Gaming Triggers and Patterns Observation Worksheet

Introduction

Games are designed to capture attention through specific triggers and rewards. Understanding when and why your gamer plays can help you identify patterns in their behavior.

How to Use This Worksheet

- Use this worksheet to track gaming patterns over the next week
- Keep this worksheet easily accessible (e.g., on your phone or printed in a convenient location) to record observations in real-time
- Record each gaming session in the triggers log as it happens
- Check off common triggers as you notice them
- Review and analyze patterns at the end of the week
- Want personal guidance through our expert coaching? Contact our team at (213) 460-3059 or cam@gamequitters.com

Gaming Triggers Log

For each gaming session, note:

Day/Time	What happened before gaming?	Emotional state	Duration	What ended the session?
Ex: Mon 3pm	Came home from school	Stressed, frustrated	4 hours	Called for dinner

Common Triggers to Watch For

Check any that you notice:

Environmental Triggers:

☐ After school/work

☐ When friends are online

☐ During specific times of day

☐ When alone in room

☐ When device is visible/accessible

Emotional Triggers:

☐ Stress/anxiety

☐ Boredom

☐ Frustration

☐ Loneliness

☐ Excitement

☐ Depression

Social Triggers:

☐ Friends inviting to play

☐ Fear of missing out

☐ Gaming events/updates

☐ Team commitments

☐ Competition rankings

Pattern Recognition

After tracking for a week, what patterns do you notice?

Most common times of day:

_____

Most common triggers:

_____

Typical duration:

_____

What tends to end sessions:

_____

Reflection Questions

1. What surprises you about these patterns?

2. Are there specific life events that seem to increase gaming?

3. What alternatives could address these triggers?

Next Steps

Based on these observations, what would be helpful to:

Monitor more closely:

Discuss with your gamer:

Change in the environment:

Remember: Understanding triggers is the first step in helping your gamer develop a healthier relationship with gaming. Continue observing and updating this tracker as you notice new patterns.