

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 understood 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 promptly admitted it.
Principle: Perseverance
11. Sought through prayer and meditation to improve our conscious contact with God as we understood 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 tried to carry this message to other compulsive gamers and to practice 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.



God, grant me the **serenity**
to accept the things I cannot change,
the **courage** to change the things I can, and
the **wisdom** to know the difference.

The Rewards of Enveloping the 12-steps into our lives

1. Hope instead of desperation.
2. Faith instead of despair.
3. Courage instead of fear.
4. Peace of mind instead of confusion.
5. Self-respect instead of self-contempt.
6. Self-confidence instead of helplessness.
7. The respect of others instead of their pity and contempt.
8. A clean conscience instead of a sense of guilt.
9. Real friendships instead of fake friendships with make-believe pixels.
10. A clean pattern of life instead of a purposeless existence.
11. The love and understanding of our families instead of their doubts and fears.
12. The freedom of a joyful life instead of the bondage to gaming obsession.

On-Line Gamers Anonymous

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On-Line Gamers Anonymous



On-Line Gamers Anonymous® is a 12-step self-help group. We share our experience, strengths and hope to support each other recover and heal from problems resulting from excessive game playing, whether it be video, computer, console, on-line or games on your phone or tablet. Our community includes recovering gamers (OLGA® members), family members, loved ones, friends, concerned others (OLG-Anon members) and those who inform and reach out to others (Outreach).

Our website and forums are dedicated to helping those addicted to video games. We also welcome the video gamers' friends and family, by offering our support and understanding.

www.olganon.org



On-Line Gamers Anonymous

Can excessive gaming be harmful?

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

Video gamers 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 lose their real lives, real-life relationships and at times, education and/or jobs.

This new generation of video games has features which are extremely compelling and immersive. Many of these video games create virtual societies; they are not like average video games. 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 gaming 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 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

Why Online Gamers Anonymous®?

OLGA@ (for gamers), OLG-Anon (for family members, loved ones, and concerned others) and Outreach (for the Community and for those who inform and reach out to others) was formed in May, 2002 by Liz W. Her son Shawn committed suicide in front of his computer while playing the popular Everquest game.

Shawn had been playing video games for 10 years before he started playing Everquest. He did not have a problem with any other video games.

Soon after he started playing Everquest, Shawn's life was impacted negatively. He quit his job and was evicted from his residence. His personality changed. He became withdrawn from society. He became depressed. Shawn preferred to mingle with the characters on the game rather than be with his real family and friend. He no longer wanted to live in the real world.

OLGA@/OLG-Anon/Outreach was formed and is supported by volunteer recovering gamers and their family members, to offer support and to inform those who are affected by excessive video game playing, be it the gamer or the family or loved one.

“Excessive gaming can become so compelling that one cannot just quit. The freedom to choose to play or not to play is gone. I encourage those who have been harmed by this latest flavor of addiction to gather and support one another.”

~ Liz W.

Founder of On-Line Gamers Anonymous