12-Steps for Video Gamers in Recovery

1. We admitted we were powerless over gaming, and that our lives have become unmanageable. **Principles: Honesty and Acceptance**
2. Came to believe that a power greater than ourselves could restore us to sanity. **Principle: Hope**
3. Made a decision to turn our will and our lives over to the care of God as we understand God. **Principle: Faith**
4. Made a searching and fearless moral inventory of ourselves. **Principles: Action and Courage**
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. **Principle: Integrity**
6. Were entirely ready to have God remove all of these defects of character. **Principle: Willingness**
7. Humbly asked God to remove our shortcomings. **Principle: Humility**
8. Made a list of all of the people we had harmed, and became willing to make amends to them all. **Principle: Brotherly Love**
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. **Principle: Justice**
10. Continued to take personal inventory, when we were wrong and promptly admitted it. **Principle: Perseverance**
11. Sought through prayer and meditation to improve our conscious contact with God as we understand God praying only for knowledge of God’s will for us and the power to carry that out. **Principle: Spirituality**
12. Having had a spiritual awakening as the result of these steps, we carried this message to other gaming addicts and practiced these principles in all our affairs. **Principle: Service**

Note: The Twelve Steps of Alcoholics Anonymous have been adapted for OLGA®/OLG-Anon with the permission of Alcoholics Anonymous World Services, Inc. (“A.A.W.S.”). A.A. is not affiliated with OLGA®/OLG-Anon as A.A. is a program of recovery from alcoholism only.
Can excessive gaming be harmful?

For those who have experienced it themselves or have seen it happen to others - yes it can!

Video gamers can become helpless and cannot control their game playing any more than if they were hooked on drugs, alcohol, etc. The results are similar – among other things, gamers may lose their real lives, real-life relationships and at times, education and/or jobs.

Numerous video games have features which are extremely compelling and immersive. Many of these video games create virtual societies. They have no end. A large number of video games are no longer created just for entertainment. They are designed to "keep you coming back." As a result, the number of people being negatively affected by excessive video game playing is ever-increasing.

Can a video gamer get his/her life back? Yes, if the time and energy formerly spent in the video game fantasy land is instead invested in real life and real-life activities. It is not easy. Real Life is not easy for anyone, but it is real life with real relationships and not just pixels.

OLGA/OLG-Anon members encourage one another to come back to Real Life. We learn that by sharing what we have, we keep it. We change our lives and blossom into human beings who can contribute to our society. We become less self-centered. We learn that by giving, we receive.

We welcome anyone affected by excessive video game playing into our fellowship.

Signs that gaming may be a problem:

- Inability to keep track of time spent gaming.
- Cannot control video gaming for an extended period of time.
- Feeling a sense of euphoria while gaming.
- Craving increasing amounts of video game time.
- Neglecting family and friends.
- Feeling restless, irritable or discontent when not playing video games.
- Lying about time and money invested in video games.
- Experiencing problems with school or job performance.
- Feeling guilt, shame, anxiety or depression regarding video gaming.
- Changing sleep patterns.
- Health issues: Carpal tunnel, eye strain, weight change, back ache, sore neck, arms.
- Denying, rationalizing and minimizing bad consequences of video gaming.
- Withdrawing from real life hobbies.
- Eating most meals at the video gaming console or computer while gaming.
- Constantly thinking about video games, even when not playing.
- Spending increasing amounts of free time surfing game-related websites.
- Engaging in frequent conversation about the video game with uninterested others.
- Attempting to get others to play.
- Purchasing in-game items for real money.
- Becoming increasingly defensive about video gaming habits.