RESPAWN
HOW TO QUIT PLAYING VIDEO GAMES, FILL THE VOID AND TAKE CONTROL OF YOUR LIFE

CAM ADAIR
Table of Contents

A Message from Cam Adair................................................................. 4

Chapter 1: Fundamentals
How to Quit Playing Video Games..................................................... 5
Prepare for Success........................................................................ 10

Chapter 2: Power Off
Breakthrough the Barrier that Keeps You Gaming.............................. 16

Chapter 3: Power On
The New You............................................................................... 22

Chapter 4: Fill the Void
How to Avoid Boredom and Find New Hobbies................................. 27

Chapter 5: Control Your Time
How to Stop Wasting Your Time and Be More Productive.................. 38

Chapter 6: Control Your Body
How to Increase Your Energy and Improve Your Mood..................... 48
Beat Your Urges and Cravings to Avoid a Relapse.............................. 55

Chapter 7: Conquer Your Mind
How to Succeed Today... and Tomorrow........................................ 59

Chapter 8: Beyond Respawn
What to Expect............................................................................. 67

What Now...................................................................................... 74
A Message from Cam Adair

Hey, it’s Cam. I want to welcome you to Respawn and thank you for your purchase. Your purchase contributes to our mission to help gamers just like you succeed in their recovery and I’m grateful for your support.

Right now you may be feeling a wide range of emotions. Maybe you’re excited about the potential of your life without video games, or maybe you’re scared and wondering whether you’ll actually be able to succeed this time, unlike other attempts you’ve made in the past. Whatever you are feeling in this moment I want you to know that is ok.

As we’ll discuss more in chapter three, this is the beginning of a New You, and it’s important for you to be patient with yourself. Whether this is your first “attempt” to quit or any other number, it doesn’t matter what’s happened in the past, only what you do now, in this moment, and the action you take to succeed.

In Respawn I outline the exact step-by-step system I have used and hundreds of other gamers have used too, to quit playing video games, fill the void and take control of their life back.

The system is comprised of five steps, outlined throughout the following eight chapters. Each chapter is as important as the rest as they build on each other. I have also included corresponding worksheets of which I recommend for you to complete. The quicker you implement what you learn in Respawn, the more likely you are to succeed.

Remember, you’re going through a big change in your life and you’re stepping into the unknown, be patient and kind to yourself. Go at your own pace. Trust the process and have faith. Some days may be easier than others, but keep working at it and you will get there, I promise.

Try to have fun. This is something new in your life and it’s something exciting. Use this as an opportunity to learn more about yourself and what a meaningful life looks and feels like to you.

Ultimately, Respawn is a designed to be a resource. Come back to it as you need to and reach out if you have any questions. I have your back and the rest of the community does too.
Chapter 1

Fundamentals

How to Quit Playing Video Games and Prepare for Success
How to Quit Playing Video Games

So you’ve decided to quit playing video games and now you’re wondering what to do next. Well today I’m going to show you how to do exactly that in five proven steps.

But first, if you’re reading this I assume two things about you:

1. You want to quit playing video games.
2. You have read my work on How to Quit Playing Video Games FOREVER and understand the basic thesis behind Game Quitters and the 90 day detox.

I’ll explain more about the 90 day detox in chapter six, but for now here’s a quick recap of how to quit playing video games:

We play games for specific reasons and in my experience I’ve found four main ones: they offer temporary escape, they are social, you see constant measurable growth and they are a challenge.

This means games allow you to have a break from the stress in your life, most (if not all) of your friends play, you get to see feedback and progress and receive instant gratification and they give you a sense of purpose, a mission and a goal to work towards.

These are all basic human needs you have and games fulfill them. It’s not that they are good or bad, they are just basic human needs. Because of this, you will always find a way to fulfill them, and this will be done in healthy or unhealthy ways, consciously or unconsciously.

Gaming is just an activity you do, but it’s the reasons why you play (the needs gaming fulfills for you) that causes you to continue to play, even if you don’t want to.

In order to have success moving on from games you need to know why you were so drawn to them in the first place and then be intentional, being intentional is the key word, with how you fulfill your needs in the future. Otherwise you will continue to relapse back into the cycle of playing games (even if you don’t want to) or you’ll just find life to be completely boring without them.
And I don’t want either of that for you.

I want to help you quit playing video games and start living a life you’re proud of. I want you to wake up every day excited to live your life to the fullest. I won’t settle for anything less, and I don’t expect you to either.

Cool?

Most importantly I want you to know that you have decided to quit playing video games because you have decided to quit playing video games. Whether this is because they are causing major issues in your life (such as how they contributed to me dropping out of high school twice), or you simply want to quit because you want to quit... I want you to know that you are right.

It doesn’t matter whether games are causing major problems or not, if you want to quit you are allowed to quit and you don’t need to justify that to anybody. Especially not to yourself!

In chapter seven we’ll discuss more about how you get to take full responsibility for your life, including the decisions and choices that you make. So whether gaming is causing issues in your life or not, or you want to quit for any other reasons, you’re allowed to quit because you want to quit and you don’t need any other reason other than that.

So today I’m going to show you the exact step-by-step system I’ve used to quit playing games. There are only five essential steps we need to go through and each is as important as the rest.

I’m not going to go into too much detail in Respawn because it’s meant to be a quick and easy way to start taking action and moving forward.

In other guides and courses in the future I will share a more in-depth analysis of this compulsive gaming and video game addiction issue for you, and also provide additional support to help you take your life to the next level.

But for now our focus is on taking the most important next steps to quit playing games and that’s it.
Reminder of why you play video games:

- Temporary Escape: They help you escape from the stress in your life.
- Social: They give you a sense of community and most (if not all) of your friends play.
- Constant Measurable Growth: You see progress and receive feedback and instant gratification.
- Challenge: You have a structured way to find your sense of purpose, a goal and mission to work towards.

ACTION STEP 01

Write down the reasons why you play:

Although I’ve shared the four main reasons why we play, we each have our own reasons. Games meant something unique to each of us. So it’s time for you to identify why you played.
It’s also important for us to be clear on why we *want* to quit playing games. As I shared, we all have our own reasons for why we want to quit, and whatever our reasons are, we are right... but let’s be clear about what they are.

**ACTION STEP 02**

I want to quit playing video games because:

<table>
<thead>
<tr>
<th>REASONS I WANT TO QUIT (e.g. to get better grades)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>
Prepare for Success

Moving on from games is a big moment in your life. It’s a turning point. It’s an opportunity for you to finally start turning your life around, and start achieving these big goals and dreams that you have. (If you don’t know what your goals and dreams are yet, don’t worry, we’ll work more on that in chapter eight.)

Before I quit gaming I was completely checked out. I had dropped out of high school, twice, suffered from depression and because of the bullying I went through in middle and high school I had very few friends.

When I quit I wasn’t sure what my “big goals and dreams” were, but I did know a couple of different things I wanted: I wanted to learn how to be happy and not be depressed anymore. I wanted to improve my social skills and learn how to make new friends. I wanted to feel more in control of my dating life and stop being put in the “friend zone.”

So I focused on those first, mainly my goals around improving social skills. I knew if I was going to succeed not playing games I couldn’t be in the house, otherwise I would be tempted to play, so every day after work I would have a quick nap, shower, eat dinner and then head out to a nightclub to work on my social skills. I did it sober and kept a journal of lessons I was learning.

Then, a few months later I started to realize I didn’t really like having to ask my boss for permission to take the weekend off. I wanted to have the freedom and flexibility to be spontaneous, to work for myself and have my own business and find meaning in the work I was doing.

Over time I discovered more about the goals and dreams I had, which to be honest, I always had on some level but because of all the gaming I was doing, and how gaming fulfilled the needs it fulfilled, I was numb to them. And because of this I just kept gaming instead of pursuing the things deep down I knew I wanted to pursue.

It’s not that gaming was the problem, but it was my crutch. It’s what allowed me to avoid dealing with my situation.
Before I quit gaming my life was going one direction, but from quitting games, I removed my crutch, and that helped me turn things around and start going a different direction, and that’s the same opportunity that you have here with Respawn. You have an opportunity to quit gaming and start going down a different path.

Unfortunately the act of quitting games is only going to do so much. I learned this after I relapsed after not gaming for eleven months.

As I shared, after I quit I put my focus and energy into improving my social skills. I knew if I wanted to avoid being tempted to game I had to stay out of the house, so I went out to nightclubs every night after work.

And I managed to succeed with this for eleven months before I relapsed. At the time I was feeling depressed again and decided that what I needed was a change of scenery, so I packed everything I own into my car and drove 15 hours to Victoria, B.C. from my hometown, Calgary, AB.

When I arrived I moved into a house with two roommates, one was a new friend of mine, James, and his best friend, Ben, a professional poker player. One day Ben and I began to discuss our previous experience of being competitive gamers, specifically with Starcraft.

He joked about buying the game again so we could play and knowing this was a past idea, I told him not to because “I had quit gaming.”

Later that night I was sitting at my computer working on my business when he came home and placed Starcraft in front of me. He had gone out and bought it. We played, he crushed me and for the next five months I played 12-16 hours a day before recommitting to stop gaming once again.

I will discuss more about what to do if you relapse in chapter eight, but it was this relapse that opened my eyes to the fact that having a firm commitment to quit only goes so far. If you truly want to succeed on your journey you need to be aware of the reasons why you play (the needs games fulfill) and then be intentional to find new ways to fulfill those needs.
If you want to be successful, your preparation is going to make a big difference because I believe that “success is when preparation meets opportunity.” Throughout the rest of Respawn I will be preparing you for the different obstacles you might run into, the things you need to have in order and the five steps you need to take.

