

How to Stop Playing Video Games

Have video games irreversibly damaged your life? Do you find other activities increasingly boring? Video gaming is a very hard habit to break. Get started now! Humans can survive without video gaming. All we need is food, shelter, sleep, and water.

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Steps

- 1** Assess yourself, your history of gaming and why you want to stop.

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- 2** Make a note of how long you play every day. Then cut off an hour everyday. This sort of progressive reduction will help your body adjust.

- 3** Tell your parents to remind you to turn it off at a particular time. Make sure you turn it off at the designated time. No matter what checkpoint you need to reach, even if it's online or if it gets you banned.

- 4** If step 3 doesn't work, download this simple software that will force your computer to shut down at a designated time: [no trojans/viruses/adware]
http://www.konradp.com/products/auto_shutdown/download/autosshutdown.exe

- 5** Now set the time with the Force shutdown option to 2 hours lesser than what you did on your previous day. As the computer shuts off, unplug the mouse and keyboard.

- 6** Be very strict, and think of all the reasons you want to quit gaming for.

7 **When stopping something you love, it will hurt.** You should be strict anyway: only a couple of hours on weekends, after you've finished your chores.

8 **If you are a hardcore gamer who is active on the forums/public chat, then make a thread about you quitting - make it public.** This will make your resolve stronger.

9 **If you feel like you have a severe addiction, and you won't be able to survive without gaming, take a deep breath and think to yourself:** "I control this body and nobody can make me do what they want, no matter what". That way you will feel like you have more control.

10 **Try asking someone to hide your games from you for a few hours and gradually go up to a few days, weeks, months etc.**

11 **If there are some that you don't use any more, give them to some of your younger relatives or donate them.**

12 **Try doing other things to get your mind off gaming.** Some examples are reading, sports, helping around the house, etc.

13 **Never try to sneak onto video games, as this will make you want to play more and more and more.** You will inevitably be discovered.

14 **Think of other things.** If you feel like you really really MUST play, channel your playing energy into a sports activity.

15 **Don't try to prolong your gaming time.** Things you should avoid include "May I please play 5 more minutes", "I need to finish this up or it won't save", and "I'm in the middle of something". Video games are no longer the highlight of the day. You have better things you would rather do, like reading, a sport, or another activity that is healthy for your mind and body.

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Know another method for How to **Stop Playing Video Games**? Add it here...

Name your method

Add your steps using an ordered list. For example:

1. Step one
2. Step two
3. Step three

Add Method

Tips

- Workout and exercise, eat fruits and stay healthy.
- Drink water and rest your eyes often.
- Avoid anything to do with gaming, even something as simple as searching the internet for gaming reviews or forums.
- Try to study harder and keep a timetable.
- Organize your stuff.
- Read a book.
- Understand that you can survive without video games.
- You don't have to give them up completely. Just strictly limit how long you play
- Whenever you feel that urge to play, resist it by occupying your hands with something else.
- Get a knack for the more rewarding real life game (getting girls!). Read and practice.

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Warnings

- If your eyes are starting to hurt, stop playing.
- Usually, there is no need to stop gaming altogether, just control it.
- The software may prevent you from doing real work you need to on your computer so it's a good idea to only use it as your last resort.
- It will work if you show some self-discipline.
- The software stops all programs in progress, any unsaved information [important documents, not just games] get closed, including downloads.
- Don't ever stay on the video games too long without a break. Computer monitors can cause eye strain over long periods, which may damage your eyesight. It can also do very unhealthy things to your metabolism and posture.

Article Info

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