



GAME
QUITTERS

SYSTEM COMPREHENSIVE

FAQ



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abc 2020

Forbes

The New York Times

Welcome!



If you're reading this, congratulations!

You've taken the first critical step by acknowledging you need specialist help to guide your teen or young adult back to balance with their gaming and screen time.



Cam Adair
Founder

We understand this journey is filled with questions, uncertainties, and careful consideration. Right now you are exploring whether the Game Quitters System is the right choice for your family.

This document answers the most common questions we've heard over the past 13+ years of working with thousands of families.

The Game Quitters System delivers results where traditional approaches fail: In the past 24 months, 93% of resistant, hostile, and completely uncooperative gamers have engaged with us within the first 2-3 weeks, even those who refused therapy, dropped out of multiple programs, and swore they'd never talk to anyone again.

We recommend reading this document thoroughly before speaking with our team so you can be as informed as possible.

Immediate Next Steps



What should I expect in the next few days before my call?

Over the next few days, we will be sending you as many resources and as much information as possible to help you decide if you want to be part of the program and use our system. You will be receiving a number of emails, so please pay attention to those.

What happens on the call itself?

Your call will either be with Cam Adair (founder) or a member of his team to provide you with more information on the program and really figure out if it could be a good fit for you. There is zero awkward pressure or selling. It is a confidential conversation to figure out whether or not it makes sense to move forward together.

Can I have more information about the call?

[Check out this video](#) to understand exactly what to expect from your consultation.

Can my spouse join me on the initial call?

Absolutely! If your spouse or partner is involved in your decision-making process, we encourage their participation on the initial call.



Program Outline

What exactly is the Reclaim Family Program?

The Reclaim Family Program is a specialised science-backed system designed for families with teens or young adults to quickly regain a healthy relationship with gaming and screen time.

The program has three distinct phases:

Phase 1: Parents (Weeks 1-6) - You'll understand your gamer's brain, reduce conflict to rebuild connection, and create an environment that leads to change. During this phase you'll overcome the denial, manipulation, and resistance behaviors that have kept your family stuck in a vicious cycle.

As soon as your gamer is ready, we will begin working with them immediately. The timeline adapts to your family's pace.

Phase 2: Gamer (Weeks 7-12) - This is when your gamer will make big changes. Video games and screen time will no longer be their priority. Instead, they will have new hobbies and interests, spend more time with friends in person, build new habits and life skills, and pursue meaningful goals toward their future.

Phase 3: Freedom (Post-Program) - Imagine waking up without that knot of anxiety in your stomach. Your gamer is focused on school or has a job, is sleeping normal hours, and actually leaves their room. You're no longer the game police – you're a family again. They're making friends, pursuing goals, and taking responsibility. You have your child back. This is what we're achieving together.

What's Included in the Program



Your 12-Week Transformation System

Weekly 1-hour coaching sessions via Zoom (12 total)

Work directly with our team of coaches to implement strategies and overcome obstacles quickly and easily.

Unlimited text and email support (responses within 7 hours)

Get expert guidance when you need it most to maintain momentum and make rapid progress.

Comprehensive curriculum with lifetime access

Step-by-step video lessons, worksheets, scripts, and implementation guides you can reference forever.

Proven frameworks and tools

Gaming Zones Map, Transformation Types, and Road to Change methodology give you a clear system to follow.

Direct access to Cam Adair

Work with a pioneer who has guided thousands of families from addicted gamer to thriving adult since 2011.

“Our son responded well to the program. He connected with Cam from the beginning and quickly progressed to living an engaged life without gaming and focusing on the future. Cam's program is real, accountable and supportive. It was a welcome answer to parents struggling for solutions. I highly recommend it!” – Libby

What's Included in the Program



The Curriculum Framework

The Reclaim program is built on four evidence-based modules that systematically guide your family from crisis to freedom:

M1: UNDERSTAND

Understand your gamer's brain, what gaming provides them, and the barriers to creating change.

M2: RECONNECT

Communicate effectively to rebuild connection and move your gamer from resistance to change.

M3: STABILIZE

Implement solutions to improve their physical and mental health, reduce excessive screen time and develop competing interests.

