

THE

**GAMER'S**

**R E L I E F**



**THE EX-GAMER'S ULTIMATE SOLUTION  
TO GAMING ADDICTION**



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# Foreword

Individuals adore gaming, and that's not always a loathsome thing. Whether played on a hand-held platform, a PC, or a TV, the games might supply hours of quiet fun. The games might advance PC skills and greater eye-hand coordination.

Video games are emotionally "untroubled." When an individual makes an error, no one else sees (contrary to the public abjection of, say, striking out in a real life baseball game). And as every error made in gaming helps the player learn the specific action needed the next time, the player gets the satisfaction of steadily improving and in the end winning.

However gaming bears a few downsides. Besides being truly expensive, many in demand games involve vivid sex and violence. Perhaps most worrisome, they might be exceedingly habit-forming. Any individual might become "addicted" to gaming, and individuals with AD/HD appear to be at specific risk.

Does the want to play video games rule your life? When the set has to be turned off, do you become angry? If so, the time has come to assist this yourself.

## **The Gamer's Relief**

The Ex-Gamer's Ultimate Solution To Gaming Addiction

# **Chapter 1:**

## **The First Step- Admitting There Is A Problem**

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### **Synopsis**

There are a lot of assorted types of addictions, and a few might surprise you. There are dependencies out there that have nothing to do with alcohol or drugs. For instance, there are technology addictions like gaming addiction.

Most individuals truly do love gaming. The invention of fresh sorts of gaming systems have made it simpler for older and younger generations alike to know the benefits of gaming, including physical activity and amusement.

While gaming may be fun as well as entertaining, the reality is that they may negatively affect an individual's life when the use becomes an addiction.

## **First Things First**

Do you understand what you are able to do to ascertain whether or not somebody has a gaming addiction? Do you understand what steps you are able to take in order to curb an addiction to PC gaming or video gaming? It's crucial to understand that you are able to find the info that you're looking for from various resources including this book.

The gaming addiction issue is only getting worse due to the recent explosion of sites surrounding net gambling. Gaming addiction is seeming to really grow online. At this point, it's become even harder to spot somebody who's addicted to net gaming as the characteristics are different from individuals that are addicted to regular gaming and online gaming may be done away from crowds in your own home.

Video gaming addiction may involve any sort of game from shooters to World of Warcraft and additional massively multi-player net role playing games. It's crucial to think about all the evidence if admitting whether or not you have a gaming addiction issue.

Admit you've a problem- As commonplace or cheap as it may sound, the first step to recovery is to acknowledge to yourself and other people that you have an issue.

There are any number of causes why someone will deny that he or she has a dependency issue. A few causes have to do with embarrassment or hiding things owed to true or sensed results (like becoming penalized at home or barred from school). Some individuals are embarrassed that they've an issue

that they feel that they can't contain. They may feel bad about the matters that they've caused while centering on the addiction.

There's also a lot of stigma connected with addiction. Becoming labeled as a “addict” may have any number of social and psychological results for the user, including lowering one’s self-regard, limiting one’s social , educational , or even job opportunities.

Numerous times, people don’t want to admit that they've an addiction as it will mean having to forsake something that they value or something they have to have to manage. But there are genuine repercussions if you don’t acknowledge having a problem. You might be subject to more scrutiny by loved ones, acquaintances, or persons in the community that may result in social issues.

Likewise, a lot of people believe they've their addiction “in check,” but in many cases addictions gain mastery of you. And at times an acquaintance, loved ones, or mate is the one who finds the signs of trouble initially.

### **Acknowledge the reason.**

Why do you do it? You have to be able to resolve that question. Is it to assist you in dealing with worries and stress? It might be hard for you to acknowledge that you have a habit, but you can't alter what you don't acknowledge.

What purpose does the conduct serve for you? If you're a gamer, you're not simply playing because it’s your job. Admit to yourself: I'm medicating myself for worries, depression and hurt. It numbs me to life.



## **Helping someone see they have a problem.**

The thing you have to do is be persistent and be prepared with lots of specific illustrations. They won't want to hear it, so don't let them make the choice. Perhaps take a drive and start talking once you're far enough away from the home that they won't simply get out at a traffic light and walk away. Do not arrive at your destination till you're done with the conversation.

If you aren't a valued voice of reason to this person already, it might help to get together with a supporter who they regard in this light. However, about the drive idea: it works for me as I'm an individual that doesn't let emotion get to me, however if you realize you can't check your emotions and/or tears tolerably to drive safely while delivering this conversation, don't try it. Consider something else. Possibly start talking AT the destination.

Early on in the discussion, bring up the reality that they've modified behavior since they started the addiction... the addiction has affected their conduct and brain ...as it's affected their mind, how might they expect to see the differences? To recall what they were like before? To remember how they used to manage and be happy without the addiction? Reason with them.