But I won’t only be sharing the tactics you need to quit but also the mindsets you need to be successful over the long term. Tactics are great and the ones I share are proven to work, but if we don’t get our mindsets right, none of it matters.

In chapter seven we cover mindsets in more detail, but to start, one you want to adopt right now is to set yourself up for success every day. We all have the same 24 hours each day to do with as we wish. The difference between those who quit and succeed and those who do not is what they do within that time, the difference is in the action they take.

My goal with Respawn isn’t to help you resist playing games. It’s to help you truly recover from them. My goal isn’t to help you survive without games, it’s to help you thrive without them. And trust me, there is a big difference between the two.

So take action on the principles I share, complete the worksheets, control what you can control and remember to learn from your experiences. Life doesn’t always go how you expect it to and that’s ok. What’s more important is what you learn from it and how that can help you in the future.

Although it would have been great if I didn’t relapse after being game-free for eleven months, by taking the opportunity to learn from the experience, and then implement that learning in my life, I’ve been able to stay game-free ever since, over 1700 days and counting.

This process of moving on from games is a learning process, it’s an opportunity for you to learn more about yourself and about what you really want in your life. Take what you learn and apply it, again and again, because that’s really how you will be more successful in your life.

Finally, before we get into the more tactical chapters coming up, I want to share a few recommendations for you:
Take action right away. Don’t be someone with “Do-It-Later” syndrome. Do it now. If you are struggling with a step or have additional questions, reach out on the forum.

This is an emotional experience and it’s going to be a wild ride. Some days will be easier than others. That’s ok. I’m not here to sugarcoat it and say everything will be “easy,” big change in your life rarely is... but I will say it is worth it. Have faith and trust the process.

The truth is, moving on from games was the best decision I’ve ever made - and I don’t say that lightly. It’s not that quitting games solved all of my problems or anything like that, because they are just video games after all... but what it did do was create an opportunity for me to look at my life with an honest perspective.

When I was gaming, on some level I knew my life wasn’t going very well. I had dropped out of high school twice, I didn’t really have any friends outside of games and was constantly put in the friend zone when I finally had enough courage to ask girls out I had crushes on. I knew I was depressed too.

It’s not like I was walking around like hot shit pretending to be super happy and ambitious about my life. Not at all, but gaming allowed me to be numb to it all. I would say “I didn’t care” because I was checked out, but deep down I did care, I just didn’t know what to do about it and kept putting it off.

So by removing games from my life I no longer had the crutch that allowed me to escape. And that was scary at first and sometimes I felt overwhelmed, but it’s the best decision I’ve ever made because it forced me change how I was living. And over time, through a lot of hard work, things improved in incredible ways. And I know this can happen for you too. It’s not guaranteed, and you’ll have to work for it, but I want you to know it’s possible and that I believe in you.

And there is an entire community of gamers who believe in you too. Come join us on the Game Quitters Forum and gain the support of others on the same journey as you.
“Honestly the encouragement here is probably the most encouragement I've ever received in my life for anything. Which sounds crazy, but it's totally true.” - kortheo

Not only does it make a difference to be in community with other likeminded people, but writing your thoughts in a daily journal will help you clear your mind and process your experience, especially the various emotions you’ll be going through.

“All I can say is that making this daily journal has had a huge impact. It's become an accountability habit” - ors_tyrael

Remember, this is a turning point in your life, this is an opportunity for you to make that change you’ve been wanting to make for some time. And we have your back.

In the next chapter you will learn step one of the system and breakthrough the barrier that keeps you gaming... even if you don’t want to. You will also learn more about your psychology and how gaming interacts it and how your underlying emotions influence your desire to game. Finally, you will learn how to make gaming less appealing.

To finish this chapter, complete the worksheet on the following page and I’ll see you in chapter two.
Moving on from games is a new beginning for you and it’s common for you to experience a wide range of emotions, especially early on.

**ACTION STEP 01**

**Write down the emotions you’re experiencing:**

<table>
<thead>
<tr>
<th>EMOTIONS I’M FEELING (e.g. anxious)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**ACTION STEP 02**

**Join the Game Quitters Forum** ([click here](#))

Next, when you move on from games you also lose part of your social community. To help you with this transition I recommended for you to join the Game Quitters Forum to meet and connect with others on the same journey as you, as well as gain their support.

Once you sign-up, make an introduction post and create a journal, sharing how you’re feeling so far.
Chapter 2

Power Off

Breakthrough the Barrier that Keeps You Gaming
Breakthrough the Barrier that Keeps You Gaming

One of the reasons why gaming is so common these days is because the barrier of entry to play is so low. A few years ago only a few people had computers that could play games, you had to ask your mom if you could use “The Internet,” or every time a new game came out you had to find $500 to buy a new graphics card.

That’s no longer the case. Today you have access to games everywhere you go. They are right in your pocket on your smartphone, in your bag on your iPad or with the laptop you carry around everywhere.

In two minutes or less you can be online playing games. The barrier of entry is so low that it’s always easiest to just choose to play games.

Step one is about creating a greater barrier of entry.

This step is important to break through two cognitive biases you have that cause you to continue to play... even when you don’t want to. Do you know what a cognitive bias is?

“Cognitive biases are tendencies to think in certain ways that can lead to systematic deviations from a standard of rationality or good judgment.”

There are many cognitive biases, but in this chapter we will focus on two of them, that directly influence your desire to keep playing games: the sunk cost fallacy and loss aversion.

The Sunk Cost Fallacy is the misconception that you make rational decisions based on the future value of objects, investments and experiences. When the truth is, your decisions are tainted by the emotional investments you accumulate, and the more you invest in something the harder it becomes to abandon it.

Basically, the more you invest in something, the more you develop an emotional attachment to it and the harder it is to move on from it. This directly applies to you as a gamer. Not only have you spent a lot of time and energy playing games and leveling up your characters, but you’ve also bought many games as well, especially now that they’re so cheap and come in bundles.
So what happens is that even though you want to quit, you get stuck worrying about what that will mean for your characters, or what that will mean for the skills you’ve developed. What about all of the games you haven’t played yet!? This is the sunk cost fallacy at play and it’s influence on your behavior should not be underestimated.

The other is *Loss Aversion*, which is the psychological tendency to avoid losses instead of acquiring gains. So we’d rather continue to play games and avoid losing the characters we’ve developed or the money we’ve spent on games, gaming computers or consoles, instead of acquiring this new life we want, this life we know deep inside will make us happier and more fulfilled over the long-term.

Both of these biases put us into an emotional state, so even though you want to quit and move on, your emotional state encourages you to find different ways to justify why you should continue to play. It’s rare that you’ll be aware of this in the moment, especially because all of your justifications *appear to be logical*. They’re deceptive.

If you don’t know why you’re doing what you’re doing it’s difficult to influence your behavior in a new direction. If you know better, you can do better, and by understanding how these two cognitive biases influence your behavior, even though you don’t want them to, you now have the power to *consciously choose* for yourself what you really want.

And what you want is to quit playing video games. So it’s time to delete your games.

Take a deep breath, I promise it’s going to be ok.

What I recommend is to make playing games as difficult or unappealing as possible. Delete your games and any accounts you have. Do whatever it takes to set your recovery up for success.

If gaming is at your fingertips you’ll have that much more temptation to play. So let’s make this as difficult as possible. How you do this is going to depend on the games you played, but here are a few tutorials to help you out. You can use a similar process detailed in these for all games.
Complete the following checklist:

1. Uninstall your games (tutorials below)
2. Delete your accounts and characters
3. Choose what you are going to do with your gaming consoles
4. Unsubscribe from gaming YouTube channels
5. Block sites you want to avoid (ex: gaming forums - tutorials below)

Here is a list of tutorials to help you uninstall your games and delete your accounts:

- How to get rid of your Steam account in 60 mins... Permanently.
- How to quit League of Legends forever
- How to delete your Minecraft account

You can also use these to block specific sites you want to avoid:

- StayFocusd Extension
- K9 Web Protection
- Cold Turkey

When it comes to your gaming consoles, do any of the following:

- Sell them (recommended)
- Give them to someone else to hold for you
- Put them in a box and hide them away
Done?

Great job! I know this isn’t easy but I want you to know it’s worth it.

Before we continue I want you to take a minute and just recognize yourself for taking this first step. It’s a big one and you deserve to feel proud of yourself.

I’ll go more into this later but this process of taking a minute to recognize yourself is an important practice to build your confidence and self-esteem, which is something I know I struggled with growing up and I bet you have too.

In fact, your low self-esteem has likely contributed to why you have been stuck gaming in the first place. I don’t say that to imply that gamers have low self-esteem, not at all, but when gaming becomes a problem, it likely has to do with a lack of self-esteem you have in yourself, and you escape away from it in games.

On top of that, gaming has been a source of your self-esteem, it’s a way for you to feel good about yourself, for you to experience achievement and games are an analytical way to see your progress. So over time it’s easy for them to become a source of your identity, and by removing them you are also removing your identity.

That’s ok and throughout this process we will be rebuilding your identity without games, and in doing so helping you increase your confidence and self-esteem.

The beginning of this is taking a moment to recognize yourself when you do what you say you are going to do. Every time you follow through with one of these steps, every day you don’t play games, these are all moments you should take to tell yourself you are doing a good job. Because you are, and it’s in this process of recognizing yourself and feeling proud of who you are now, and who you are becoming that you will build real confidence, and finally unlock that elusive self-esteem.

Ok so now that you’ve deleted your games you’ve created a void in your life, not only in your identity but also in how you spend your free time. In this moment it’s easy to worry that you won’t be able to survive. What
will you do for fun? What about when you are stressed out and need an escape? Are you just going to have to sit around and be bored all day long?