M4: SUSTAIN

Create systems for long-term transformation. Your gamer will develop self-regulation skills and pursue meaningful goals for their independence.

Our program guides you through each specific step, so all you need to do is trust the process and take action when we ask you to. No guessing. No trial and error. Just a proven system that works.

What's Included in the Program



Complete Module Breakdown

The four evidence-based modules contain individual step-by-step lessons to turn your struggling gamer into a thriving adult:

M1: UNDERSTAND

- Understanding the Gaming World
- Healthy vs. Harmful Gaming
- How Gaming Becomes a Problem
- How Gaming Affects the Brain
- Why It's So Difficult to Stop

M2: RECONNECT

- How Behavior Changes
- How We Create Change
- Quick Wins to Create Change
- Barriers to Creating Change
- Reconnecting With Yourself
- Reconnecting With Your Gamer
- Exploring the Impact of Gaming

M3: STABILIZE

- Brainstorming Ideas for Change
- Creating Agreements & Plans
- Reinforcing Agreements
- Finding Hobbies & Community
- Overcoming Common Challenges

M4: SUSTAIN

- Long-Term Roadmap
- Celebrate Together
- Ongoing Support

"We have a calmer household and a closer relationship with our boys, and this has happened in a surprisingly short period of time." – Lani

"I have loved each section especially the journaling parts as I'm learning so much about gaming addiction that I didn't know." – Innocent

"No gaming for 5 weeks. Isaac is back playing basketball." – Julie



About The Program

Who gets the best results from the Reclaim Family Program?

Our most successful clients are coachable, consistent and open-minded to try a different approach. They're typically parents of gamers ages 13-30+ who are struggling with school, employment, or independence. These families span all backgrounds, from working parents to executives, united by their refusal to accept their child's current trajectory.

Does this only address gaming, or other screen time issues too?

While we're called Game Quitters, our expertise extends to all forms of screen use. Many families find their child is struggling with a combination of gaming, social media, and constantly being on their phone. The underlying neuroscience and psychology are the same. Our approach addresses the root issue of compulsive screen use that's preventing them from thriving. The strategies we implement work across all forms of digital addiction.

"I was lucky enough to find Cam as I searched the internet for how I could help my son. The decline had begun in middle school and at this point he was 22 years old. He was spending all of his time, outside of a part time job, in his room gaming. He had gained a very significant amount of weight, had no social life or friends off the computer, and was always grumpy and non-communicative. It has been about a month and the biggest change I see is that the kind, thoughtful, funny, intelligent son I have is back." - Dawn

Teens, Young Adults & Adult Children



Does this work for gamers of all ages?

Yes. We work with gamers ages 13-30+, adapting our approach based on age, maturity and life stage.

Teens (13-17): Spending more time gaming to the detriment of schooling, with increasing irritability and tantrums when you try to set boundaries. Your primary concern is that when they go off to college they'll completely fall apart. We get screen time under control so they can self-regulate once independent.

Young Adults (18-24): Either struggling in college or have already failed out and moved back home. You're dealing with unemployment issues, poor sleep schedules, lack of socializing and zero motivation for anything except screens. We get them back on track with purpose and real-life goals.

Adults (25-30+): Either finished college but never launched a stable career, or failed out years ago and have been home ever since. Struggling with employment, lacking confidence and no interest in becoming independent. We get them to finally launch into their independence and reclaim the years they've lost to gaming.

The core methodology works at every age and we adapt based on where they are and what's at stake.



About Game Quitters

Who created Game Quitters?

Game Quitters, the largest support community for video game addiction, was founded by Cam Adair in 2011. The world's leading expert on gaming addiction, his lived experience and decade of research has transformed how the mental health field approaches this generational issue.



Cam Adair
Founder

Lived Experience

- Addicted to video games for 10+ years
- Successfully recovered and built thriving life and career
- Has maintained a healthy relationship with tech for 15+ years
- Traveled to 35+ countries
- Happily married

Professional Expertise

- Advisor to WHO on gaming
- Speaker at Eton College and hundreds of other schools
- Peer-reviewed researcher
- Trained 1,000+ mental health professionals
- Named one of Canada's Top Leaders in Mental Health
- YouTuber with 6M+ views

Cam has worked with thousands of gamers and families. He knows the patterns, the manipulation tactics, and speaks their language. Most importantly, he's been exactly where your gamer is. Gamers trust him because they can relate to him. Parents trust him because he delivers results where other approaches have failed.



