



Summerland
CAMPS

AFTERCARE PROGRAM

created by: Cam Adair
Founder of Game Quitters

WHO AM I? (CAM ADAIR) @CAMERONDARE



My name is Cam and I'm the founder of Game Quitters. I started this community because I struggled with my own video game addiction, which started after I experienced a lot of bullying in school, eventually leading me to drop out of high school, never graduate, and while all of my friends were off to college I was gaming up to 16 hours a day. I was depressed, very anxious, and even deceived my family by pretending to have jobs. Eventually it got to the point where I wrote a suicide note, and that's when I decided I needed to make a change.

Today I haven't gamed in 7+ years and life has never been better. I travel the world speaking, surfing, and hanging out with friends.

You can learn more about my story here: [Cam's Story](#), [TEDx Talk: Escaping Video Game Addiction](#)

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INTRODUCTION: ARRIVING HOME FROM CAMP

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” —Aristotle.

After camp is a very important time to stay focused. Camp is great because you have a structured environment to build new habits, make new friends, and try new things. Now that you're home, we want you to continue building momentum in your life.

You may be feeling a wide range of emotions. Maybe you're excited about the potential of your new life without video games, digital media, and/or technology, or maybe you're scared and wondering whether you'll actually be able to succeed beyond camp. Whatever you are feeling in this moment I want you to know that it is ok.

You're going through a big change in your life and emotions will come up. There's nothing wrong with that, it's completely normal and nothing to shy away from. As humans we are emotional creatures. 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 that will help you have better days over time.

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 putting effort in and you will make progress over time, guaranteed. Sometimes your progress will look different than how you think it should look. We all have ups and downs, try and have fun.

You're going through a new period of growth and that can be very exciting. Use this as an opportunity to always be learning more about yourself — discovering your passions, solidifying your values, and finding your purpose.

You have just gone through a period of technology detox. It's always hardest at the beginning and gets easier over time, so now that you're back from camp you want to continue your good technology habits. Depending on how severe your challenges were, you will want to continue setting strong boundaries around technology. In this guide I will have a lot of resources for you based on your needs.

ACTION STEP 01

Write down the emotions you're experiencing:



ACTION STEP 02

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

We have an entire community of like-minded people who believe in you and want to help you succeed on your journey. Join us on the Game Quitters Forum. Once you have signed-up on the forum, send me ([Cam](#)) a private message and I will give you access to a special area exclusive for Summerland Campers.

Once you sign-up, [make an introduction post](#) and [create a journal](#), sharing how you're feeling so far.

REVIEW: HOW TECHNOLOGY CAUSES PROBLEMS

"I have decided that enough is enough. I'm sick of being home and wasting my life." -Anonymous

Whether it's video games, the internet, YouTube, social media, or your smartphone, we use technology for specific reasons, and it's the reasons why we use technology that is most important for us to become aware of. We don't just become addicted to technology by chance.

When I became addicted to video games, I've found I played four main reasons: they offered me a temporary escape, they were social, they showed me constant measurable growth, and they gave me a challenge. Games helped me have a break from stress, most (if not all) of my friends played, I received instant gratification and to see my progress, and they gave me a sense of purpose—a mission and a goal to work towards every day.

These are all basic human needs you have and games and technology fulfill them. It's not that these 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.

In order to succeed moving on from games or technology 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 same vicious cycle, especially if you find yourself bored.

