

MediaWise “I’d Rather” Assessment™

Background

This test helps a gamer see how his/her gaming fits in with other life priorities.

Use this test with children, teens, and adults to help them form a more realistic picture of their attachment to gaming.

A true-life priority needs three ingredients: thought, feeling, and behavior. Only one or two ingredients does not make a priority.

For example, I may think that I value education, but then never study. Education is only a priority if I feel motivated and then act on it. Conversely, behavior alone does not necessarily mean something is a priority. For example, I may show up at a place of worship regularly so the behavior indicates that I value my religion. However, the real reason I show up is because I think it will make me look good in the eyes of my boss who attends the service regularly.

Helping a person form an honest picture of his/her life priorities involves assessing which activities are those where thinking, feeling, and behavior come together.

How to do “I’d Rather” Assessment:

1. With this background in mind ask the gamer you are concerned about to write down a list of all the things they do during the course of a week. The list usually includes things like eating, sleeping, spending time with family, playing a sport, engaging in a hobby, school and/or work, chores, going to movies, studying, hanging out with friends, etc.
2. Then have the gamer check as many of the statements on the following page he/she thinks are true.

“His grades are down the tubes, he skips meals, and he hardly spends any time with his friends.”

- Concerned parent