

# Thinking about making a change?

## Deciding to make a change

Discussing pathological gaming habits with your child is not easy. No doubt, you have already had difficult conversations and arguments with your child about their game play. Addressing pathological gaming takes a lot commitment on your part and the part of your child. Weighing the pros and cons may help you make a firm, committed, parenting decision:

**Pros:** What are some reasons you may want to make a change?

- |  |   |
|--|---|
| <input type="checkbox"/> Improve my child's school performance.                            | <input type="checkbox"/> Improve my child's health.                               |
| <input type="checkbox"/> Improve my relationship with my child.                            | <input type="checkbox"/> Reduce arguments with my child over game play long term. |
| <input type="checkbox"/> Ensure that my child gets the experiences he/she needs "offline." | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Avoid more serious problems.                                      | <input type="checkbox"/> _____  |
|  | <input type="checkbox"/> _____  |

**Cons:** What are some reasons you may not want to change?

- |                                |                                |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
|                                | <input type="checkbox"/> _____ |

Compare your pros and cons. Do you think that you see adequate reasons to initiate change related to your child's game play?

## Are you ready?

Are you ready to help your child change their gaming habits? If so, the next few pages may support your efforts. If you think you need professional help please see our list of [additional resources](#).

If you aren't sure whether you are ready to change your child's gaming habits, consider these suggestions:

- Keep track of how often your child is gaming.
- Notice how playing video games affects his or her life, relationships and mood.
- Ask for support from your doctor, mental health provider, a close friend or someone else you trust.

**Don't wait for your child or family to be in crisis before addressing addiction.**  
When someone is gaming too much, making changes earlier is likely to be more successful than waiting until you are in crisis mode.