Absolutely not.

Remember, games are just the activity and the reason you're drawn to them is because they fulfill certain needs you have.

In chapter four I will share with you step two of our system, Fill the Void, but before we get into that we first need to power your life back on, and create the New You. Let’s get to that now.
Chapter 3

Power On

The New You
The New You

Recovery begins by acknowledging that you’re closing a chapter—one where you played games—and starting a new one—where you don’t.

In the middle of my relapse in Victoria I knew my gaming had got out of control again. I was staying up until 6am every night, I wasn’t working on my business, I wasn’t going out to improve my social skills and when my roommates would ask me to hang out I would turn them down.

But I still didn’t stop. And this was actually a conscious choice I made. Let me explain.

When I was younger I used to fight with my little brother over the computer a lot, and eventually my parents took my access to games away from me because of it. I still remember playing my last game of Starcraft, trying to make the game last as long as possible to enjoy every second of it I had left.

When my parents took games away from me it hurt, and I felt like I no longer had control. I have no doubt this contributed to the high level of control I focused on having in my life going forward, like deciding whether or not I was going to school, but that’s a story for another day.

The reason I didn’t stop myself in the midst of my relapse was because although I did recognize my gaming had gotten out of control (and I really did need to quit forever), I wanted to go out on my own terms.

My lifestyle wasn’t sustainable and I had to go back home for Christmas anyways, so I made the choice to embrace my love for gaming one last time, to give myself the space to dedicate myself fully. I’d play until Christmas, move back home and quit once and for all.

I would close the “gaming chapter” of my life and truly move on for good. Gaming would simply no longer be a part of my life. But until then, I could play without feeling guilt. This would be my last hoorah.

I followed through with this and I haven’t looked back. I have no desire to. Yes I have urges and cravings sometimes (we will cover those more in chapter six), but I meant it when I committed to closing the chapter.
So it’s not that games are good or bad, or that they are fun or not, it’s simply that you have made a decision to close a chapter in your life and to start a new one.

And this is powerful. Your decisions are powerful.

One of the decisions you’ve made recently is to get honest with yourself. That whisper in your head that you should consider moving on from games has been there for some time, but it’s only now that you’ve truly begun to listen. And you haven’t only listened but you’ve also taken action. There’s a big difference.

Most people know what they need to do but it’s only the few who do that live truly remarkable lives. So from this point forward let’s continue to be honest with ourselves.

One of the ways we can do this is by recognizing that we did in fact have a lot of fun playing games. There’s no need to pretend otherwise. We had a blast, we met a ton of cool people and gaming meant something to us.

Yes, it has become a problem and it’s time to move on... but it will always be a chapter in our lives we will remember. Nothing about quitting games takes any of that away. And there’s surely nothing to regret. For many of us, gaming is something we grew up with and put a significant amount of focus and energy into. Sometimes even for a decade or longer!

We played hard, we studied and learned a lot along the way. We were dedicated to our craft. And that’s really incredible, you should feel proud of what you’ve been able to accomplish in gaming.

In life there will always be what ifs and buts. It is what it is.

I just want you to know by moving on from games that doesn’t take away what they meant to you. Just like when I quit hockey, something I poured my heart and soul into for over 15 years, that didn’t take away from all the memories, good and bad. At first it was hard to even watch hockey on TV, because the sport meant so much to me, but over the
years it’s become easier and I look back on hockey as a great chapter in my life.

Gaming is no different. Because when you quit something that meant a lot to you, especially gaming, it’s easy to experience regret. Why are you punishing yourself for something you love? Why are you not enjoying games and having fun when you’re truly passionate about them?

But that doesn’t help us at all.

The truth is, unlike with hockey, when I quit gaming for good after I relapsed in Victoria it wasn’t hard for me. Now, don’t get me wrong, that isn’t to say it was easy. And I certainly experienced many obstacles and difficulties along the way.

But that relapse taught me so much of what I’m sharing with you now, so I’m grateful for it. It allowed me to learn more about why I played and I’ve leveraged this to move on for good. I don’t need to. It’s not that I couldn’t, it’s just that I closed that chapter.

We all have our own reasons for why we are moving on from games, and regardless of what your reason is you are allowed to make that decision for yourself. Don’t ever let anyone else tell you that you shouldn’t quit playing video games because your reason isn’t valid enough. That’s not their place.

You are allowed to quit gaming for any reason whatsoever. And being that you are the only person who will ever live your life, you always get to the final decision on how you do exactly that nobody can ever take that power away from you.

Now I want to warn you, hearing the story of my relapse in Victoria you could easily justify your own relapse. “I’m going to game for the next three months because I’m just going to enjoy it one last time, and I’m going to move on.”

And if that’s what you want to do, I’m not going to tell you not to, because you get to make that choice for yourself, but, if you’re reading this right now, I’m going to say you’re already at a point where you want to move on, and because of that, you should just move on right now.
So we are closing a chapter in our life, one with gaming, and moving on to a new chapter. And the best part is that you get to choose what this new chapter is going to be. You get to define that for yourself.

It can be anything, literally, you’re like a blank slate, it can be anything that you want it to be. You get to create it - the New You.

Now you might not know what that is right now, and that’s ok, but what I want you to know is that as you move forward you’re going to be able to shape it to be anything that you want it to be, and ultimately for me, this is about taking time to check-in to your life. When I was gaming I was completely checked out, I didn’t care about anything.

Quitting gaming allowed me to do the complete opposite. I was actually checking-in to my life.

“Am I feeling happy? If not, what can I do to change it?”

“Do I have the friends I want? If not, what can I do to change it?”

“Am I working a job that I like? If not, what can I do to change it?”

Whereas before if I wasn’t feeling happy I would just go escape into games. Or if I felt lonely I would just escape into games. Or if I was stressed from my job I would just escape into games.

So that’s what this process is really all about. It’s a process of you checking-in and committing to creating the experience that you want in your life and taking responsibility for it every single day.

In the next chapter we will go through step two of our system to fill the void removing games has left in you. We’re also going to dive deeper into the needs that gaming fulfills for you, what kind of new activities you need to find (hint: there’s three different types) to replace them and the various situations you need to be aware of that you used gaming to avoid - because it’s these situations that can cause us to get stuck and when we get stuck we go back to what we know, which is gaming.

And we don’t want that. So let’s start the next chapter now.
Chapter 4

Fill the Void

How to Avoid Boredom and Find New Hobbies
How to Avoid Boredom and Find New Hobbies

When you quit playing video games you create a void in your life and one of the reasons for this is because games not only fulfilled certain needs you have but they occupied a large percentage of your free time.

So now we need to choose new activities to replace gaming with and fill that free time. Otherwise you’ll be bored at home and tempted to play. And we don’t want that.

We want to set you up for success. We want to make this process as easy as possible for you to go from quitting games to living a life you’re proud of. And it’s possible, believe me.

To quit gaming it’s not only about finding new activities to spend your time on though, because gaming wasn’t only a way for you kill time.

Gaming also fulfilled other needs you have. So if you want to quit gaming successfully you need to not only choose new activities but choose ones that also fulfill the same needs gaming fulfilled for you.

Now one of the reasons gaming can be difficult to move on from is that it fulfills all of these needs on its own, and there aren’t too many other activities that do the same. So in my experience you will want to fulfill these needs through multiple activities.

Although I’ve listed the four needs above, what I’ve discovered is a simpler way to describe the types of activities you want to find to give you the best chance of moving on from games successfully.

**There are three different types of activities you want to find:** (each is just as important as the rest.)

1. **Mentally Engaging Activity**

One of the reasons why you get so drawn into games is because they are mentally engaging. That’s why even though you only intend to play one game you end up playing many. It’s also why you spend your entire weekend playing games without even noticing it. You are completely
engaged in the activity and this has a lot to do with instant gratification. So you will need to find at least one activity that is mentally engaging. Think of this as a more stimulating activity.

In my journey I had a few activities like this. The first was I started learning how to DJ. When I get on my decks I can easily get lost for hours without noticing any time has passed. I also started learning how to have my own business. When it comes to starting your own business there’s a never ending workload (this doesn’t have to be a bad thing) and a lot to learn about. It’s very engaging.

With this activity it’s important for it to be a skill you can develop, an achievement you can pursue, something goal-oriented. One of the reasons why you played games was because they helped you see your growth and progress, and they gave you a structured sense of purpose, so remember this for your mentally engaging activity.

2. Resting Activity

When you’re tired from the day what do you do? You game. This typically happens when you get home from work or school and you’ve met your obligations for the day. Maybe you don’t even have the energy to really focus on anything else, especially not to learn a language or new instrument. So you will need to find an activity that requires a low investment of energy.

Podcasts are one of my favorite resting activities. They are entertaining and educational but require little physical energy investment. You can learn about my five favorite podcasts here.

Note: Mindless browsing does not count as a positive resting activity. ;)

3. Social Activity

The most underrated reason why you play games is because they are social. If you are going to quit playing games you need to be prepared for the change in your social life because either the majority of your community exists online or all of your friends play games and it dominates the conversation - likely a combination of both!
To move on from games you don’t need to cut all of your friends out but you will need to find new friends outside of gaming. We will cover this in more detail in other programs in the future but for now the main thing you need to know is that the easiest way to make new friends is to put yourself in situations where it’s easy to meet people (social activities).

*I have a few ideas for you below.*

When I first quit playing games I didn’t know what else to do with my time and I knew I couldn’t be in the house—otherwise I would be tempted to play—so I decided I was going to learn how to improve my social skills. To do this I went out to nightclubs every single night, sober, keeping a journal to document my progress.