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

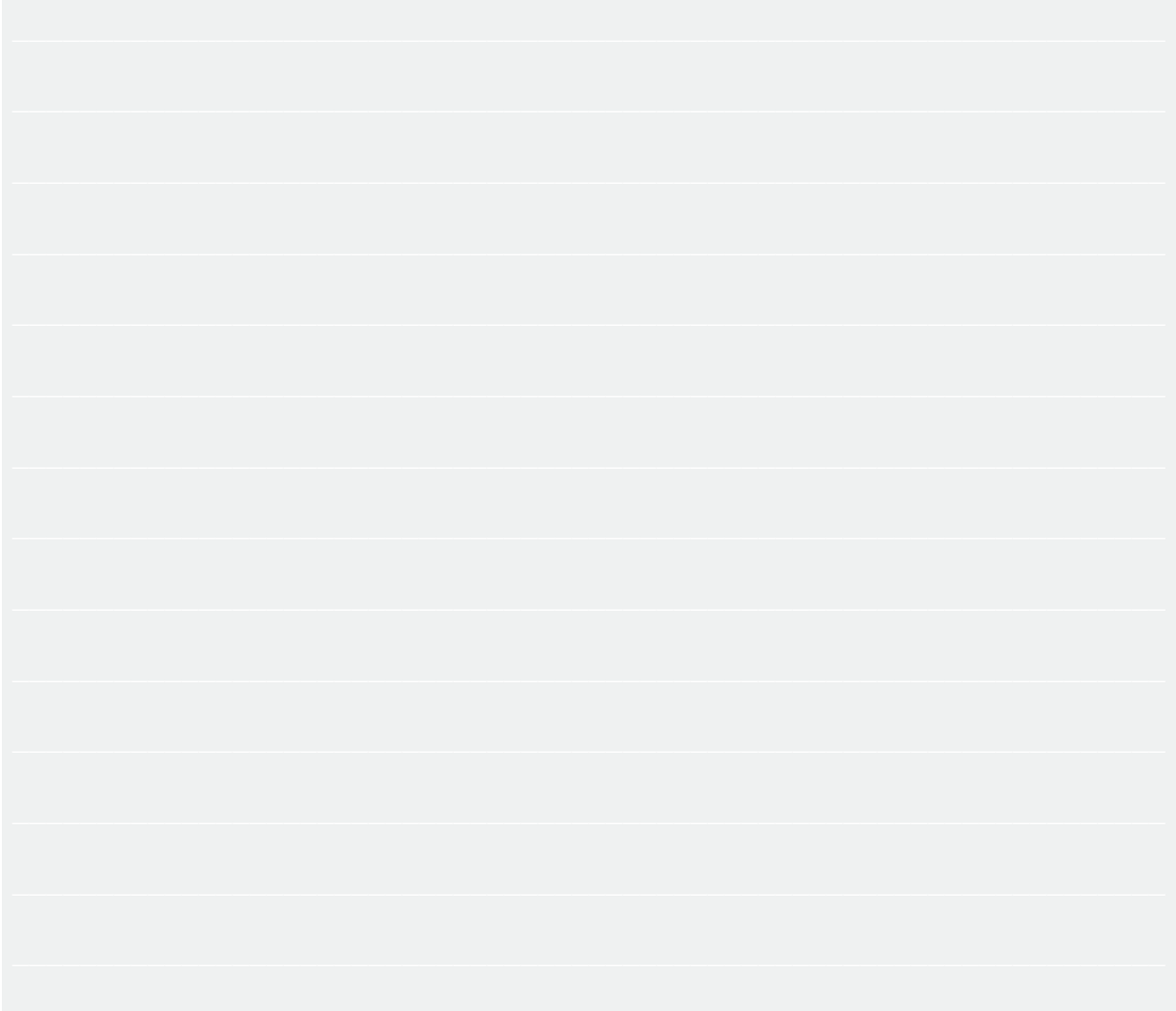
It doesn't matter whether technology is causing major problems or not, if you want to quit you are allowed to quit and you don't need to justify that to anybody. Especially not to yourself!

Below 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. You can use these steps whether you want to quit gaming or you want to change your relationship to the internet, smartphones, or any other technology.

ACTION STEP 03

Write down the reasons why *you* use technology:

Although I've shared the four main reasons why we play, we each have our own reasons. Technology means something unique to each of us. So it's time for you to identify why you use technology:

