

Stop Gaming Tip Sheet

- Note what you do once you come home from work or school.
- Make a list of things to accomplish. Put down everything that has to be executed during your day and list them in order of importance.
- View the list daily, and abide by it. Mark each of as you take care of them.
- Remember to make the list to benefit you and your life.
- Tell the individuals you're playing with that you're going to quit at a particular time. You may be tempted to ignore the fact that you've played for more time than you would like, or you might not even realize how long you're playing, but other people might help to remind you.
- Attempt finding something else you like to do. It could be from drawing to running with your dog. This helps keep your mind off it.
- If you play because there's nothing better or more fun to do then bring something else that's interesting into your life. Join a club, or make a goal. By switching between the activities, you will not feel the "video game longing", and it might be beneficial in reducing your tension and keeping you on track with your goals.
- Attempt playing a single player game rather than a net game. Playing an individual player game eliminates the social aspect of a net game which might keep you from playing for long time periods.
- Don't 'marathon play'. Take a break each hour for five minutes and do something else (preferably physical like stretching or walking about your home), then come back to the game after your break.

- If it gets genuinely bad, begin deleting the games on your desktop or additional entertainment files.
- Put down a list of net games you play and have an acquaintance get on your Net and block them.
- Remind yourself that one day the game you're playing will be obsolete. The servers will close down, fresh games will come out, and your character will cease to survive. If you routinely neglect life due to these games one day you'll wake up with a worthless past, and a world of regret.
- Whenever your love of games deals with the ceaseless progression and leveling up of a character consider the most important character in the most crucial game. That would be YOU and YOUR LIFE! If you wish to spend hours and hours leveling somebody up why not make it you? Make your body stronger with exercise. Make your mind stronger with reading. Gain new skills and talents by taking classes or doing research. There is no level cap for YOU, and the possibilities are really endless!
- If you're still having a difficult time, quit any game subscriptions and utilize the money to get a Wii. There are games like Wii Fit that help you slim down while still playing video games!