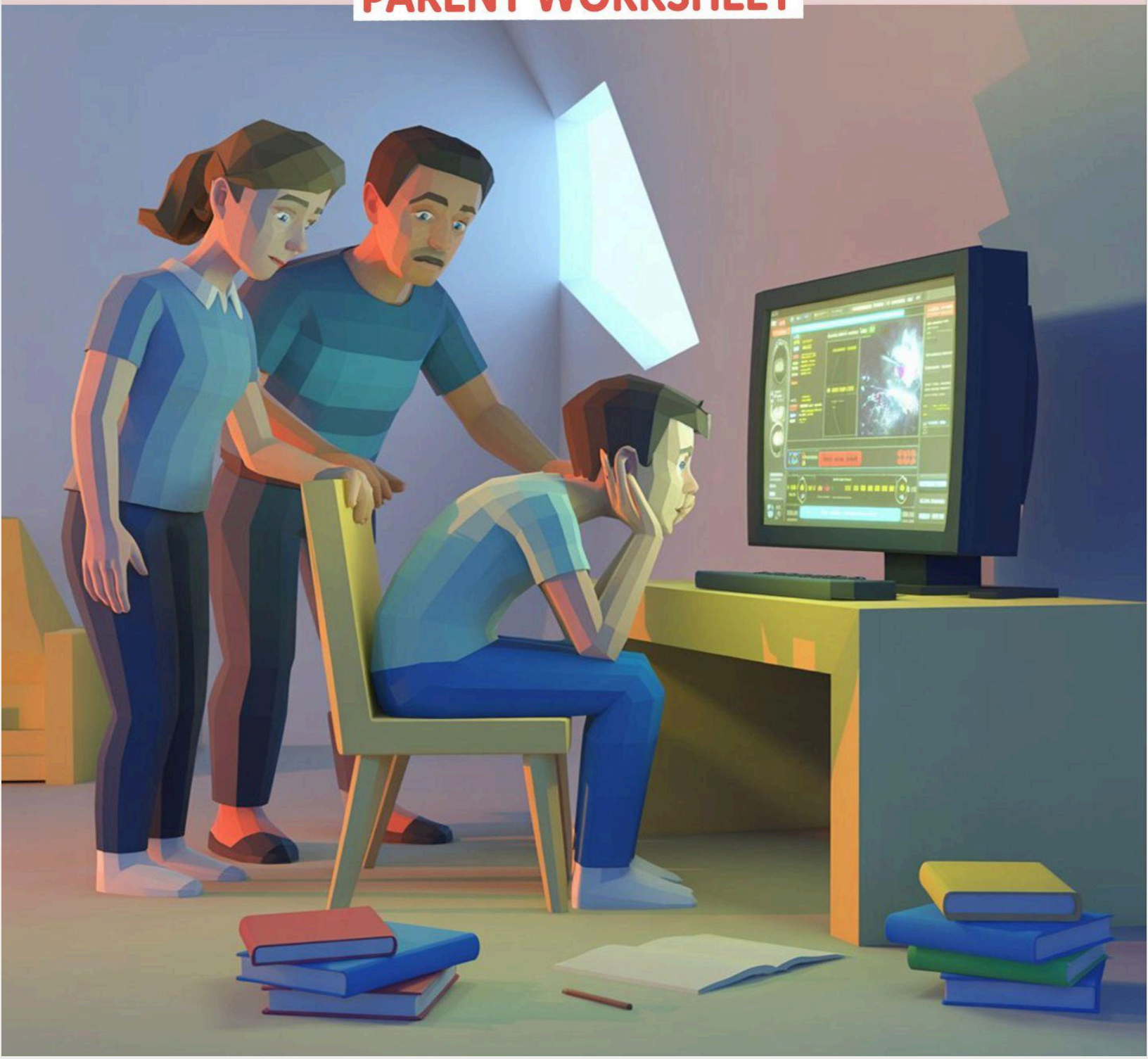


Tab 1



RECONNECT

PARENT WORKSHEET



Reconnecting with your Gamer

Introduction

Gaming is more than just entertainment - it's a complex digital world that fulfills fundamental human needs. This worksheet helps you understand what gaming means to your child and why it's so compelling for them.