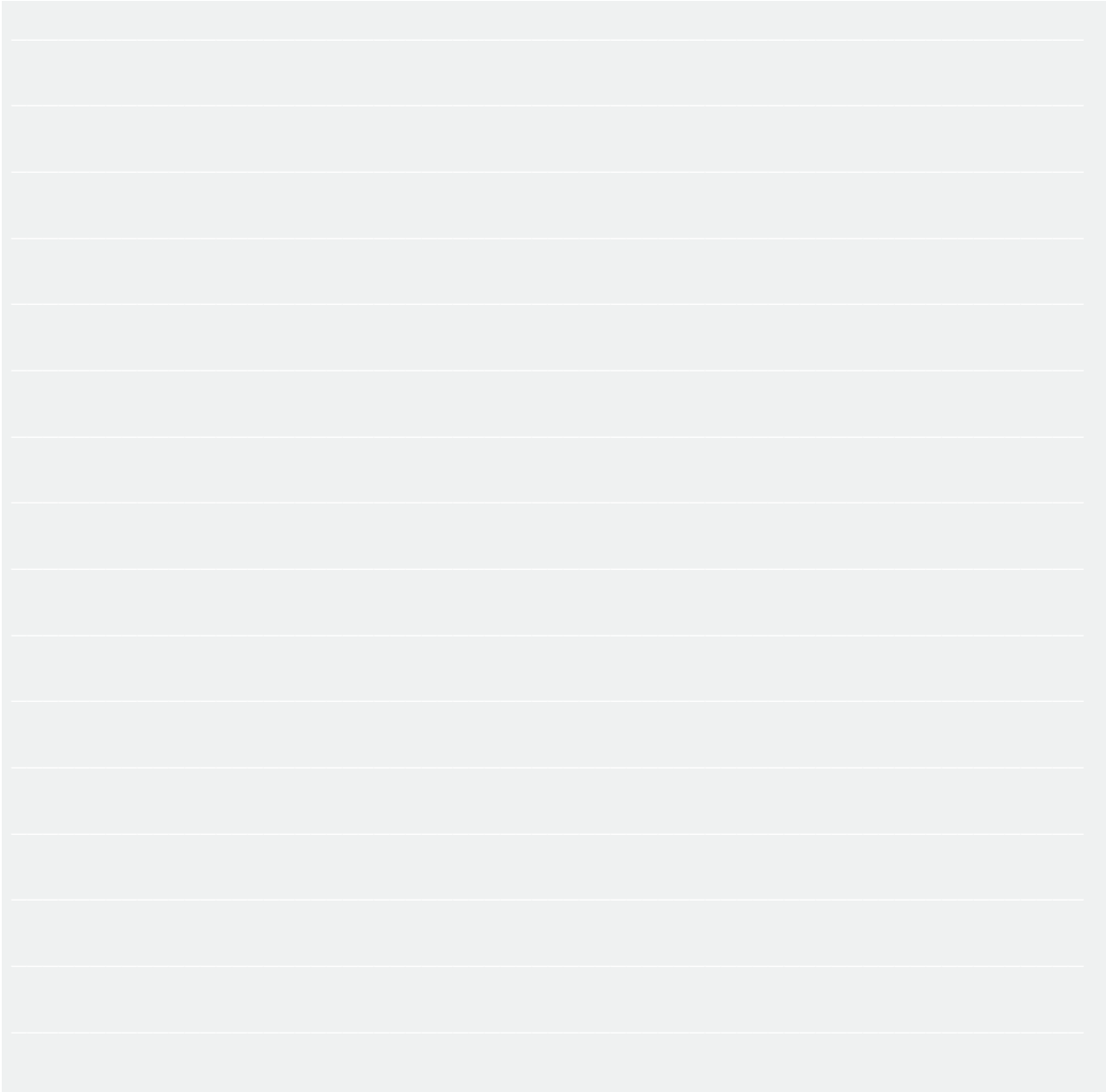


It's also important for us to be clear on why we *want* to change. As I shared, we all have our own reasons for that, and whatever our reasons are, we are right... but let's be clear about what they are.

ACTION STEP 04

I want to change because:

Is it because you want to get better grades? To have more confidence? To find new passions and a purpose in life? To achieve other goals?



HOW TECHNOLOGY IMPACTS OUR BRAIN

When you quit video games or using technology 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.

These changes happen because your brain responds to technology in specific ways. It's one of the reasons why you have used technology 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 and technology provides rapid dopamine release. The type of stimulation you get with technology 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. Just think about the level of immersion you have with technology. And the instant feedback you receive through scores or notifications. Technology is intentionally designed 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.

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 and technology is super exciting.
3. Willpower erosion: Due to changes in our frontal cortex, the region of our brain in charge of decision-making.

These changes help explain why moving on from technology can be so difficult. Life just doesn't satisfy you like gaming does. Everything else is boring anyways, especially compared to how much fun you have with 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 and technology use.

“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!

ACTION STEP 05

Calculate your detox

The recommended time for a technology detox is 90 days. Depending on how many days you have been detoxing already at camp, you will want to calculate how many days you have left on your 90 day detox. You may also want to start from the beginning—the choice is yours.

Once you have the date, put it in a place you will see it. That can be in your calendar, on your whiteboard, or a sticky on the wall. Use it as a reminder of your commitment, and also how far you have come already!

HOW OUR MIND TRICKS US INTO GAMING

One of the reasons why gaming and technology is so common these days is because the barrier of entry to use them is so low. 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.

That's why we want to create 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 today 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, and its 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, or set restrictions on the various websites and apps you want to avoid. How you do this is going to depend on your situation, but here are a few tutorials to help you out. Take a deep breath, I promise it's going to be ok.

ACTION STEP 06

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)
6. Uninstall mobile apps

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.

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 or using technology in the first place. When gaming or technology 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, websites, or your smartphone.

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. It's easy for them to become a source of your identity, and by removing them you are also removing your identity.

Every time you follow through with one of these steps, every day you don't play games or use technology, these are all moments you should tell yourself you are doing a good job. It's in this process feeling proud of who you are that you will build real confidence, and 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.

We will find new activities to do soon, but for now we need to rebuild your identity. Let's get to that now.

IDENTITY: BUILDING YOUR NEW CHARACTER

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

It's not that games or technology is 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, or using your smartphone less 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 or using technology. There's no need to pretend otherwise. We had a blast, we met a ton of cool people, and it *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 or technology takes any of that away. And there's surely nothing to regret. For many of us, gaming and technology is something we grew up with and put a significant amount of focus and energy into.

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.

So we are closing a chapter in our life, one with gaming and technology, 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. You get to create your new character.

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.

TECHNOLOGY 'ADDICTION' SCREENING TEST

Here is a quiz to help you determine the severity of your technology challenges. It contains a list of nine questions the American Psychiatric Association proposes to screen for internet and video game addictions.

Disclaimer: This is an informal screening tool. For a proper assessment seek the support of a professional.

1. Do you spend a lot of time thinking about games/technology even when you are not playing, or planning when you can play next?
2. Do you feel restless, irritable, moody, angry, anxious, bored, or sad when attempting to cutdown or limit your gaming/technology use, or when you are unable to play?
3. Do you feel the need to play or use technology for increasing amounts of time, play more exciting games, or use more powerful equipment to get the same amount of excitement you used to get?
4. Have you felt that you should play less, but are unable to cut back on the amount of time you spend playing games?
5. Have you lost interests in, or reduced participation in other recreational activities (hobbies, meetings with friends) due to gaming/technology?
6. Have you continued to play a game/use technology even though you were aware of negative consequences, such as not getting enough sleep, being late to school/work, spending too much money, having arguments with others, or neglecting important duties?
7. Have you been deceptive, or lied to family, friends, or others about how much you game/use technology, or tried to keep your family or friends from knowing how much you game/use technology?
8. Do you game or use technology to escape from or forget about personal problems, or to relieve uncomfortable feelings such as guilt, anxiety, helplessness or depression?

9. Have you risked or lost significant relationships, job, educational, or career opportunities because of gaming or using technology?

