of the ocean
- go for a walk, call a friend, spend time in nature, exercise

5. Journal each day to clear your mind

- how are you feeling?
- what is one thing you are grateful for?
- are there any actionable changes you need to make?

6. Join a support community

- 12 step group, Game Quitters, StopGaming on Reddit

7. Use tech consciously

- ask yourself: what is your intention with this tech session?
- be clear on your task and then log-off

SIGNS OF IMPROVEMENT

While individual circumstances vary, the following list contains signs that can be seen as positive developments. These are benchmarks. Patience is crucial when progress is being, and you must also be conscious of not allowing minor improvements to be used as justification by the individual to stagnate and plateau.

- Is the individual taking better care of their hygiene?**
- Is the individual exercising?**
- Is the individual spending time outside and/or in nature?**
- Is the individual helping out around the house and/or doing chores?**
- Is the individual doing their homework and/or attending school?**
- Has the individual developed other hobbies or interests?**
- Is the individual spending more time with friends face-to-face?**
- Have tantrums and/or violent outbursts decreased?**
- Has the individual gained and/or maintained employment?**