I was working a job at the time so I would wake up and work from 7am-4pm every day. Then I would go home and have a nap, wake up, shower, eat and go out until 1am. I did this for an entire year without any other activities to focus on. I just went out, it’s just what I did. But over time I found more balance and other activities (like DJing). I’m not recommending for you to go out every night like I did. Instead I find meetups in your area and commit to attending one per week to start.

**Here are my top five choices for each area:**

Mentally Engaging—*learning a new language*, *learning a new instrument*, *computer programming*, *starting an online business* and/or *photography*.

Resting—*reading*, *learning to cook*, *graphic design*, *music production* and/or *drawing*.

Social—*martial arts*, *rock climbing*, *volunteering*, *dance class*, and/or *adventure races*.

If you need other ideas, check the 60+ Hobby Ideas document in the bonus resources section of the Members Lounge.

So right now we will spend a few minutes picking new activities that fill the areas I’ve mentioned above. Remember you may need one or you may need a few. This depends on your own situation.
Reminder of the needs gaming fulfilled:

- Temporary Escape: They help you escape from the stress in your life.
- Social: They give you a sense of community and most (if not all) your friends play.
- Constant Measurable Growth: You see progress and receive feedback and instant gratification.
- Challenge: You have a structured way to find your sense of purpose, a goal and mission to work towards.

Find these three activities:

1. Mentally Engaging Activity: something stimulating, a skill to develop, an achievement or goal to pursue.
2. Resting Activity: something to do at home when you’re tired and/or bored that requires a low amount of energy.
3. Social Activity: something to help you make new friends outside of games and that helps you get out of the house.

Come up with at least 5 activities for each (15 minutes)

The first step to choosing new activities is to brainstorm what they could possibly be. What did you enjoy doing when you were younger? What skills are you interested in learning? What is on your “bucket list”?

MENTALLY ENGAGING (e.g. a new language)
Next, what could you do when you’re tired and bored at home? What are some of your interests? What is something creative you’re interested in learning?

<table>
<thead>
<tr>
<th>RESTING (e.g. reading)</th>
</tr>
</thead>
</table>

Finally, what are some group activities you’re interested in? Is there a sport you like? Is there a club at school or after work you’ve thought about joining?

<table>
<thead>
<tr>
<th>SOCIAL (e.g. meetups)</th>
</tr>
</thead>
</table>
So those are three different kind of activities that you want to focus on but you also want to remember that gaming didn’t just fulfill needs you have, but it was your go-to activity during specific situations.


So gaming was your go-to activity during specific situations, and as you move forward you need to choose not only new activities to do, but also ones for the specific situations you'll be in.

Although we will prefer to the best of our ability, during this process you are going to experience boredom at times. You’re going to be stressed at times. You’re going to want to hang out with your friends. If we don’t conscious choose new activities to do for these specific situations, we will always go to what we know, and what we know is gaming.

This is especially important because you’re going to experience cravings throughout this process, especially at the beginning, and when you’re experiencing these cravings you will be more emotional. When you’re emotional it’s harder to make the right decision, so to counter this you want to spend time now preparing your new go-to activities for the specific situations you may find yourself in.

That way, all you need to do is follow the system you’ve already created for yourself, instead of trying to make the right decision in that moment. Otherwise, it’s easy to give in because you don’t know what else to do... and your mind will find reasons to justify why you should play.

Remember this process is about setting yourself up for success and that starts with knowing what your new activities will be, specifically for each situation I’ve outlined below.

Note: You may not enjoy every activity right away and it may take time before you develop a passion for it. Passion is developed through challenge and experience so don’t give up too quickly. In step four I’ll explain more about why you might find other activities to be boring at first, and what you can do about it. Keep going.
Choose your new “go-to” activity for each situation:

To be mentally engaged my go-to activity will be: __________________

When I’m tired my go-to activity will be: __________________________

To make more friends my go-to activity will be: ____________________

When I feel bored my go-to activity will be: _______________________

When I’m feeling stressed my go-to activity will be: _________________

I also recommend to have backups. Ex: if you chose “working out” as your go-to activity whenever you feel stressed out, what happens when you’re stressed and you’ve already been to the gym that day? Having a backup that is different than the gym will be beneficial in this situation.

My backup(s) will be:

Mentally Engaged Activity: _____________________________________

Resting Activity: _____________________________________________

Social Activity: _______________________________________________

Sometimes you’ll be doing one activity for awhile and you’ll get tired of it. This is the perfect time to switch to different one. Now this isn’t always going to work and in my experience I have found changing environments can also help.

If you’re doing one activity in your room, try going outside for the next one, or to another location. Getting out of your room and/or getting out of your house can be a positive step throughout your recovery.

Changing environments changes your energy.

Being out of the house has three other benefits: you’ll be less tempted to game, it will help you meet new people (it’s more common to be in
social environments if you’re not at home), and you’ll have less distractions (it’s easier to be productive.)

The more you’re at home the easier it is for you to go on your computer and either game or just sit around mindlessly browsing the internet. We don’t want that for you. So try and get out of the house more often, and anytime you’re feeling a bit stuck, change your environment.

**ACTION STEP 03**

Brainstorm the alternative environments you have available nearby:

<table>
<thead>
<tr>
<th>ENVIRONMENTS (e.g. the library)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Case study: Chris Satcher

On the forum Chris shared with us how he's setup himself up for success using a tool called Trello, where he was able to lay out all of his chosen activities in an organized way that made them quick and easy to access whenever he was unsure of what to do.

See the images below. You could also use a whiteboard or note on your phone.

Alright! We’re rollin’ here!

Honestly, I’m really happy you’re on this journey with me. I know you can be experiencing a wide range of emotions right now and I want you to know that’s normal. But keep moving forward and in a few years you’ll look back and be so happy that you made this decision for yourself.

I don’t mean to imply that’s how long it will take. Not at all. Truthfully the first 90 days will be the toughest and after that you’ll be rockin’. And your state will ebb and flow a bit throughout the initial 90 days.
Day after day you’ll get a chance to take a minute and feel proud you’re taking these steps for yourself. Over time you’ll look back and see just how far you’ve come and what you’ve accomplished by moving on from games.

In step two we helped you to fill the void by choosing new activities to replace gaming, but gaming wasn’t only an activity for you... it was also a way for you to spend the majority of your time. It was your routine, it’s just what you did whenever you had the chance.

Deleting your games and choosing new activities are both great steps to take. They are important steps to take, but if you don’t become more aware of your time, and build a foundation for you to stand on moving forward... it’s easy to fall back into your old routines and habits.

One of the reasons why you want to quit may have to do with you wanting to be more productive or for you to accomplish more of the things you know you want to accomplish. If this is you (as it was for me...), then that’s exactly what we’re going to do in step three, we’re going to build your new foundation to help you stop wasting your time and be more productive.

Let’s get to it!
Chapter 5

Control Your Time

How to Stop Wasting Your Time and Be More Productive
How to Stop Wasting Your Time and Be More Productive

There’s a quote I love by Peter Drucker: “What gets measured gets managed.”

One of the easiest ways to ensure your success is to manage how often you feel bored or don’t know what to do. These are the times when you’re most vulnerable to game and at least the majority of these occurrences are avoidable. So it makes sense to manage them.

As I explained in chapter four gaming not only fulfills certain needs you have but also fills a large percentage of your free time. The next step is an easy one: be aware of when you have free time and make sure you fill it with your new activities.

To do this you will setup a daily agenda.

I know what you may be thinking, “An agenda? Really!?” Yes, just trust me. It’s one of the most important steps you’ll take and that’s coming from a guy who used to take pride in throwing my agenda out as soon as my teacher would give it to me during school.

But now I couldn’t imagine living my life without one and it will make a significant impact on you, in a positive way I promise.

So far in Respawn I’ve shared with you the four reasons why we play video games: they offer temporary escape, they are social, you see constant measurable growth and they are a challenge. But those aren’t the only reasons why we play and I also believe there are two key mindsets that cause us to play as well:

The first is the way we see our obligations and our free time.

We have to go to work or school so when we have “free time” it’s our time to kill, so we do whatever we want with it. And tends to be gaming. We finally have control back. There’s nothing inherently wrong with this, but our time isn’t something to be killed, it’s something to be invested. Time is all we’ve got and we don’t get it back.
The second mindset is that our life is on autopilot. We wake up, go to work or school, then we go home and game. Rinse and repeat. But my question to you is when will this cycle end? Gaming is your routine and to change the results you’re getting in your life you have to become more aware of the actions that you’re taking. Becoming aware of the time you do have to invest in yourself increases the chance you’ll do it.

One of the things we all have in common as human beings is we all have the same 24 hours each and every day. What we choose to do within that time will determine how we feel and what we accomplish, so if we want to stop wasting so much time and be more productive, we need to become more aware of our time and where it’s going.

We all tend to have routines, whether we’re aware of them or not, like going to work or school and then coming home to play video games until we have to go to sleep. That’s a routine. So before we dive deeper into controlling our time, we want to become more aware of the routines we currently have.

**ACTION STEP 01**

**What is your typical weekday routine? Weekend?**

**ROUTINES** *(e.g. go to work, come home and game until I sleep)*
Now that we know those, it’s time to start creating new ones. Before we can create new routines, we need to find a way to see our time and where it’s going, to become more conscious of it. If we’re not conscious of our time, it’s easy to fall back into our normal habits and routines.

**ACTION STEP 02**

**Select your calendar:**

I personally use [Google Calendar](https://calendar.google.com) and recommend for you to use it as well, but any calendar you select will work. Just make sure your calendar syncs with all of your devices. An agenda would also suffice.

**ACTION STEP 03**

**Add your obligations and notice your free time.**

Once you have selected your calendar, it’s time to add our obligations into it. Do you go to school or work 9-5 Monday to Friday? Add those in.