ACTION STEP 07

Calculate your score:

If you have answered “yes” to 5 or more of the questions than your situation is fairly severe. I would encourage you to seek the help of a professional therapist or counsellor. Also know that the steps I’m sharing with you, including the detox, will also help you to improve your situation immediately and significantly.

HOW TO AVOID BOREDOM—FIND NEW ACTIVITIES

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

So now you need to choose new activities to replace gaming and technology with to fill that free time, otherwise you'll be bored at home and that's when you will be most tempted to play or use technology.

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

Although I've listed the four needs—temporary escape, social connection, measurable progress and challenge, what I've discovered is 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. Or binge watching videos on YouTube or Netflix. 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, immersive 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 build 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, or something goal-oriented. You played games 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 or use technology. This typically happens when you get home from 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 new language or a 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 a low investment of physical energy. 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 or use technology 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 get rid of all of your friends, but you will need to find new friends outside of gaming. The easiest way to make new friends is to put yourself in situations where it's easy to meet people (social activities).

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 my resource: [60+ New Hobby Ideas](#).

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.

ACTION STEP 08

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?

RESTING (e.g. reading)

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

SOCIAL (e.g. meetups)

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.

When you're bored, what do you do? You game or use technology.
When you're stressed, what do you do? You game or use technology.
When you want to hang out with your friends, what do you do? You game or use technology.

Gaming and technology is 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 you will perform to the best of your ability, during this process you are going to experience boredom at times. You are going to be stressed at times. You are going to want to hang out with your friends. If you don't consciously choose new activities to do during these specific situations, you will always go to what you know, and what you know is gaming.

This is especially important because you are going to experience cravings throughout this process, especially at the beginning, and when you are experiencing these cravings you will be more emotional. When you are emotional it is 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: _____

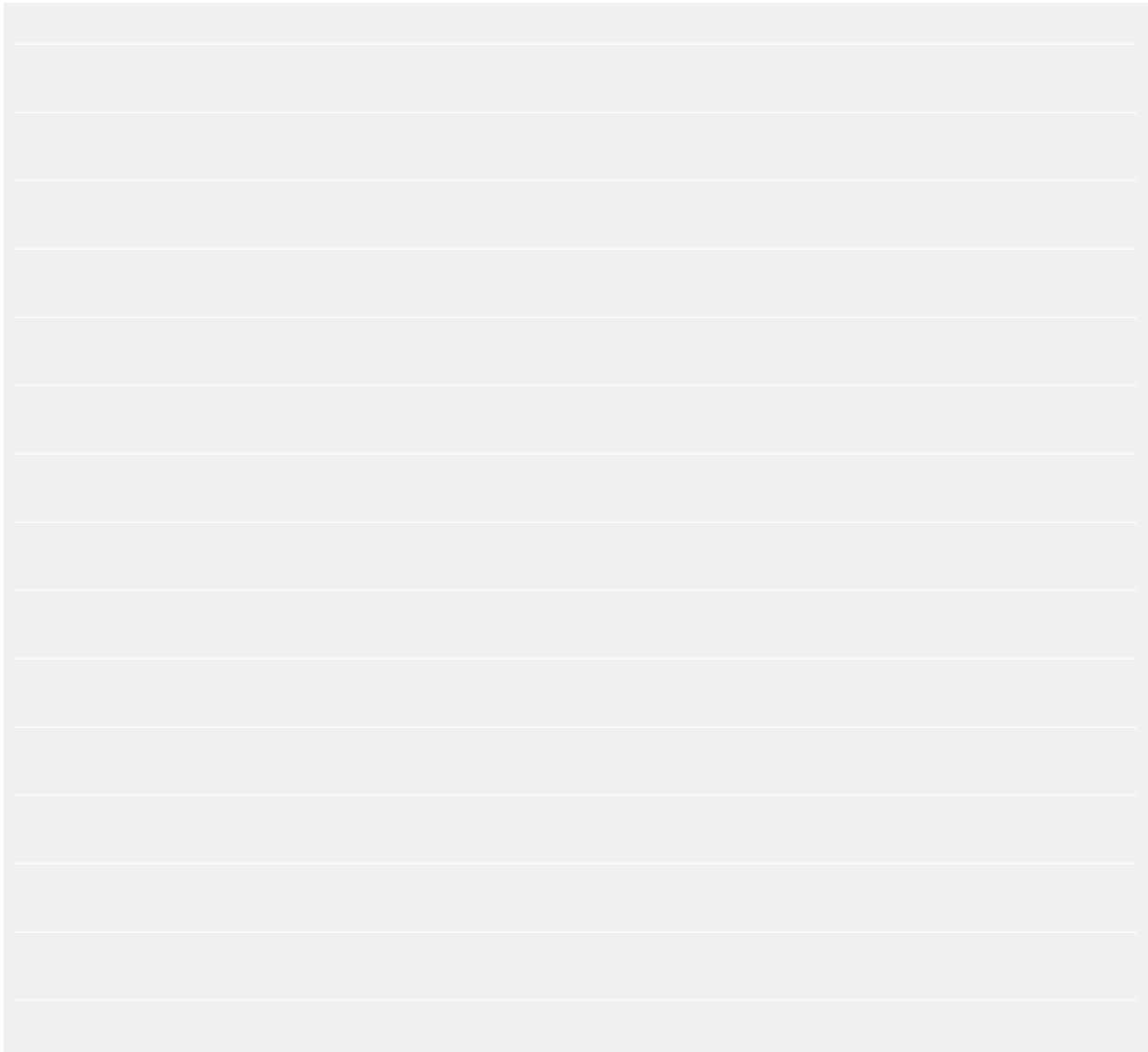
Social Activity: _____

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.

