**FOUNDATIONS OF MANAGEMENT AND ORGANIZATIONAL BEHAVIOUR**

**REVIEW 2**

**SURVEY QUESTIONS**

**YES/NO**

Do you set rules or limits with gaming and then break them, playing longer or more frequently than intended?

Do you lose hours of sleep to gaming?

Do you skip or neglect self-care (cooking, eating, bathing, cleaning, shopping, exercise, etc) when gaming?

Do you find yourself gaming whenever you have free time?

Have you ever sworn off a game, uninstalled it, and later returned to it?

Do you often re-live gaming experiences or think about future ones?

Have you ever used sick days or vacation days or skipped work or class just for gaming?

Has gaming taken the place of any hobbies or sports you used to enjoy?

Has your contact with in-person friends and family declined significantly since gaming?

Have you ever taken a break from gaming and binged uncontrollably upon your return?

Do you feel irritable and restless when away from games for some time?

Do you forget or neglect appointments, responsibilities or deadlines in work, school, or family when gaming?

When anxious, upset, or depressed, do you soothe yourself with games or plans to game?

Have you ever skipped real-world social plans that you were looking forward to in order to game more?

Have you ever gamed in inappropriate or unsafe situations (in class, at work, while driving)?

Do you get very angry when someone or something interrupts a game?

Have you ever felt regret after a gaming binge?

Do you hide or lie about your gaming?

Have you ever had a moment when you really wanted to stop gaming to do something else, but just could not?

Do you feel guilt and shame around your gaming?

Do you push your friends to play more than they want to?

Do you make sure you have a mobile gaming device for trips away from home- either long vacations or grocery runs?

Have you ever regretted the amount of money you spent on a game?

Have you stolen anything for gaming?

Do you eat while gaming or forget to eat while gaming?

Are most of your friends gamers?

Are gaming stories the most exciting topics of conversation for you?

Do you read or watch many game-related guides, articles, and videos?

Do you fear a life without gaming?

Do you envy people who can game in moderation?

Do you prefer your game character identity to your own?

Have you stolen money for gaming?

Do you find yourself bored with most everything else in life?

Have you put spending on games ahead of your financial responsibilities?

Have you gained weight since becoming a gamer?

Have you felt remorse after a gaming binge?

Have you suffered any physical pains from intense gaming?

Have you suffered more financial problems since obsessively gaming?

When you want to spend time with friends, do you invite them to game?

Do you get angry and insulting with other players who make mistakes?

Have you tried limiting game time by switching games?

Are the people in your life worried by your gaming?