



My Gaming



To see how you are going with your gaming we would appreciate it if you answered the following questions.

1. Do you have things that you are working towards outside of gaming?	Yes / No
2. Do you ever feel like gaming is the only thing you're good at?	Yes / No
3. Are more of your friends online rather than face to face?	Yes / No
4. Do you sometimes play games to get away from difficult feelings or stress in your life?	Yes / No
5. Do you like the way you are in the game more than the way you are in real life?	Yes / No
6. Do you ever feel more respected or needed in game than you do in real life?	Yes / No
7. Do you ever feel like it's too hard to get good at other hobbies or interests?	Yes / No
8. Are there other things that you find meaningful besides games?	Yes / No
9. Do you ever feel like you are gaming more than you would like?	Yes / No
10. Do you sometimes feel that it's hard to relax or have fun without games?	Yes / No
11. Do you ever try to hide the amount of time you spend gaming?	Yes / No
12. Has your sleeping patterns changed because of your gaming?	Yes / No
13. Do you sometimes feel irritable or stressed when you are unable to game?	Yes / No
14. Have you tried to cut down on gaming without success?	Yes / No
15. Do you think about the game or gaming (including dreams) even when doing other things?	Yes / No
16. Have you decreased interest or involvement in other activities because of gaming, including school or study?	Yes / No
How long would a typical session of gaming be for you?	
0-5hrs	<input type="checkbox"/>
6-10hrs	<input type="checkbox"/>
11+hrs	<input type="checkbox"/>
How many gaming sessions would you typically have per week?	
Once a week or less	<input type="checkbox"/>
More than once a week	<input type="checkbox"/>
Most days or more	<input type="checkbox"/>