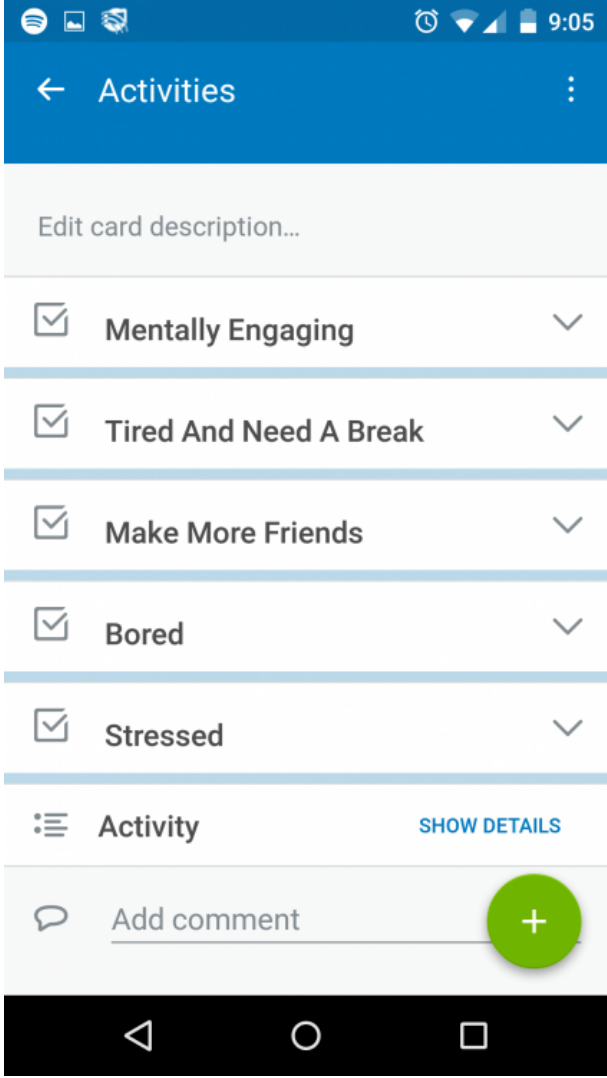
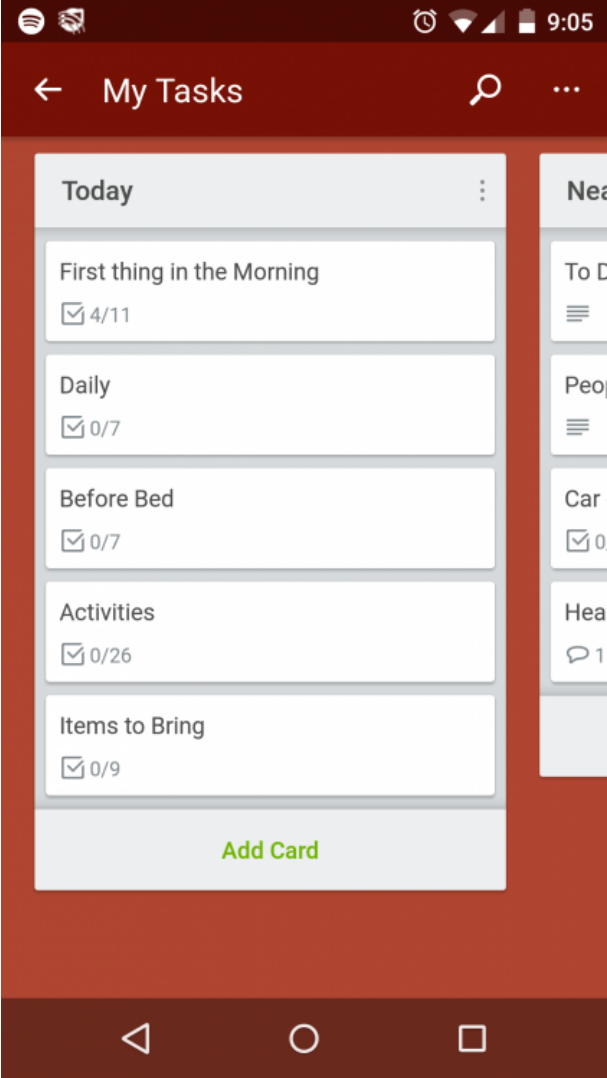
ACTION STEP 10

Brainstorm the alternative environments you have available nearby:



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.



HOW TO STOP WASTING TIME AND FINALLY BE PRODUCTIVE

“What gets measured, gets managed.” —Peter Drucker

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 before gaming and technology not only fulfills certain needs you have, but it 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.

So far I've shared with you the emotional needs gaming and technology fulfill—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 use technology. 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 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 or using technology. 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. Use it wisely!

The second mindset is that our life is on autopilot. We wake up, go to 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 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 11

What is your typical weekday routine? Weekend?



