POV

Games are addictive, but they don’t have to be the focus of your time.

Taking a break from games can also be helpful for your mind and soul.

Self-control is the way to handle yourself from playing video games.

Time routine can minimize the length of time.

Spending time with others can help oneself.

Being a perfectionist doesn’t mean you should do everything. No one is perfect not even you.

Why do you have to rage a lot while playing video games? Breaking stuff doesn’t help.