Tell them specifically how they've changed. Supply instances of situations you've witnessed when they acted in a fashion that "just wasn't them," or mention (repeatedly) that they're not as discriminating, fun, or funny as they used to be. Whatsoever the case may be. Most importantly, remember to state, "You were a better person previously."

You'll have to say it and reword a lot, a lot of times, in various ways, plenty, again and over again, and you'll have to reply to the same questions more than one time, and the conversation will go around in a circle, but don't stop. If you're correct, you're correct, and you've the truth on your side. If it turns into a controversy, you win. At the very least, your friend won't take dependencies so lightly anymore.

As well, balance the toughness and assertion with substantial, honest, listening. You might hear things you didn't foresee. A few might be the most realistic things you've ever heard, but others might be obvious crusades to shift the subject. Join everything back to your original point, and don't stray too far from the subject till a resolution is achieved.

You must at a conscious level, at a rational level that your addiction is unhealthy, yet you carry on and this baffles you. If you're in denial about it, if you're downplaying it, if you're trivializing it, if you're gypping yourself, then you'll never get where you have to be.

If you can't go through the day without a game controller, you might be medicating yourself for depression, anxiety or pain. You might need to count on other people to help you think rationally.

## **Chapter 2:**

# **What Sets You Off**

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### **Synopsis**

Triggers are mental and physical promptings that cause you to wish to gratify your addiction. Try and work out what kind of things makes you want to play video games. Possibly it's a certain site that you go to on the net that begins your video gaming hysteria.

Maybe it's being around certain individuals that make you hunger for a game or two. Do your best to figure out what sort of things make you wish to play games.

## **Understand How It Works**

Associations between particular feelings, people, places, and events become entwined with the addict's conduct. When addicts find their way to recovery, the old associations between the addiction and the old feeling, people, places, and events live on, often tripping cravings to use.

If these cues activate memories and euphoric recall, you have to prevent cravings and possible relapse. If you don't you remain extremely vulnerable to slipping on your recovery. These cues are ever present, but relapse may be avoided.

It's all-important to avoid the external triggers that are your severest and that are inside your power to prevent. A lot of these will be the obvious ones like being around old gaming acquaintances, or going to game shops.

Triggers that can't be stayed away from altogether may be counteracted. To be ready and able to counteract triggers that arise, you have to be able to foresee and identify them, then have a plan of action on how you'll contend with them without using.

Below are areas that serve as things that may set up cravings to return to the addiction. Apply this to help identify your likely risks.

### **Individuals**

Who are the individuals you used to play video games with? Make a list. Make a list of other people that may serve as a spark for relapse. It might be

extended loved ones, mate, girlfriend, your kids, boss, workfellows, neighbors and any other people.

## **Areas**

Where did you used to begin getting the video game urge? What are the places that might spark off cravings or euphoric recall? Make a list of the areas that might remind you of gaming/using or serve as trigger. Instances may include: bars, school, work, certain streets, specific parts of town, particular rooms.

## **Events**

What sorts of events did you routinely take part in while gaming? What are a few of the everyday events that you might participate in now that might set off cravings?

Make a list of possible trigger-provoking events. Illustrations might include going to the game section of a shop, becoming bored, going gambling, going to gaming conventions, and others.

## **Celebrations**

What are a few of the festivities or certain events that you might participate in that might serve as a trigger for relapse? Make a list. Examples may include: birthdays, holiday, and vacations (with or without extended loved ones).

## **Additional nerve-racking events or activities**

Discover other nerve-racking events or activities that might serve as a trigger. Illustrations might include such matters as deaths of loved ones, divorce, separation, money issues, getting paid, getting a raise, unemployment, retiring, home alone, vacation, going by an ATM machine, home alone, and so forth.

## **Relationship Events**

What types of relationship events were affiliated with your gaming use? Distinguish relationship events that might serve as a trigger. Illustrations might include meeting new individuals, leaving on a date, hanging out with acquaintances, after arguing, prior to sex, following sex, family visits, separation, divorce, and so forth.

## **Time**

When did you generally use? Identify certain hours, week, month or year that may serve as a trigger for relapse. Illustrations might be Monday (Monday night football), Sunday (gearing up to go back to work), anniversary date or month of traumatic events, after work, prior to work, attempting to get to sleep, awakening in the night, and any other times that are crucial.

## **Making a blueprint.**

- Looking back over your lists above, discern actions that you're able to take to reduce the menace to your recuperation. Which events might you avoid?
- Which events or spots might you escape from if you feel vulnerable? How might you empower yourself to escape?
- Practice being assertive with leaving a risky situation. Utilize cognitive therapy to dispute unrealistic thinking that might keep you from going away when you have to. Build a plan on how you might escape. Example: Drive yourself, walk out, call a cab, have a call list and have someone come get you.
- What might you do to alter how you think or feel when you find yourself in an unavoidable position that's triggering a wish to use?
- Utilize thought stopping techniques to manage cravings when they happen.
- Utilize the phone.
  - 1) Call someone.
  - 2) Call your counselor.
  - 3) Engage someone who's supportive of your recovery in a conversation.