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 12

Select your calendar:

I personally use [Google Calendar](#) 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 offline would also suffice.


ACTION STEP 13

Add your obligations and notice your free time.

Once you have selected your calendar, it's time to add your obligations into it. Do you go to school 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 are 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 or technology 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.

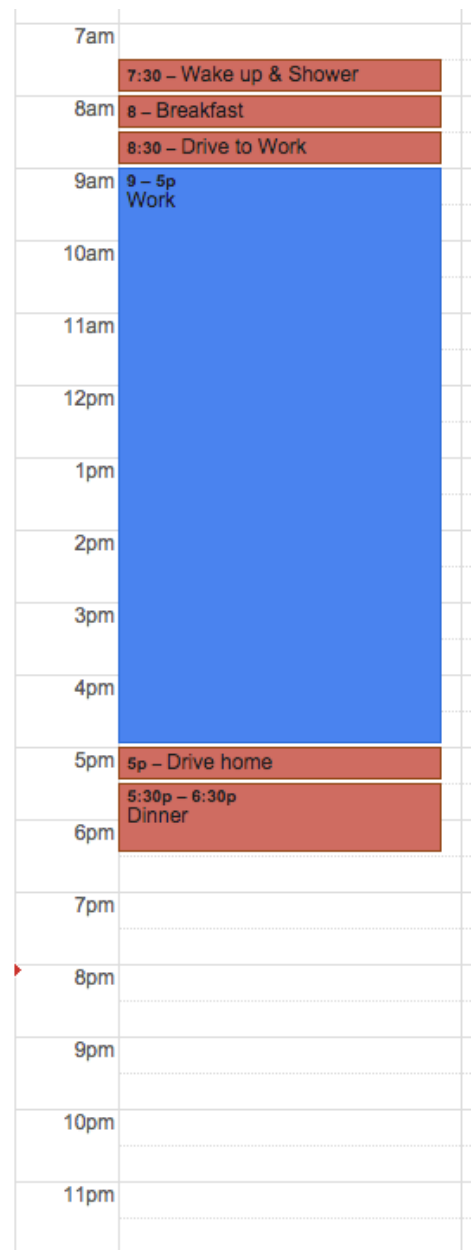
You come home at 5:30pm and usually there's going to be an hour or so where you are resting, cooking dinner, and then sitting down to eat.

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. 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 14

Add your new activities and create new routines:

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 or studying at home I would take it to the nearest Starbucks or the library.

- At least a few times each week you want to have a social activity going on. Look into school clubs you can join or other extra curricular activities.

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, stand-up comedy, etc. If you aren't at home you won't be tempted to play games or use technology as much, 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. I’m always glad I went instead of staying home.

Plan ahead. Be proactive. Preparation leads to success.

Lastly, a question I received from Chris Satcher on the forum was about what to do if your schedule is constantly changing. The whole point of your calendar is to understand *your* time. So what I recommend is anytime you get your school schedule, put your hours into your calendar and you can see what your time looks like the next week or so. Now you know what to plan for.

And 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 or use technology.” This is the exact opposite of what you need to do, and the opposite of how successful and happy people live their lives. They are proactive, not 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 or boyfriend? Do you want to work for yourself? Do you want to travel the world? 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. Choose wisely.

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. Keep moving forward, and don’t give up.

CREATE A MORNING SUCCESS ROUTINE

“Strive to make everyday the best day of your life, because there is no good reason not to.” —Hal Elrod

Christmas 2012 my world crumbled in front of me. My business had failed, I was broke, and my girlfriend left me. Waking up every day became a chore. I was depressed. Every day felt like a month as time moved ever so slowly. I couldn't take it.

Over the course of four months I managed to get myself back on track, and it all started with one daily change I made: Creating A Morning Success Routine.

During this time I found some days I would wake up and instantly feel anxious, while others I would wake up and feel ok. But I noticed how my day started had a major impact on how my day ended. I committed to starting each day strong and regardless of what happened throughout my day, I would end of a good note as well.

But I didn't just hope for it, I worked for it. I knew I had a simple choice: I could either choose the habits that would allow me to start my day strong, or I could choose habits that didn't.

I've always done well with structure, and I bet you have too. I've shared previously how gaming and technology is just your habit, and because of that when you have free time you just go to it—it's not a conscious choice you even make usually.

To counteract that, you need to be intentional with how you fill your free time, and this same process works for how you start your day—do you just go with the motions and hope to have a good day, or do you have a few habits you know will make you feel great that you can use to build for the day? We call this a Morning Success Routine.

“This is about setting your mindset and context for the day. It's the linchpin that determines the quality of your day, which determines the quality of your life in every way.”—Eben Pagan

Successful people have specific habits.

Usually we all know this and would do them too... but finding time can be difficult, especially as the day begins and you have other things on your mind. But there's an easy solution and it's to have them in your Morning Routine.

In the morning your willpower is the highest. You haven't yet spent it throughout the day making the various decisions you've had to make. So it makes the most sense to use this strong willpower to our advantage to complete the habits we know will lead us down the road to success.

Now there are a few keys to your Morning Success Routine:

1. Be intentional with what time you wake up. You're mindset is to wake up because you want to, not because you have to.
2. You want to immediately begin the habits you've chosen to empower your day.

There are actually six areas my friend Hal Elrod shares in his book *The Morning Miracle* ([Amzn](#)) that you want your morning routine to have.

