

Quit Video Games Today Affirmations



All addictions may be dangerous and adverse to the addicted individual and other people around him; all the same, video game addiction may be especially detrimental to youngsters. Video games are getting increasingly popular with youngsters of young ages, which in turn might raise the likelihood that these youngsters will develop addictions to video games. Moreover, playing violent games might be associated with a tendency to behave more aggressively, although the data are inconclusive about the cause and effect nature of this relationship. Use affirmations to help.

"I'm self-asserting and persuasive in my life."

"I approach people and engage them in conversations."

"I'm a master at accomplishing tasks."

"I'm disciplined and self-reliant in following my addiction program."

Although several researchers advocate the position that video games induce violent behavior in youngsters and adults, there are likewise many researchers who support the contrary belief, which is that video games purge one's want to act violently and thus reduce the amount of violence in which a individual will engage. Additional detrimental effects of video games include taking time away from studies or homework and decreased social skills. Ultimately, despite possible detrimental effects of excessive video game playing, there are Advantages to playing video games in moderation. For example, video games might improve spatial abilities, the ability to produce and apply multiple

strategies, and might help develop critical analyzing techniques. Due to the nature of video games, psychological, social, and neurological factors have all been associated with excessive video game playing.