About Game Quitters

Who else is on the Game Quitters Team?

Cam is supported by a specialised team of experts, including:

Elaine Uskoski, Lead Family Coach

Elaine brings both professional expertise and personal experience to every family. As a social worker, published author of two books, and a mother who successfully guided her own son through gaming addiction recovery, she understands what you're going through - and what works.



Elaine Uskoski
Lead Family Coach

Mariana Peña, Instructional Design

Mariana supported development of the Reclaim curriculum to ensure evidence-based strategies are delivered in a clear, actionable format that's accessible across different learning styles and for families in crisis who need to take action immediately.



Mariana Peña
Instructional Design

"My son is doing great! I've been able to implement the strategies you've suggested and he's been willing to make changes. Your advice has really made a difference for us as a family, and his confidence has grown. The mother of his friend told me her son has cut back on gaming and she thinks it's because of the changes my son has made." – Trudy

Getting Your Child Engaged



What if my child is in denial about their gaming problem?

This is exactly who we work with. In fact, 83% of families who come to us have a gamer in denial – angry, withdrawn, and convinced there's no problem. If your child is resistant right now, you're in the right place.

Denial is not stubbornness, it's protection. The more time your child spends online, the worse their life becomes with failing grades, lack of friends and no vision for the future. This leads to even more gaming and screens to escape from this reality. It's a vicious cycle.

Gaming provides immense pleasure through excitement, achievement, social connection and safety. Stopping means facing the pain of boredom, loneliness, anxiety, failure, and the worst one: regret for the years they've lost. So in their mind, continuing to play is the path of least resistance. That's why they need your help.

Our program is specifically designed to move gamers past denial. We use a proven methodology that systematically guides them from Denial and Resistance, to Acceptance and Readiness, to Taking Action and Sustaining Long-Term Transformation.

We strategically remove the barriers getting in the way of change. As a parent, all you need to do is trust the process and take action when we ask you to. We'll handle the rest.

Getting Your Child Engaged



What if my child refuses to talk to anyone?

This is our speciality. In the past 24 months, 93% of gamers agreed to meet with us within 2-3 weeks – even those who slammed doors, refused therapy multiple times, had zero motivation outside gaming, or hadn't had a real conversation with their parents in months. If we can engage them, we can engage your child.

How do we achieve 93% engagement with resistant gamers?

We have a step-by-step system to get your child engaged. We start by working with you first to disarm their resistance, change the family dynamic and rebuild connection. When the time is right, we will give you the exact scripts – what to say, when to say it, and how to say it – to get your gamer engaged. **Most gamers are actually relieved to talk to someone like Cam who gets their world without judgment.**

I am not sure what you guys talk about he does not tell me much, but just want you to know every time he talks to you he leaves with a good mood and attitude. He has talked to a number of therapist, counselors and he would always come out with a bad attitude out of those meetings. But yours it's different. Keep it up Cam!! Thank you for all you do for our families!!

I was secretly ease dropping so have a good idea of how it went. I just wanted to say what an excellent job you did. Tully was really engaged, even though he hadn't had much sleep. Tully has experienced many professionals over the years and his interaction with you was the most positive and connecting I have ever observed. So I thank you so much for that. Tully said how much he liked you.

Hi Cam and Elaine,
I have some good news. Andrew has agreed to meet Cam.

Getting Your Child Engaged



What patterns have you seen in the 7% who don't engage?

Based on our data, the small percentage of gamers who don't engage within 6 weeks typically fall into two categories:

Severe untreated mental health conditions: Gamers with conditions like schizophrenia, severe bipolar disorder, or active psychosis often need intensive psychiatric intervention before they're able to engage in coaching. If your child has a diagnosed severe mental health condition that isn't currently stabilized, we'll discuss whether our program is appropriate, or if other interventions should come first during the consultation call.

Gamers in their late 30s and beyond: While we work with gamers of all ages – from teens to those in their early 30s – gamers over the age of 35 often face additional complexities including decades of gaming patterns, unique family dynamics, and different life circumstances. These cases sometimes require more intensive intervention.