One habit you want to have is daily reading for 15-30 minutes.

Another one that is scientifically proven to reduce stress, boost creativity, improve focus and self-control, dramatically reduce anxiety, improve relationships and help you be more comfortable with yourself—which all prove to be a direct counter to experiences we can have as we quit gaming and technology? Meditation.

The easiest way to start this habit is with the 10-day [Headspace](#) challenge. It's free, only takes 10 minutes and you can access it in your browser or their app for Android and Apple smartphones. *(Tip: After you complete the 10-days, just repeat them. That's what I do.)*

So here's how I want you to start your day:

1. Wake up to your alarm—you've selected the time the night before.
2. Sit up in bed or on the floor and complete your 10 minutes of Headspace.

3. Shower.
4. Get dressed.
5. Grab breakfast and read for 15-30 minutes from a good book that is aimed at improving your life. ([Here are some suggestions.](#))
6. Begin the rest of your day.

This doesn't have to take very long. Feel free to customize it but I would highly recommend starting your day with 10 minutes of Headspace before doing anything else.

You're also welcome to add any other habits or things you want to get done first thing as well. For example, part of my morning routine right now here in Bali is to go to Tropical View Cafe after eating breakfast to write for an hour. I do this before I start answering emails or do any other work tasks.

This way I'm able to complete at least an hour of writing I need to do, which not only helps this project get complete but also makes me feel better because of it. If I start answering emails or doing other tasks first, I never get around to writing.

Remember, your mindset waking up is because you want to, not because you have to. Your day begins with your alarm clock so pay attention to what you are communicating to yourself: Do you want to get after the day or do you want to procrastinate?

ACTION STEP 15

Create your morning routine:

By having a Morning Success Routine you'll create the experience every day of waking up feeling excited to be alive. Completing these habits will build momentum to have a great day, and before you know it, you'll have so many good days in a row you may forget what a bad day felt like!

Bonus Resource: Listen to [Tony Robbins on Morning Routines](#) on the Tim Ferriss Podcast. You can also download the first two chapters of The Morning Miracle by Hal Elrod for free [here](#).

BEAT YOUR URGES AND CRAVINGS

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 and technology 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 and technology 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 and make sure to use your daily agenda.

ACTION STEP 16

What triggers do you need to be most aware of?

When you are feeling triggered:

Feeling triggered is going to occur, it's just part of the process. Sometimes it's obvious (you're feeling upset), and other times it's more subtle. This is where being mindful is important.

Being mindful is just about being aware, especially when you've been *exposed* to any of the triggers I've shared above. Anytime you find yourself beginning to justify or rationalize any gameplay or technology use, take a moment to step back and inquire about what has happened so far in your day. Did you see your new favorite game is being released? Did something happen at school? Are you bored?

ACTION STEP 17

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



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.

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 you 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, but 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.

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 or using technology 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 the library, 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:

ACTION STEP 18

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.

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.

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 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 find solutions to deal with what's going on.

Remember, to quit gaming and technology 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.

How to Increase Your Energy and Improve Your Mood

One of the biggest benefits of quitting gaming or using technology less is the improvements it will bring to your energy levels and your mood. Just think about how often you feel like a zombie after a long gaming session. We all know being indoors, sitting in chairs all day in dark rooms, eating junk food, sugar, and drinking caffeine isn't good for our health. Here are a few suggestions to help you increase your energy and improve your mood:

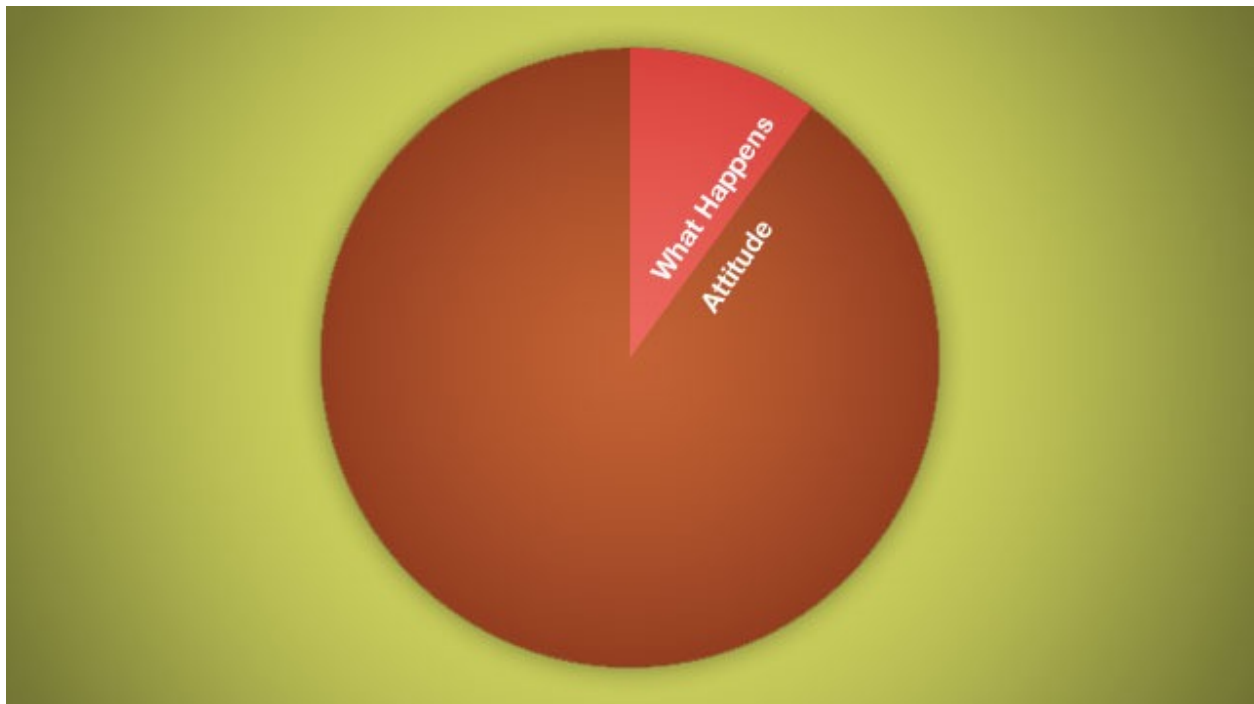
1. **Drink at least 2L of water per day.** This will help the most with your energy and headaches. Most of the time when we're gaming we don't drink enough water and instead drink liquids full of sugar. We're dehydrated. Squeeze half of a fresh lemon into your water for taste.
2. **Exercise at least 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! Exercise is one of the most underrated habits to develop.
3. **Cut out sugar. Eat a paleo-type diet.** Gaming is like sugar—it feels good initially but then the crash comes. So as you are making positive changes in your life, one of the best ones to make is to cut out sugar and eat more of a paleo diet.
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. Experiment and see what works for yourself. It's easy to think exercise, drinking water, or keeping a gratitude journal is lame but what's your opinion based on? I used to be against all this stuff but I wasn't really that happy of a person. Then I started doing each of them (because science proved they all work) and I became happier because of it. It's not magic, it's science. ;)

POWERFUL MINDSETS

“Once your mindset changes, everything on the outside will change along with it.” —Steve Maraboli

Mindsets 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 and technology 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.

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.

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.

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.

“While 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 reading this guide 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.

Ultimately what I've learned in life is that you always a choice. If you don't like something you can either change it or you can do nothing. But the choice is always yours.

Three characteristics/behaviors I want to change are:

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 screw 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 now. 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 be 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.

WHAT TO EXPECT AFTER CAMP

After you quit gaming or technology your life will change in many different ways. In this chapter I will share with you seven things to expect after you quit gaming or technology and some of the common obstacles you will run into.

I don't want you to not get too attached to 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 or technology use 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 or technology, games and technology are just the activity, this is about improving your life and the situation you find yourself in. Keep moving forward.

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 the guide as many times as you need to. You can also [watch this video](#). This guide 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 and other alumni from camp 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 this guide 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 when you wrote down why you wanted to quit gaming or technology? 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 or technology. 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 or technology 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 or using technology and you justify it because life outside of games and technology isn't that much fun anyways. You don't even know what you don't know.

The second stage is conscious incompetence: 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 or technology this is the stage you're in. You're just starting out and beginning to take action, and making mistakes in the process.

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 this guide, 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 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 and technology is only step one. 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 21

Write down skills you want to learn or improve:



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

ACTION STEP 22

Create new goals:

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.

Example: I will learn these five specific songs on the guitar by December 15th, 2018.



So now it's just about taking things that much more seriously moving forward and implementing the advice I've shared here. 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.

-Cam

ADDITIONAL RESOURCES

[True inspiring stories of gaming addicts](#)

[Game Quitters YouTube Channel: 200+ videos to help you](#)

[How to Find Your Purpose](#)

[Should You Become A Game Developer?](#)

[Should You Pursue Pro Gaming?](#)

[Getting out of Your Comfort Zone](#)

[How to Make Your Life More Exciting](#)

[Should You Quit Gaming When You're Only 16 Years Old?](#)

[Should You Watch Gaming Streams?](#)

[What If Quitting Video Games Is Hard?](#)

[5 Tips to Quit Gaming for 90 Days](#)

[Caution: Gaming After Your Detox](#)

[Why You Should Not Game After Your Detox](#)

[How To Improve Your Willpower](#)

[How To Stop Mindlessly Browsing The Internet](#)

[How to Be Consistent](#)

[How to Stop Consuming Content](#)

[How to Overcome Escapism](#)

[Beat Procrastination and Take Dumb Action](#)

[How to Be Productive During the Holidays](#)

[What To Do During Your Summer Break Instead Of Gaming](#)

[How To Make Your Summer Break Awesome](#)

[Top 5 Activities to Replace Gaming During the Winter](#)

[How To Get Out Of A Funk](#)

[How To Deal With Gaming Nostalgia](#)

[How to Relax Without Playing Video Games](#)

[How to Build Self-Esteem](#)

[How Do You Stay Motivated?](#)

[About to Relapse? Watch this.](#)

[How to Deal with the Fear of Missing Out \(F.O.M.O.\)](#)

[How To Make New Friends And Improve Your Social Skills](#)

[How To Grow And Expand Your Social Circle](#)

[How to Make a New Group of Friends](#)

[5 Podcasts I Recommend](#)

[5 Things I Wish I Did Differently at 18 Years Old](#)