Next, what other obligations do you have? Do you have extra curricular activities? Sports? What time do you wake up? Put those in too.

Now I want you to see the remaining time you have. This visual is really important. **This is the time you’re most likely to game.** Notice which days have the most free time. Write them down.
When you have a block of free time (especially a large block), this is when you will be most likely to game, because gaming was an activity you could get lost in for hours and hours, and this block was when you would traditionally use gaming for just that.

Now that you’ve quit, these blocks are the most likely times you will be bored, and boredom leads to gaming. To avoid this, we need to create a new routine for ourselves, especially for our free time.

If we take an example of someone working 9am-5pm your calendar would look something like this:

Now this is just an example so bear with me but this will give you a good idea about what your day will look like.

You come home at 5:30pm and usually there’s going to be an hour or so where you are resting, cooking dinner and then sitting down to eat.

Now this is where things get interesting. Most likely you’re going to sleep around 11:30pm or later so you have between 6:30pm and 11:30pm to fill—five hours. That’s quite a bit of time and traditionally you would easily fill it with gaming.

In fact it’s been such a common routine for you that you may not have even noticed five hours fly by!

But not anymore! Now just before we start adding in the new activities you’ve chosen in chapter four, let’s break up your five hours into three and a half hours.

Why only three and a half? Because you’re tired and there’s a good chance throughout the night you’ll take a few
breaks here and there that last longer than five minutes. And that’s ok!

Three and a half hours means you have about three different activities you can focus on. I recommend to start your night with one of your mentally engaging activities (ex: learning a new language). Do it for 30 minutes, take a short break (5–10 minutes), then do it again for 30 minutes. You can repeat this process until you get tired.

Now you can either be tired from the activity or just physically tired from the day. If it’s the former go to your next mentally engaging activity. If it’s the latter move on to a resting activity (ie: reading). Again do this for 30 minutes, take a break, rinse and repeat.

There may come a time when you are just tired and want to start getting ready for bed. For this I would recommend watching a documentary. TV can be ok but I don’t really think TV is that good for you. Documentaries help you learn something new and will contribute to you having better conversations with your friends.

Now you’ll need to do this same process each day. This doesn’t have to be a rule of law, it’s just a guideline. For example, if your weekend is completely free, what activities can you pick to do instead?

**ACTION STEP** 04

**Add your new activities and create new routines:**

**NEW ROUTINES** (e.g. I will go to a meetup every Thursday)
Remember to experiment. Everyone has a different style that works well for them. Some do well with a detailed calendar, others may want to keep it more simple. Play around and see what works best for you.

Here are a few other tips:

- I found it easiest to avoid playing games if I wasn’t in the house to play. So instead of reading my book at home I would take it to the nearest Starbucks and read it there. Plus because I was hanging out in social environments it was easier for me to meet new people.

- At least a few times each week you want to have a social activity going on. Use meetups.com and join a few groups (especially on the weekends!) Just think about how your schedule will look if you go to work 9am-5pm, come home to eat dinner and then head out to martial arts or the rock climbing gym. By the time you get home it will be 8:30pm and you’ll only have a few hours to fill your time with. (Plus if you really wanted to you could go to Starbucks after this activity and read for an hour.) And on top of it all you would be going to a social event which helps you meet people and make friends. You can always go for a drink with them after the event too. (If you’re in school look into clubs you can join or other extra curricular activities.)

Trust me, without my calendar my life would be pretty boring. I would have less going on because I wouldn’t know what time I had anyways.

Now with my calendar whenever I see a cool event coming up like a DJ is playing or my favorite band is in town, I can add it and remember the date. This also works for open mic nights, standup comedy, etc. If you aren’t at home you won’t be tempted to play games, it’s just that simple.

One of the reasons planning ahead works so well is because it helps you avoid making decisions based on your mood. I don’t know if you’re anything like me, I bet you are, but I’m never really in the mood to do anything. When you make decisions based on your mood it’s easy to give in to temptations (gaming) or if you lack momentum, to just lay around and spend your time mindlessly browsing the internet.

We want to avoid all of this, and the way we do it is by planning ahead. When I first quit I had many events in my calendar that I was committed
to and something magical happened. When I had an event in my calendar, I would find the energy to go, because I was committed to it. But if I didn’t have it in my calendar I would almost always just say “I’m too tired” or “I’m not in the mood”… even though if I did go I would have fun and meet new people.

Your mood is not always accurate and it can even be deceptive. I’m not saying not to pay attention to your mood, but be mindful of its influence on you. The classic example is going to the gym. If I only went to the gym when I was “in the mood” for it I would never go to the gym. Most of the time, I’m not in the mood to go, but when I do I feel better and I’m always glad I did.

Plan ahead. Preparation leads to success.

Lastly, a question I got from Chris Satcher on the forum was about what to do if your work schedule is constantly changing.

The whole point of your calendar is to understand your time. So what I recommend is anytime you get your work schedule, put your hours into your calendar and now you can see what your time looks like the next week or so. Now you know what to plan for.

For instance, maybe you have Wednesday off which is different than you’re used to, and because it’s a Wednesday your friends will are busy at work or school. Knowing this ahead of time allows you to plan for it and figure out what you can do on Wednesday, instead of waking up on Wednesday and realizing that you have nothing to do, your friends are busy and you’re bored... so you might as well game.

And remember, start small. I’m not saying you need to become a scheduling maniac and cover every second of your day. But start with your obligations and the different events you know you have going on so you can see where your free time is. This will allow you to start planning ahead for it instead of having to react on the day of.

This step is all about living a proactive life instead of a reactive life. Until now, you’ve been living from a reactive place: “I have nothing else to do so I might as well game.” This is the exact opposite of what you need to
do and the opposite of how successful and happy people live their lives. It’s about being proactive, instead of reactive.

What do you really want to do? What do you really want to accomplish? What results do you want? Do you want to have an awesome group of friends? Do you want a girlfriend? Do you want to work for yourself? Do you want to travel? This process is all about understanding what it is that you want, and then being proactive to invest your time in doing the things that will get you there. That’s it.

Your time is one of your two non-renewable resources. In the next step we will discuss your other non-renewable resource, your energy, and I will share with you specific, scientifically-proven strategies to increase your energy and improve your mood. We will also discuss what research shows us about how gaming interacts with our brain, how we can recover from it and what the 90 day detox is all about.

Now I want you to take another quick second to just recognize yourself for pushing forward in this. I know it’s not easy but one of the secrets of your success is going to be this practice of consistently checking in with yourself and feeling a sense of pride for what you’re doing.

There are only two steps that remain and both are just as important as the first three. If you notice, the first three were more practical steps you can take to move on from games. They focused on creating a higher barrier of entry, deciding new activities and then setting up a calendar so you can stay focused.

The last two will be more about how you feel, because in order to quit games successfully you need to not only take care of the practical side but also the emotional side.

Yes, quitting games does have an emotional component to it, and I imagine right now you’re feeling that way to some extent.

Emotions are on a spectrum so on one hand you might be feeling liberated as you have finally begun to free yourself from games—which may have been making you feel trapped—or maybe on the other side you’re feeling scared that you won’t ever be able to play again.
Most likely you’re feeling a combination of both—liberated and scared—with them shifting periodically over time.

And that is completely normal.

Life is a wave and your emotions are going to shift and change over time. To quit gaming is a lesson in learning how to go with the ebb and flow of it all. This is one reason why it’s so important to go build your foundation in step three. Your calendar is going to contribute to you staying focused and grounded. It’s going to be a stabilizing force in this wave of emotion.

Because life is a wave it will come and go so I want you to understand that just like you may experience strong emotions out of nowhere, they will also pass if you just let time take its course.

So as you move forward in this process try and not get too caught up in it all and instead keep moving forward. Steve Jobs once said: “I’m convinced that about half of what separates the successful from the non-successful is pure perseverance.” And I definitely agree with that. Let the waves come and go, keep moving forward and don’t give up.

In the next chapter we will discuss how you can control your body, how you can increase your energy and improve your mood and how to beat your urges and cravings to avoid a relapse.

But for now, start thinking about your time differently. It’s amazing what you can accomplish and how much you can grow when you invest your time in the things you want to do, instead of just trying to kill it. Your time and how you spend it matters.
Chapter 6

Control Your Body

How to Increase Your Energy and Improve Your Mood and Beat Your Urges and Cravings to Avoid a Relapse
How to Increase Your Energy and Improve Your Mood

When you quit playing video games one of the first things you’ll notice is a shift in how you feel. For the first few days (or even weeks depending on your situation) you tend to have no energy and your mood sucks. You may get irritated easily, experience headaches, or even have dreams about games. It’s easy to feel like you are going a bit crazy.

Again, this is all normal. When you quit gaming there are many changes that will happen in your life, and these can happen in both your physiology and your environment.

In future programs we will cover what to do about the changes to your environment (such as how to make new friends after you quit), but in this chapter we will cover what to do about the changes to your physiology.

These changes happen because your brain responds to gaming in specific ways. It’s one of the reasons why you have gamed as much as you have, and this has to do with a chemical in your brain called dopamine.

“In the brain, dopamine functions as a neurotransmitter—a chemical released by nerve cells to send signals to other nerve cells. The brain includes several distinct dopamine systems, one of which plays a major role in reward-motivated behavior.”

Have you heard of dopamine before? Gaming provides rapid dopamine release. This explains why when you play games, the type of stimulation you receive is so much different than what you experience in other activities (and why you can find other activities to be boring in comparison.)