Change happens in stages - from denial to acceptance, from action to long-term progress. We call this The Road to Change, and your approach needs to match where your gamer is on this journey. By understanding their current stage, you can choose strategies that will actually work, rather than those that might push them away.

How to Use This Worksheet

- Review the Conversation Techniques for Part 1
- Print the Conversation Template or fill it out digitally
- Spend 15 minutes preparing before your conversation
- Choose a calm environment where they feel safe and comfortable
- Express your genuine interest in understanding their world better, and how you may have struggled with this in the past.
- Unsure about the process or have additional questions? Contact our team at [\(213\) 460-3059](tel:2134603059) or cam@gamequitters.com

Conversation Techniques (Part 1)

Use Open-Ended Questions: These are questions that can't be answered with a simple 'yes' or 'no'. Start questions with "what", "how", "tell me about", or "describe". Instead of "Did you have fun gaming today?", ask "What was the most interesting part of your gaming session today?". This invites their perspective and opinions, while respecting their autonomy.

Use Active Listening: Give your full attention to your gamer when they're speaking. Use nonverbal cues like nodding and maintaining appropriate eye contact to show you're engaged. Avoid interrupting or formulating your response while they're still talking. After they finish speaking, take a moment to process before responding.

Reflect or Summarize what you have heard in your own words: Use phrases like "If I understand correctly...", "It sounds like...", "What I'm hearing is...", or "It seems that...". For example, "It sounds like gaming helps you feel connected to your friends." This invites them to share more, because it shows you understand. Don't worry if you get it incorrect, they will usually provide clarity.

Use Affirmations: Acknowledge your gamer's strengths, efforts, and positive qualities. This isn't about praising their gaming skills, but reinforcing the positive aspects of their character. For instance, "I've noticed how persistent you are when faced with a challenge in your game. That's a valuable skill." Affirmations build self-esteem and show that you see them as a whole person, not just through the lens of their gaming habits.

Be Neutral: Avoid challenging or criticizing their statements. Your role is to listen and understand, not to judge or evaluate. If you disagree with something, resist the urge to correct or argue. Instead, ask for more information: "That's interesting. Can you tell me more about why you think that?" Try to see the situation from their perspective. Empathy is crucial for connection.

Ask How instead of Why: When you ask "Why" questions, they may lead to reasons or excuses. Whereas if you ask "How" questions, they may lead to solutions or thinking outside the box. So, for example, instead of, "Can you tell me why you think that?", you could ask: "That's interesting. How did you come to that conclusion?"

Roll with Resistance: If they are becoming resistant or defensive, roll with it. Behind resistance is an emotion, so validate what they are feeling. This reaffirms you care. For 'I don't know' responses, try rephrasing the question or offering multiple-choice options. Some individuals, especially those with ADHD or ASD may need more time to process questions and formulate responses. Allow for pauses in your conversations.

Manage Emotions: Your tone of voice, facial expressions, and body language all contribute to the message you're conveying. Aim for a calm, curious, and non-judgmental tone. If you're feeling frustrated, take a break.

Refrain from Offering Solutions: Even if you think you know how to fix the problem. If it looks like they want to problem-solve, you can ask them: "Have you thought about how you want to solve this?" This approach empowers them to find their own solutions and builds their problem-solving skills.

Conversation Template: Reconnect With Your Gamer (Part 1)

Date: _____ Time: _____ Location: _____

Pre-Conversation Checklist:

- | | |
|---|--|
| <input type="checkbox"/> Scripts prepared | <input type="checkbox"/> Techniques reviewed |
| <input type="checkbox"/> Environment prepared | <input type="checkbox"/> Mindset ready |

Topic: Understanding their perspective on gaming

Connection Points: What you've learned about their gaming world so far:

1. _____
2. _____
3. _____

Selected Scripts: Choose 2-3 of these questions to explore:

- "What do you enjoy most about gaming?"
- "What parts of gaming do you find most rewarding?"
- "How do you and your online friends support each other?"
- "Can you tell me about some of your most memorable gaming experiences?"
- "How do you handle setbacks or failures in games?"
- "What aspects of gaming make you feel most confident or capable?"

Parent Reflection

What I learned about my child or their gaming:

What went well in this conversation?

What could I do differently next time?