- 4) Cue yourself that cravings are temporary and that they'll disappear if you don't use.
  - 5) Think that cravings are a regular part of recovery and that they don't doom you to failure.
  - 6) Remind yourself that you've the option whether you act on your cravings.
- Think about a craving as a competition between you and your disease. Who will win?
  - If you or someone you love is in early recovery or attempting to establish abstinence, arm yourself with all the training that you have to accomplish it.



# **Chapter 3:**

## **About Discipline**

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### **Synopsis**

Will power is the might to subdue addiction. It's the might to command or reject unnecessary or harmful impulses. It's the might to arrive to a decision and follow it with persistence till its successful accomplishment.

It's the inner power that overcomes the want to indulge in useless and worthless habits, and the inner durability that overpowers inner emotional and mental opposition for taking action. It's one of the fundamentals of success.

## **You Must be Disciplined**

Self-discipline is the affiliate of will power. It empowers with the toughness to hold on in whatever one does. It bestows the power to withstand hardships and bothers, whether physical, emotional or mental. It dishes out the power to reject immediate gratification, in order to get something better, but which calls for work and time.

Everyone has inner, unconscious, or partly conscious impulses; making them say or do things they later regret stating or doing. On several occasions individuals don't think before they speak or act.

By developing these 2 powers, one becomes witting of the inner, subconscious urges, and derives the power to eliminate them when they're not for his/her own good.

These 2 forces help us to pick our behavior and reactions, instead of being dominated by them. Their possession won't make life dull or boring. On the contrary, you'll feel more powerful, in command of yourself and your surroundings, happy and gratified.

How many times have you felt too weak, lazy or shy to achieve something you wished to do? You're able to acquire inner strength, initiative and the power to arrive at decisions and abide by them. Believe me; it isn't hard to develop these 2 forces. If you're sincere and are willing to become stronger, you'll certainly succeed.

There's a misconception in the public mind regarding self-control. It's erroneously thought to be something arduous and hard, and that one has to

exert and tense the body and brain when conveying it. It's a totally improper concept.

This is among the reasons why people avoid utilizing it, though they're conscious of its benefits. They acknowledge the fact that the utilization of will power in their life and affairs will greatly assist them and that they have to fortify it, yet they do nothing about it.

Self-control gets stronger by holding off and not letting in the expression of insignificant, unnecessary and unhealthy ideas, feelings, actions and reactions.

If this saved energy isn't allowed expression, it's stored inside you like a battery, and it becomes available at the time of need.

By practicing suitable exercises, you develop your powers the same way, as an individual who trains his/her muscles in order to strengthen them.

## **Chapter 4:**

# **Developing Will power**

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### **Synopsis**

An great method for developing and bettering these abilities is to execute particular actions or activities, which you would rather avoid doing due to laziness, putting things off, weakness, shyness, and so forth.

By doing something that you don't like doing or are too lazy to achieve, you overcome your subconscious resistance, school your brain to obey you, beef up your inner powers and gain inner strength.

Muscles get stronger by resisting the power of weights. Inner strength is accomplished by overpowering inner resistance.

Remember, beefing up one of these powers, automatically beefs up the other one.

## **Exercise**

### **Here are a few exercises:**

- A. You're seated in a bus or train and an old man or woman, or a pregnant woman walks in. Stand and give up your seat even if you wish to remain seated. Do this not merely because it's polite, but as you're doing something that you're reluctant to do. In this way you're overcoming the resistance of your body, brain and feelings.
- B. There are dishes in the sink that have to be washed off and you postpone washing them for later. Get up and wash them at once. Don't let your laziness overcome you. When you realize that in this way you're developing your self-control, and if you're convinced of the significance of self-control in your life, it will be simpler for you to do whatsoever you have to do.
- C. You come home dog-tired from work and sit in front of the TV, as you feel too lazy and fatigued to go and wash. Don't obey the want to simply sit, but go and get a shower
- D. You may know your body requires some physical exertion, but rather you keep on sitting doing nothing or watching a movie. Get up and walk, run or do a different exercise.
- E. Do you like your coffee with sugar? Then for a whole week decide to drink it without sugar. You like to drink 3 cups of coffee each day? For a week, drink only 2.