That doesn’t mean other activities are actually boring or that you don’t enjoy them, it just means that the type of stimulation in games is different than the type of stimulation in other activities. I’m not going to make a villain out of game designers, but games are designed, intentionally, with the best practices of gamification and reward-motivated psychology. They are designed to get you (and keep you) hooked.
And this type of rapid dopamine release can actually be dangerous, and potentially even addictive:

“Researchers analyzed the levels of dopamine release in the brains of about 20 ex-drug users and non-users as they played a motor-bike riding computer game. They found that video game playing affected dopamine release at levels similar to those exhibited by using drugs like ecstasy. These results imply that excessive computer game playing may resemble substance abuse or addiction in that it may be a strategy that children use to cope with negative emotions like frustration, fear, and stress.”

When you game you experience dopamine surges that provide an environment of hyper-stimulation and continued consumption of this can override our natural mechanisms causing structural changes in our brain.

That was a bit wordy but what you need to know is that the type of stimulation you get from gaming is excessive and with continued consumption over time your brain will experience structural changes.

The science, as detailed in this video by Gary Wilson is the following:

“Excess chronic consumption (dopamine surges) cause a binge mechanism (excess Delta-Fosb accumulates) which cause cravings for more which cause continued consumption which cause structural brain changes (detailed below).”

The more you game, the more you want to game, the more your brain wants to game, so the more you game, and then structural brain changes.

Here are the three structural changes that happen to our brain:

1. Numbed pleasure response: Every day pleasures no longer satisfy us.
2. Hyper-reactivity to gaming: Every thing else is boring, but gaming is super exciting.
3. Willpower erosion: Due to changes in our frontal cortex.
These changes help explain why moving on from gaming can be so difficult. And I bet right now reading this you relate to the following experience:

Life just doesn't satisfy you like gaming does. Everything else is boring anyways, especially compared to how much fun you have gaming. And if you were going to quit, you just don’t really have the motivation to.

So what’s interesting about this is that for so long you’ve likely thought that either you just really enjoyed gaming (it was your passion) and thought other activities just weren’t really that much fun or at least, just not for you. Plus, you were just one of those who struggled with motivation anyways. But what I want you to know is that this is likely not true. These experiences can be happening because of structural changes in your brain due to excessive gaming.

“With greater power comes greater responsibility.”

So now that we know this we have the ability to leverage our knowledge to respond differently. Remember, our response is our responsibility. Research shows it will take up to 90 days for our brain chemistry to rewire back to normal dopamine sensitivity levels. And during this 90 days we may experience any of the following:

1. Compulsions, cravings and/or urges to game
2. Withdrawals, mood swings and/or irritability
3. Feelings of apathy, anxiety and/or depression
4. Headaches, lethargy and/or lack of willpower
5. And really anything else. We each respond differently.

In my experience I found the detox-type symptoms to be the worst during the first two weeks. But at some point, you’ll begin to notice a shift happening, one where you have more energy than you normally do (even when you were playing games!), you’re more optimistic, your cravings are less frequent (they always come and go) and you may even experience a feeling of not being that interested in games at all.

This is your detox in action!
So, that’s a quick tangent on your detox but what I want you to take away from step four is that the following will contribute to your success:

1. **Drink at least 2L of water per day.** This will help the most with your energy and headaches. Most of the time when we’re gaming we don’t drink enough water and instead drink liquids full of sugar. We’re dehydrated. Squeeze half of a fresh lemon into your water for taste.

2. **Exercise at least 30 minutes per day.** This can be going for a walk or jogging outside, doing pushups at home or going to the gym. Just make sure you schedule it in your calendar and commit each day!

3. **Meditate 10 minutes per day.** Meditation will help you develop focus and calm anxiety you’re experiencing. Headspace has a great 10 day challenge that will walk you through the process step-by-step. All I do is put headphones on, lay down on the couch and follow their instructions. Calm is a good alternative.

4. **Keep a gratitude journal.** Every morning when I wake up I take two minutes to write down 10 things I’m grateful for. This helps shift my awareness to the things in my life that I have instead of the things I don’t. Usually I just write the first 10 things that come to mind. Gratitude is scientifically proven to increase happiness.

Try these out. Don’t get too caught up in everything. Experiment and see what works for yourself. It’s easy to think meditation, drinking water or keeping a gratitude journal is lame but what’s your opinion based on?

I used to be against all this stuff too but I wasn’t really that happy of a person. Then I started doing each of them (because science proved they all work) and like magic I became happier because of it. It’s not magic though, it’s science. ;)

It’s difficult to control how you will feel during this time, but what you can do is setup a few daily practices scientifically-proven to maximize how you feel each and every day.

The first important practice is to check-in with yourself. I call this a status check. It’s a simple practice of you taking a moment to step back and consider how you are feeling in the moment, physically and
emotionally. This allows you to identify how you are feeling and what action you can take to correct it if necessary.

**ACTION STEP 01**

How are you currently feeling? Emotionally? Physically? If you feel something, where do you feel it in your body?

<table>
<thead>
<tr>
<th>STATUS CHECK (e.g. I feel anxious)</th>
</tr>
</thead>
</table>

Remember, at this point you are just noticing how you’re feeling, and identifying what it is and where you feel it in your body. This not only gives whatever you’re feeling less power, but you can now take action to correct it if you need to.

So next, regardless of how you’re feeling, we are going to try two of the daily practices scientifically-proven to increase our happiness, create more joy and optimism in our life, improve our ability to focus, alleviate anxiety, reduce symptoms of depression and so on. Sounds good, right?
**Write down ten things you are grateful for:**

Just ten simple things. Don’t overthink it or make this complicated. For ideas, look around your environment, think about the people who are important to you, consider the opportunities you’re lucky to have:

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

I recommend doing a gratitude journal every morning when you wake up. It sets the tone for your day and I’m less stressed out when I do it.

**Meditate for 10 minutes.**

Use Headspace or Calm and try it out. Remember, the purpose of meditation is to learn how to be mindful and not to be perfect. It’s about learning how to remain calm in the storm, so if you have trouble shutting off your thoughts, you’re doing it right. :)

Now these daily practices are important to setup not only to increase your energy and improve your mood but also because throughout your journey, and especially during your 90 day detox you will likely experiences urges and cravings to game, which is the topic of the next section.
Beat Your Urges and Cravings to Avoid a Relapse

Urges and cravings are a normal part of the recovery process. They can come and go spontaneously, so it’s important to know what your triggers are, when you are feeling triggered and how to respond.

Be aware of the following triggers:

1. Anything game related—this includes game releases, gaming forums, gaming streams, chatting with your friends on Steam or anything similar, gaming commercials, and so on. You need to create a boundary around these.

2. Stress or anxiety—gaming has always been a way for us to escape from these emotions, so be careful anytime you are feeling heightened levels of stress or anxiety. Be mindful of your stress and anxiety levels.

3. Boredom—gaming has been your go-to activity whenever you’ve been bored, had free time or when you’ve had a desire for stimulation. Remember the new activities you’ve chosen in step two and make sure to use your daily agenda (module five).

ACTION STEP 01

What triggers do you need to be most aware of?

<table>
<thead>
<tr>
<th>TRIGGERS (e.g. your new favorite game is coming out)</th>
</tr>
</thead>
</table>
you see your new favorite game is being released? Did something happen at school or work? Are you bored? What’s going on?

Taking a moment to check in with yourself is crucial, because what happens when you’re triggered is that you begin to act from more of an emotional state. And making decisions from an emotional state leaves us vulnerable to make a less than empowering decision.

When you’re experiencing an urge or craving, follow this framework:

**Step 1: Acknowledge It**

What you resist, persists, so when you experience a craving you need to acknowledge it as something that is happening due to a chemical imbalance in your body and by taking the time to recognize it you give it less power. You don’t need to hide from it.

**Step 2: Accept It**

Say “Oh well.” By accepting it that doesn’t mean you’re blindly accepting it and being a victim, you’re just acknowledging that it’s happening and you’re recognizing that that is ok. A craving doesn’t have to be a big deal if you don’t make it a big deal. Just like it came in randomly it will go away randomly too.

**Step 3: Take Action**

Below I have shared a few actions steps you can take depending on the situation.

When you are triggered, first you want to be mindful to do a status check with yourself. How are you feeling? What’s going on?

This status check will allow you to know what step you need to take next.

*If you’re feeling triggered due to being exposed to something game related,* you want to first take a nice deep breath and feel the release of tension in your body. Reconnect with yourself in this moment.
Next, you want to create distance between you and the possibility of gaming until you are less triggered. The easiest way is to simply get out of the house, go for a walk, bring a book to Starbucks or go hang out with a new friend you have. If leaving the house is not an option, I recommend posting on the forum. This will allow others to encourage you and writing about what you’re experiencing can release tension.

*If you are feeling triggered due to feeling stressed or anxious, you want to take a deep breath and feel the release of tension in your body. Reconnect with yourself once again.*

Next, you want to first release the stress and anxiety from your body, and there are two ways to do this:

- **Quick way:** Do a gratitude journal. Just grab anything you can write on, a piece of paper, a sticky note or your phone, and write down 10 things you’re grateful for. You don’t need to overthink it, just write down the first 10 things that come to mind.

Gratitude is scientifically proven to increase the amount of happiness, joy and optimism you experience, make you feel less stressed, boost your immune system and even help you feel less lonely. Who doesn’t want more of all of that right? And it only takes 20 seconds. Doing this practice will help you shift what you’re focusing on and that will alleviate the stress and anxiety you’re feeling in your body.

- **5–10 minutes:** Do a meditation. I like the [Headspace](#) app for this (or [Calm](#)). They have a free 10 day challenge you can take and I just repeat it every 10 days. Plus I have the app on my phone so anytime I’m feeling triggered I can just do a random day of the challenge.

