GAMING STIMULUS CONTROLS

Stimulus control reduces exposure to a stimulus, in this case video games and things related to them. The aim is to help someone develop healthy gaming behaviours or to stop gaming if they wish.
Think about which ones might work the best for you and try them out.

CHANGES TO YOUR ENVIRONMENT

- Put your game discs/PC/Console/Phone away and out of sight and reach - especially at night

- Reduce time spent engaging wiht gaming forums or gaming group chats

- Limit access to/ setting limits on time spent looking at games on Youtube/Twitch/Discord

REDUCING ACCES TO GAMES

- Ask someone you trust to change your password to your console/PC

- Use the "Self Locking Tool" on Steam

- Delete/de-activate your online gaming account e.g. on steam

- Set up parental controls - ask your parents/other family member/someone you trust

- Download software on your devices to block websites/apps/games such as Cold Turkey, Focusme, self control, distract me not
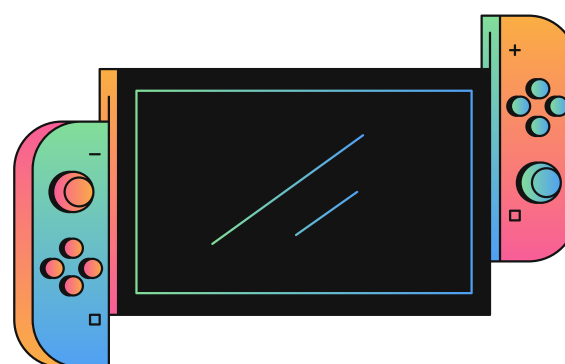
- Block Youtube gaming channels that you find trigger your gaming

LIMIT IN-GAME SPENDING

- Ask your bank to block transactions from the company that charges you in your game

- Ask family members to keep yours or their bank cards in a safe place, out of your reach.

- Delete card details from saved locations on your console/PC.

- Get your bank to set a daily spending limit for debit card payments.