- F. At times, when you wish to say something that is not relevant, decide not to say it.
- G. You've a desire to eat something not too good for you. For the sake of the drill refuse the want.
- H. If you identify yourself thinking insignificant, unneeded, damaging thoughts, attempt to develop lack of interest in them, by considering of their futility.
- I. Overcome your laziness. Convince yourself of the importance of what is to be achieved. Convince your brain that you gain inner strength when you act and achieve things, despite laziness, reluctance or mindless inner resistance.
- J. Never state that you can't follow the above exercises, as you certainly may. Be relentless no matter what. Motivate yourself by thinking of the significance of executing the exercises, and the inner power and strength you'll acquire.

Trying to attempt too many exercises when you're still a beginner, may end in disappointment. It's better to begin with a couple of simple exercises initially, and then bit by bit step-up their number and move to the more arduous exercises.

Most of these exercises might be practiced anyplace and at anytime, and you don't have to commit particular times for them. They'll train and grow your inner forcefulness, enabling you to utilize it whenever you need it.

If you practice weight lifting, running or aerobics, you fortify your muscles, so that when you have to move or carry something heavy for example, you've the strength for it. By studying French daily, you'll be able to talk French if you visit France. It's the same with self-control and self-discipline; by strengthening them, they become available for your use whenever you need them.

If for the sake of a drill, you quit doing something that you generally do, and overcome the inner resistance pertaining to it, you may resume doing it, if it is not adverse.

For example, if you love drinking OJ, and for the sake of a drill you shift to drinking apple juice, after doing so for some time and after it makes no big difference to you, you may go back to drinking orange juice, if you still love it. The point here is to formulate inner strength, not making life difficult for you or continue doing things you don't like to do.

# **Chapter 5:**

## **Plan Your Recovery**

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### **Synopsis**

Plan out your recovery. Breaking off video games cold turkey might seem like the best way to break your addiction, but in reality, most people fail attempting to quit totally.

Your best plan would be to gradually wean yourself away from video games. Make yourself an ending date of when you wish to be totally free from video games.

Then, develop steps to that ending date, with mini-goals that you wish to achieve. For example, instead of playing for twenty hours a week, attempt cutting back to eighteen hours a week, and so on. Don't get put off if you don't accomplish your goals! Your dependency won't disappear overnight.



## **Put It Together**

What treatment ought to be if you choose to go with addiction counseling.

- Addiction counselors ought to firstly address and point out the symptoms and outcomes of the addiction with the patient. For example, point out physical matters that have deteriorated in the patient since his addiction began. Call attention to weight loss, carpal tunnel or any other physical feature you see changed.
- Also talk over how the addictions have resulted in modifying the patient's life, like losing friends, losing an occupation, getting financially unstable or getting in scuffles with the law. These subjects ought to be discussed with the patient till the patient recognizes they' comprehend that they were a direct cause of overusing the addiction.
- You ought to recognize urges to use and discuss what drives these urges, like tension, personal crises at home or low self-respect. The counselor should recognize the causes of these impulses, discuss how the addictions don't help solve the issue at hand and then encourage and motivate the patient to achieve abstinence and to discover new ways to resolve the trouble at hand.
- As a recovery plan, the addict ought to be monitored for usage. The addict ought to be rewarded and encouraged when doing well, and a counselor should discuss why an addict did use if this does occur. The addict and the counselor ought to discuss and together discover novel ways for the patient to solve life's issues and to make him happy, like meditating, working out, writing of song lyrics, volunteering or

joining a support group. The end goal is to have addicts turn operational, responsible, and productive.

- For patients whose addiction resulted in significant damages to their personal lives, a goal is also set to recover from these damages and possibly make amends. To begin, counseling sessions ought to be held between the addict and her acquaintances or loved ones whose relationships were tarnished or altered due to the addiction.

## Wrapping Up

What should a fun diversion might get to be an all-consuming addiction if left unbridled. Be sure you set limits on your youngster's video game utilization. Don't think of it as denying your kids something.

Rather, think of it as training fit habits. While video game addiction doesn't come up in the Diagnostic and Statistical Manual of Mental Disorders, excessive and unhealthy video game habits are something that's obtained increased attention in the past several years.

It's hard to deny that a few people (whether they're kids, teens, or adults) play video games far too much and that it might negatively affect their functioning and success outside from the glare of the monitor.

Naturally, not everyone gets addicted to video games. Net games are enjoyed by 1000000s of individuals around the world as a way to unwind, interact with friends, and for simple entertainment uses.

However, it's becoming clear that there are those who lose control of their gaming habits. For these individuals, video games (particularly net multiplayer games) take center stage in their lives.

Work performance may suffer due to lengthy late night gaming sessions. School grades may drop as a result of giving more attention to video games than reading.

Relationships may deteriorate as one mate feels neglected and more insignificant than his or her partner's latest game fixation. The more time a person spends playing video games, the less time there is for the crucial individuals in his or her life.

Face-to-face human contact is more and more sacrificed in favor of the game. As a result, the person may experience social isolation, lost friendships, and loneliness.

Hopefully this book has given you instruments to deal with this certain addiction.

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