

MediaWise “I’d Rather” Test™

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.

“I’d Rather” Test:

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 following statements he/she thinks are true.

True

- I'd rather play games than hang out with my friends.
- I'd rather play games than play _____(name a sport).
- I'd rather play games than spend time with my family.
- I'd rather play games than eat.
- I'd rather play games than sleep.
- I'd rather play games than talk on the phone.
- I'd rather play games than go to school or work.

- I'd rather play games than go to a movie.
- I'd rather play games than watch TV.
- I'd rather play games than listening to music.
- I'd rather play games than exercise.

Now, list the things you'd rather do than play video games.

1. _____
2. _____
3. _____

If you have trouble thinking of things you'd rather do than play video games, they may have become the most important priority in your life. This could be the start of a slippery slope to video game addiction.

What should you do?

Resources