Now that you’ve reconnected with your body and released the tension you’ve been feeling, you want to identify why you are feeling stressed out or anxious and come to some resolution as to how you can deal with what’s going on.

Remember, to quit gaming is to take a step forward into dealing with your life situation instead of continuing to avoid it. The truth is, when we avoid things we may be able to drown out our situation with gaming, but it doesn’t actually fix why we were feeling the way we were in the first place. It’s only a matter of time before these feelings resurface.
If you are feeling triggered because you’re bored, take a nice deep breath and release the tension in your body. Reconnect with yourself. Now, what is the go-to activity you have chosen in step two anytime you’re feeling bored? Go do that now.

When you’re feeling bored you want to focus on doing an activity that is quick to start and will help you build momentum forward. And don’t underestimate the power of shifting the energy in your body. If you’re feeling bored, do twenty jumping jacks. It will build energy and help you take that next step.

Remember later on to look back at why you ended up being bored, which is most likely because you simply had not defined what your agenda was.

So that's how to overcome your urges and cravings. Use this chapter as a resource anytime you’re feeling triggered and/or you’re experiencing a craving. The system only works if you work the system.

So now that you have deleted your games, chosen new activities, setup your foundation and increased your energy and improved your mood, and learned how to beat your urges and cravings, there’s one final step. As I shared before, all of these tactics are great, but if we don’t get our mindsets right, none of it matters.

Throughout Respawn I’ve shared with you important mindsets to have, like setting yourself up for success. In the next chapter I will share with you two more mindsets that make a massive difference and contribute to your ability to quit playing games and live a life you’re proud of.
Chapter 7

Conquer Your Mind

How to Succeed Today... and Tomorrow
How to Succeed Today... and Tomorrow

The final step is what will bring all of this together. Yes, each step before this has been important in their own way but without conquering your mind you’ll struggle to succeed in your recovery.

Mindsets are what will make the difference. Mindsets are the way you think about the process, they are the focus and attitude you have.

And they are pretty simple. If there was one change I could encourage you to make it would be to conquer your mind. With the right attitude and perspective you can do anything. I truly believe that.

For example, in a previous chapter we discussed the importance of shifting your mindset in the way you see your obligations and your free time. If you see your obligations as something that you have to do and because of that you resent them, causing you to want even more control over your free time and how it’s something for you to just kill, then you’re going to end up behaving in a certain way, right?
And that’s exactly what you’ve been doing up until now. You’ve fulfilled your obligations out of resentment, and used your free time as time to kill. But is this mindset empowering you to live the life you want? No.

So that’s one mindset shift we need to make, and we’ve also discussed others. We’ve talked about the importance of setting yourself up for success, to be intentional in the actions that you take, especially to be intentional in choosing the activities that fulfill the needs gaming fulfilled for you, and to be mindful of how you feel.

Now I’m going to share two more mindsets that will help a lot:

1. Win the Day.
2. Be a Hero, not a Victim.

As I said in chapter six, life is a wave and you’re going to experience a wide range of emotions throughout this process, especially during your 90 day detox. Some days will be easy and some will be tough. You need to win the day, it’s as simple as that.

To quit playing video games you need to quit playing video games. It’s not that complicated: just don’t play games.

Remember in step three how I shared what gets measured gets managed? Well before we move forward we want to take a quick minute to track our days as well. Keeping track of our days will increase our motivation and sense of purpose to continue to not play.

**ACTION STEP 01**

**Setup a way to track your days.**

There are two ways to do this:

1. On the Game Quitters Forum go into your profile and setup your badge (coming soon). You can also do this on StopGaming.

2. You can use a free app like Coach.me, where you can add a habit of not playing video games and check-in to it each day. Alternatively you can use Chains.cc online or HabitRPG.
Winning the day won’t always be easy and there are a few key concepts you want to remember to help you out:

1. **Focus one hour at a time.** In 2013 when I was feeling depressed it was overwhelming to think of each day on its own because every day felt like a month of time. Honestly time couldn’t go quick enough. So I focused one hour at a time and made sure to always have something scheduled for the next hour. This helped me win the day and over time my momentum increased because of it.

2. **Start strong.** It’s always easiest to win the day if you start off well in the morning. This means wake up and have a shower, eat breakfast and get out of the house. Do the things in the morning that you know you will be able to feel good about. Do your 30 minutes of exercise, your 10 minutes of meditation and your gratitude journal. And then make sure you recognize yourself for doing it.

**ACTION STEP 02**

**Pick one habit you will do each morning:**

- Meditating for 10 minutes
- Writing ten things in your gratitude journal
- Exercising (30 minutes)
- Reading (30 minutes)
- Taking a cold shower
- Going for a walk outside
- Free-writing (30 minutes)
- Or another habit of your choice

Next, you are a Hero not a Victim. Heroes take responsibility for the situation they’re in and ownership to change it to be what they want it to be. Victims on the other hand believe the world is out to get them and that they are unable to change. They are just the “cards they were dealt.” Victims blame everything on something else instead of taking responsibility for themselves.

Being a Hero doesn’t mean things don’t happen in your life that you can’t control. Not at all. It just means regardless of whether you can
control something or not you adapt and make the most of it. You keep moving forward.

“When blame determines who is at fault for something, responsibility determines who is committed to improving things.”—Hal Elrod, The Miracle Morning

Being a Hero means having a growth mindset instead of a fixed mindset. A growth mindset says you can change, learn, adapt and grow. A fixed mindset says you are where you are and there’s nothing you can do about it.

A growth mindset says you can be a two-time high school drop out and still start your own successful business (me), whereas a fixed mindset says you can only be successful if you go to college and get a degree.

A growth mindset is about focusing on your ability to learn. If you aren’t feeling very happy you can research how to be happier. If you don’t have a lot of energy you learn how to have more energy. If you don’t know how to make friends you can start learning how to make friends.

By purchasing Respawn you’re showing a desire to have a growth mindset. Now it’s about taking this a step further and embodying it in your life. The difference between those who are successful and those who are not is the difference between those who embody the concept of a growth mindset and those who intellectually understand it.

So I just want to recognize you for the growth mindset you have within yourself. By reading these words right now it’s proof that you have one within yourself. There are many people who want and need the education I share in Respawn but of whom can’t get past the idea that paying for “self-help” is not “a scam.”

It’s crazy to me, personally, because I believe investing in yourself is the greatest investment you can make, and I’ve seen the power of it over the years in my own journey. Literally this morning before writing this I invested $10,000 in a coach. TEN THOUSAND DOLLARS IN A COACH.

But that’s the difference between a growth mindset and a fixed mindset.
Ultimately what I’ve learned in life is that you always have a choice. If you don’t like something you can either change it or you can do nothing. But the choice is always yours.

**ACTION STEP 03**

**Three characteristics/behaviors I want to change are:**

<table>
<thead>
<tr>
<th>CHANGES (e.g. I want to be happier)</th>
</tr>
</thead>
</table>

Growing up you’re constantly told what to do. That’s just part of being a teenager and I'll be the first to say it sucks and I hated it.

But there is a difference between hating it and checking out (ie: saying fuck the world and playing video games all day) and hating it and committing to creating a new experience for yourself. That doesn’t mean you won’t still have things that come up in your life that you aren’t happy about but it means you make the best of it and push forward.

Finally, all of this is about becoming the person you want to be. It’s about checking in instead of checking out. It’s about engaging in your life to create the experience you want to have in the world instead of expecting it to happen on its own. It’s about growing up and being mature about the process.
And all of this begins with your mindsets. Work on improving them every single day, win the day, be a Hero not a Victim and trust that in time you will get there, because you will. It will take a lot of time, and a lot of work, but that’s ok. You’re living your life every single day so you might as well be living it to the fullest.

In the next chapter, I will share with you what to expect after you quit gaming. There are a few different things that you should expect that can actually cause us to relapse, so we want to be aware of those.

I will also share with you the four stages of competence and how understanding which stage you’re in can help you understand the actions you need to take to move forward and graduate to the next stage. I will also help you understand the new skills you need to develop as you move on from playing video games, to really start living a more meaningful life.

And finally I will share with you what to do if you do happen to relapse, because unfortunately, relapse can happen and we want to prepared if it does. Although we never want to intentionally relapse, as I shared in my story, relapse can teach us a lot and as long as we learn from it, it can be a turning point in the success of our recovery.

The next chapter is our final chapter so let’s get to it now.
Chapter 8

Beyond Respawn

What to Expect
What to Expect

After you quit gaming your life will change in many different ways. In chapter six we’ve discussed the ways your physiology will change, but there will also be changes to your environment as well. In this chapter I will share with you seven things to expect after you quit gaming and some of the common obstacles you will run into.

As I’ve shared with you before, you will have tough days and you will have easy days. It’s important to not get too caught up in whether you’re having a good day or bad day and instead continue to invest your time and energy into the habits and practices I’ve shared in chapter six that will help you have better days over time.

Your experience will be like a wave. Over the past few years of working on my personal development a lot, what I’ve learned is that it’s important to be present and understand how you’re feeling in the moment, and to also not get too attached to it. Our emotions can come out of nowhere, and just like they came out of nowhere, they can also shift out of nowhere as well. Stay calm in the wave.

Another thing I want you to not get too attached to is the 90 day detox. It’s meant to be a guideline and your recovery will truly depend on what your individual situation looks like. The more hardcore your gaming was, the more likely you are to have a longer detox period. In my experience 90 days is a good timeframe to focus on. Just remember, this isn’t about games, games are just the activity, this is about improving your life and the situation you find yourself in. Keep going.

