Confessions of a Gamer
"GET ON THE GROUND!"
How does it break down?

- Box Office (2013) - $38 billion
- Music Industry (2013) - $47.4 billion
- Video Games (2014) - $60 billion
Phone Gaming
Popular Video Game Genres

- RPG / MMORPG - Role-Playing Game (Massive Multiplayer Online)
- Shooter - First/Third Person Shooters
- Sports - Sports Simulation Game
- Action - Action/Adventure Game
- Real Time Strategy - War Simulation Game
"Online Interactions Not Rated by the ESRB" - Warns those who intend to play the game online about possible exposure to chat (text, audio, video) or other types of user-generated content (e.g., maps, skins) that have not been considered in the ESRB rating assignment.
The Pleasure Principle

The brain tries to achieve good feelings and avoid unpleasant feelings.
But not too quick
WALL-E  Living lives of constant stimulated distraction
Video Games and Violence
I went outside once.

The graphics were amazing, but the gameplay and storyline were terrible.
Warning Signs for Addiction

- Playing for increasing amounts of time
- Thinking about gaming during other activities
- Gaming to escape from real-life problems, anxiety, or depression
- Lying to friends and family to conceal gaming
- Feeling irritable when trying to cut down on gaming
- Unable to control anger while playing video games
The 5 Point Formula

I Care
- Let the person know you care about him/her and that because of the significance of the relationship you need to discuss something very important. Both starting and ending the discussion with an emphasis that you are doing this out of genuine concern, caring and respect for the person is important. Choose words you are comfortable with and fit your style.

I See
- Report/Review actual events with your friend, as you perceive them. Remember you are evaluating the behavior not the person. Try to limit your statements to observable, irrefutable facts. The more you have, the better.

I Feel
- Tell the person your own feelings using “I statements” to reveal your feelings.

I Want
- Tell the person what you would like to see happen.

I Will
- Specify what you will or will not do. Only set ultimatums if you can, and will, stick to them.
I Notice:
I want to support you in spending time with friends online and playing video games as an opportunity to have fun. I believe that 2 hours a day is sufficient to spend time with your friends online as well as to take a break from your daily tasks. I would like you to remove all electronic games from your phone because I can see you are struggling to disconnect from your video games when you are in school, at home, and with friends. I would like you to talk to a professional about this. 

Things to consider:
- Why are they playing more video games [suddenly]?
- Are they playing video games alone, or online with friends?
- Did they just get a new video game they are excited over?

I Care:
I wanted to talk to you because I’ve been concerned lately. I love seeing you engaged and happy when you’re spending time with friends and doing a variety of activities inside and outside!

I Feel:
I am concerned when I see you spend large amounts of time on video games. I know that it can be very fun and immersive, but I’m worried about you not spending time physically with friends, not seeming to focus on school, and not getting exercise. I’m also worried that this time you’re spending gaming will interfere with your ability to focus on your goals.

I Want:
I want to support you in spending time with friends online and playing video games as an opportunity to have fun. I believe that 2 hours a day is sufficient to spend time with your friends online as well as to take a break from your daily tasks. I would like you to remove all electronic games from your phone, because I can see you are struggling to disconnect from your video games when you are in school, at home, and with friends. I would like you to talk to a professional about this.

I Will:
I will help you come up with other ways to spend time that you enjoy. I’m willing to provide rides so you can connect with your friends more. It’s fine for your friends to come here and spend time at our house. If you are able to limit your gaming time to 2 hours a day, I’m willing to treat you and a friend to a movie on the weekend. If you are able to improve your grades and include your friends on other activities than video games over the next two months, we might be able to come up with a plan where you can get ‘bonus’ hours above and beyond the 2 hour cap, maybe even make games available on your phone again.