Key phrases/approaches that worked:

Next Steps

Topics to explore further:

Resources/support needed:

Possible follow-up conversation date: _____

Readiness Assessment

Assess to determine if you're ready to move to Part 2:

Signs of Progress

- ☐ Gamer is engaged in conversations about gaming
- ☐ Conversations remain calm and productive
- ☐ Spending less time isolated in their room
- ☐ Engaging more with the family

Signs More Work Needed

- ☐ Resistance to conversations about gaming
- ☐ Conversations frequently turn into arguments
- ☐ Increased isolation
- ☐ Minimal family engagement

Decision Point:

- ☐ Ready to move to Part 2
- ☐ Need to continue with Part 1

If Continuing with Part 1, note areas to focus on in future conversations:

Identifying Their Stage

Based on your answers above, which stage best describes your gamer?

Not Ready to Change (Denial)

- ☐ Denies any problems
- ☐ Heavy resistance to change
- ☐ No interest in discussion

Open to Change

- ☐ Beginning to see some issues
- ☐ Mixed feelings about change
- ☐ Willing to discuss sometimes

Ready to Change (Acceptance)

- ☐ Acknowledges need for change
- ☐ Shows interest in solutions
- ☐ Willing to try new things

Making a Change (Action)

- ☐ Actively making changes
- ☐ Cooperating with boundaries
- ☐ Engaging in new activities

The Road to Change

Understanding your gamer's current stage is crucial - you need to meet them where they are to make real progress. Now that you understand their current stage, let us show you what works at each step along the way.

Not Ready to Change (Denial) → Focus on Reconnecting

- Understanding gaming behavior (Lessons 1-5)
- Identifying barriers to change (Lesson 9)
- Reconnecting with your role as a parent (Lesson 10)
- Re-establishing regular dialogue (Lesson 11)
- Understanding their perspective (Lesson 11)

Open to Change → Focus on Exploring Ambivalence

- Exploring their challenges, fears, and barriers (Lesson 12)

Ready to Change (Acceptance) → Focus on Brainstorming

- Brainstorming ideas for change (Lesson 13)
- Identifying their shiny object (Lesson 13)
- Finding solutions to red line behaviors (Lesson 13)

Making a Change (Action) → Focus on Implementation

- Creating agreements and action plans (Lesson 14)
- Reinforcing boundaries (Lesson 15)
- Finding new hobbies and social community (Lesson 16)
- Overcoming common challenges (Lesson 17)
- Monitoring progress (Behavior Journal)

Join Reclaim Family Coaching Program

At Game Quitters we draw on the latest scientific research on gaming addiction, years of experience supporting gamers and their families, and our lived experiences overcoming these issues to support you. You are not alone and we know how to get your gamer back on track in their life.

Our coaching program takes a comprehensive holistic approach to addressing gaming addiction from all angles, providing the best chance for a sustainable change in your gamer's life. The program is built for gamers, by gamers, and works for parents of gamers of any age.

Through the program your gamer will go from denial and not ready to change, to acceptance and ready to change, to taking action and making a change, to sustaining a long-term transformation.

We are very successful at this process. More than 90% of gamers agree to start working with us after only 2-3 weeks of parents working through the program, even if they are currently angry, withdrawn or hostile to the idea.

Our program will guide you through each specific step, so all you need to do is trust the process, and take action when we ask you to.

Soon, your gamer will be focusing on their studies, exercising, working and earning a living, getting out of the house, hanging out with friends in person, having a better attitude and pursuing their independence. They will be more motivated and engaged in life. Your family will be a family again.

[Click here to book a Gameplan Strategy Call Now](#)

[Click here to see reviews of the program](#)

About Cam Adair

Cam Adair is an international speaker, entrepreneur, and pioneer on video game addiction. He is the founder of Game Quitters, the world's largest support community for video game addiction, serving 75,000 members in 95 countries.



A talented hockey player, Cam's life took a dramatic turn at the age of 11 when he began to experience intense bullying, leading him to drop-out of high school. He never graduated, and while all of his friends were off to college, Cam was playing video games up to 16 hours a day. Struggling with depression he got to the point of writing a suicide note, and it was this night when he made a commitment to change.

Named one of Canada's top 150 leaders in Mental Health, his work has been published in Psychiatry Research, and featured in two TEDx talks, Forbes, BBC, the New York Times, NPR, CNN, and ABC 20/20, amongst others. His videos on YouTube have over three million views.

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