You’ll also experience urges and cravings and they’ll vary in intensity, so if you’re experiencing urges and cravings I definitely recommend for you to go back and read through chapter six as many times as you need to. You can also watch this video. Respawn is a resource, use it as such.

Next you might have the support of your gamer friends or you might not. It’s very common after you quit gaming for you to lose some of your gamer friends.

I wish I could say otherwise but you deserve to know the truth, and the reason is simple: our friends tend to be people we have things in
common with, and you’re now going down a different path, with different priorities and interests in different things.

Some of your friends will understand and support you and those are awesome friends so stay friends with those friends. Find new ways to interact with them, like on Facebook or Skype instead of on Steam (this will only increase the chance of you becoming triggered).

Other friends aren’t going to support you and they may even get upset with you about your desire to quit. This can be difficult at first but what you need to know is if your friends won’t support you in making a big change in your life that you believe is important for yourself, your success and for your health, then they’re not your friends.

Just remember, you’re making a decision for yourself to quit and the friends that aren’t your friends are the ones who have your back when it’s convenient for them but when you go to make a change that’s important to you that maybe goes against how they personally act, that’s when they lash out, so they’re not your friends and as someone who’s been bullied a lot, as someone who’s lost a lot of friends over the years in many different ways, just trust me, the friends that support you are the real friends you have, and you can let the ones that don’t go.

Interacting with the Game Quitters community is a positive step for you to surround yourself by other likeminded people who are on the same journey as you. I have your back and so does the rest of the community, so if you’re struggling to find friends who understand what you’re going through, we are here!

You’ll also probably be bored sometimes, especially in the first few weeks as you’re getting your new routines established.

In Respawn we’ve worked hard to help you be prepared so that you aren’t bored a lot, by choosing new activities and creating an agenda, but sometimes you’re going to be bored and that’s ok.

If you are feeling bored, that’s a sign that you need to go back through these chapters and identify what you’re missing. Maybe you need to choose new activities, maybe you need to schedule your time better, maybe you need to be out of the house more often. If you’re
experiencing boredom often, come back through and redo the chapters and established the action steps I’ve outlined.

And finally, you might even relapse. As much as I would love for you to not relapse, relapse happens, I relapsed. Now it doesn’t have to be a bad thing if we learn from it and use that learning to succeed in the future. You don’t need to beat yourself up about it, but you do need to get back on track and start moving forward as quickly as possible.

**If you relapse:**

First, don’t be too hard on yourself, but hold yourself accountable. You don’t have to get hard on yourself, but you do need to remind yourself why you’re doing what you’re doing. Remember in chapter one where you wrote down why you wanted to quit gaming? Read over it again.

Next, try and identify what happened and learn from it.

Were you bored? Because if you were bored, that’s a sign that maybe you were missing new activities or an agenda.

Were you feeling stressed out? If you were, this is an opportunity for you to learn how you can deal with stress without gaming. Because stress is going to happen throughout your life, it’s something you can’t really avoid so you need to learn how to overcome it. Maybe that’s going through the steps I’ve outlined in chapter six.

Identify what caused you to relapse, learn from it and apply this learning to be more successful in the future. Finally, make sure you get started on your detox again ASAP. Get back on track and start your detox again today.

How many days did you go without games before? Focus on beating your high score. Share in your journal what happened and talk with the community. Being open and vulnerable during this time is important. This process works, but it is a process. Be kind to yourself. Be patient.

When you quit gaming it’s important to remember that you’re not just moving on from something meaningful in your life, but you’re having to learn an entire new way of living.
And with anything new you need to learn, there are four stages of competence you want to be aware of to avoid frustration. You can watch this video for a more in-depth analysis of the four stages.

The first stage is unconscious incompetence: you don’t know how to do something and you don’t even recognize the deficit you have. An example of this is when you are gaming and you justify it because life outside of games isn’t that much fun anyways. You don’t even know what you don’t know.

The second stage is unconscious competence: you may not know how to do something, but you do recognize the deficit and the value in addressing your deficit.

If you have just quit gaming this is the stage you’re in. You’re just starting out and beginning to take action, and making mistakes in the process. By purchasing Respawn you can learn common mistakes to avoid.

The third stage is conscious competence: you now know how to do something but it takes a lot of focus and concentration to do so. Once you become familiar with the steps I’ve outlined in Respawn, this is the stage you’ll likely be in. Although you know what to do, it will take focus and concentration to do it well.

This is the exact reason why why I recommend things like having a schedule and having a whiteboard with your hobbies written down. You may not always have to do these things to succeed as you become more conscious of them, although I still use a schedule every day because it helps me be productive.

So in conscious competence it takes a lot of focus and concentration, but by continuing to take action and continuing to focus and concentrate, you’ll eventually come to stage four which is unconscious competence: you’ve now had enough practice that things are basically on autopilot. They are natural for you and you now know how you can teach others.

To move forward from one stage to the next it takes focus, action and learning. You need to focus on taking the right action, and in doing so
you will make mistakes and learn from them. Continue this process until it’s second nature for you.

Remember, quitting games is only step one, and in Respawn you’ve done just that. You’re now at a point where you are able to quit, but now moving forward it’s about learning how to live a more meaningful life, it’s about improving your social skills and making better friends, friends that have your back. It’s about stepping into the unknown and finding your sense of purpose. It’s about learning how to become more productive and build better habits.

Quitting games is only step one. Step two is living a meaningful life, and learning what that means to you. Now that you’ve quit gaming you are starting a new chapter in your life, and this chapter can be anything you want it to be. I recommend to use it to learn and improve skills you’ve always wanted, such as your social skills.

**ACTION STEP 01**

Write down skills you want to learn or improve:

<table>
<thead>
<tr>
<th>SKILLS (e.g. my social skills)</th>
<th></th>
<th></th>
</tr>
</thead>
</table>

Respawn
Now you want to take your desire to learn or improve the skills above and make progress structured and actionable.

**ACTION STEP 02**

Create goals for life beyond Respawn:

To create a proper goal, you need to make sure it has these four things:

- **Specificity**: You have to be clear, not vague. “I want to be better at guitar vs. I want to be able to play these specific songs.”

- **Measurement**: You have to be able to see progress, ideally day-to-day.

- **Deadlines**: This is the same reason why even though you procrastinate on your homework until the last minute, you get it done.

- **Accountability**: Without a support structure in place, it’s easy to wander. Make sure you post your goals on the forum.

**MY GOALS** *(e.g. I will learn these five songs on the guitar by December 15th, 2015)*
And by getting to this point in Respawn you’re already well on your way.

So now it’s just about taking things that much more seriously moving forward and implementing the advice I’ve shared here. When you get stuck (and you will get stuck), come back and read through it again. Use Respawn as a resource. Embody who you want to be and accept that you have new priorities in life. And feel excited! This is the beginning of something special in your life. Be proud of yourself and don’t settle.

Finally, I’m so pumped you’re on this journey with me. If there is anything I hope to be, it’s to be an example of what’s possible. I’m no different than you, I’m a normal guy who just got tired of living a life I wasn’t proud of. But nobody else could change my situation for me, that was on me. And I wouldn’t have had it any other way.

Life can be a lot of fun if you decide to make it a lot of fun.

And now it’s time to do the work.

**ACTION STEP 03**

I’d love to hear from you. Send me an email.

-Cam
What Now?

You’ve made the decision to quit playing games and now using the five steps in Respawn you’ve accomplished just that.

First I just want to say how proud of you I am for taking this step for yourself. I know it’s not easy and it can be scary to think about what your life looks like without games. But I can assure you, quitting video games was the best decision I ever made, and it can have a similar impact on you by using the steps I’ve outlined in Respawn you have set yourself up for success moving forward.

One of the main questions I get from gamers like you is what to do now? And the answer to that question lies in understanding that the reason you quit playing games wasn’t because you no longer wanted to play games.

**It was because you wanted to start living your fucking life!**

You’re not exactly sure how to do that, and I was in the same place. When I first quit my life was a mess, and over the past four years I’ve been on this crazy adventure learning how to live my life to the fullest.

The truth is, your life is the ultimate video game. And the character you get to play in this life is you.

After listening to feedback from Respawn and thousands of conversations with gamers over the past four years, the Game Quitters Challenge: 30 missions to turn your life into the ultimate video game.

Learn more about the challenge here.

I’ve poured my heart and soul into this for you, because I believe in you and I believe in our ability as gamers to recover and start kicking ass in life. I hope you will join me.

**Ready to earn your badge? Click here to get started.**
TL;DR


To make it easier:

Step 1: Delete your games and track the number of days without games.

Step 2: Choose new activities that fulfill the same needs gaming did.

Step 3: Setup your daily agenda and fill it with your new activities.

Step 4: Drink 2L of water, exercise and meditate every day.

Step 5: Win the day - focus one hour at a time. Be a Hero not a Victim.
About the Author:

Cam Adair is a speaker, writer and prominent thought leader on gaming addiction, who’s work has been seen by over a quarter million people. Cam founded Game Quitters to help gamers get their life back. He shares weekly videos on YouTube.

A talented hockey player, Cam’s life took a dramatic turn at the age of 11 when he began to experience intense bullying, leading Cam to drop out of high school, twice. Isolated, lonely and depressed, he played video games up to 16 hours a day until the age of 19 when he made a commitment to change.

His story has been featured on major media outlets and in two TEDx talks: Escaping Video Game Addiction and The Surprising Truth About Rejection.

Cam has spoken about gaming addiction at top international prep schools, computer science universities, corporate conferences and leadership development programs.

A world traveler, Cam shares his personal story and the lessons he’s learned in a fun and practical way to empower and challenge others to use the adversity they face as fuel for growth, connection and purpose.

He lives in Vancouver, B.C. Contact him on Twitter and Facebook.