If your child hasn't engaged after 6 weeks, we don't just give up. We'll reassess together, identify what barriers remain, and adjust our strategy. You'll still have all the tools and parent coaching to continue creating change at home.

Game Quitters vs. Other Approaches



How is Game Quitters different from traditional methods like therapy, AA, or rehab?

Game Quitters uses a family systems approach with gaming-specific expertise that traditional methods simply lack. Unlike therapy, rehab, or AA, we work with the entire family, achieve results in 12 weeks instead of years, and have a 93% engagement rate with even the most resistant gamers.

Key differences in our approach include:

- **Gaming-specific expertise** – Cam lived it and has worked exclusively with gaming addiction for 13+ years
- **Family involvement** – Parents are coached alongside gamers
- **High accountability** – Unlimited support between sessions for immediate real-time guidance
- **No labels or lifelong meetings** – Science-based approach, not willpower-driven

Does the program have a religious or spiritual component?

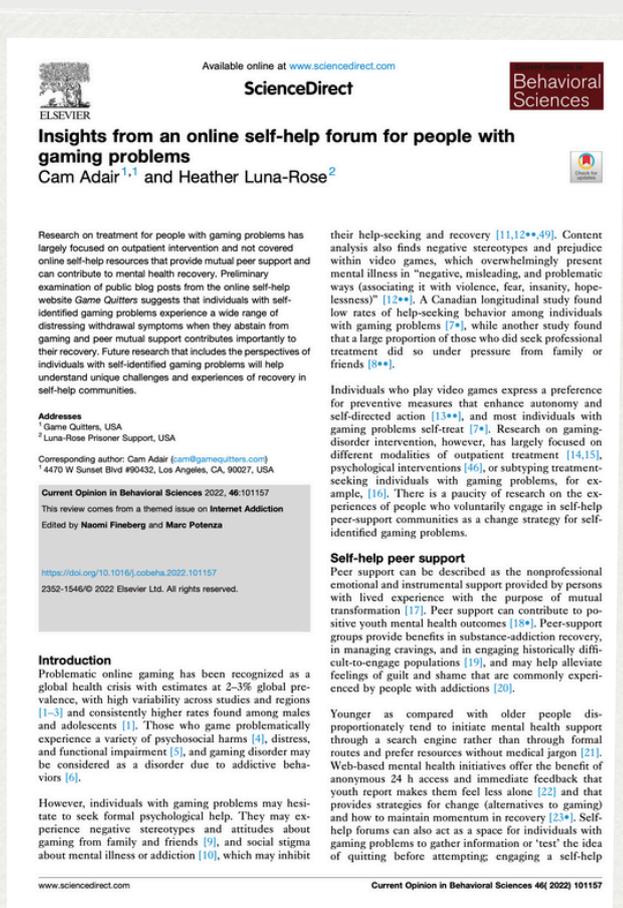
No. Our program is science-based and secular. We respect families of all faiths and no faith. While some programs (like 12-steps) incorporate spiritual elements, ours focuses on neuroscience, psychology, and practical strategies. We work with families across all religious backgrounds and belief systems.

Game Quitters vs. Other Approaches



Is the Reclaim methodology scientifically validated?

Yes. Our approach is grounded in evidence-based practices validated across addiction treatment, behavioral psychology, and family systems theory. Cam's work has been cited in government policy discussions and published in leading peer-reviewed journals including *Behavioral Addictions*, *Behavioral Sciences*, and *Psychiatry Research*.



You can read our peer-reviewed research papers here

Game Quitters vs. Other Approaches



Is the Reclaim methodology scientifically validated?

Cam's treatment methods have been taught to more than 1,000 mental health professionals through his internationally accredited Gaming Disorder Clinical Training.

These methods have been presented at prestigious venues including:

- The International Conference on Behavioral Addiction (Japan)
- The Mental Health Commission of Canada
- The May Chidiac Foundation (Lebanon)
- The National Conference on Problem Gambling (US)
- Stanford University (January 2026)
- Hundreds of other professional training workshops worldwide

Cam continues to pioneer innovative approaches to digital wellness, helping shape the future of behavioral health in our modern world.

"I thought I knew a fair bit about gaming. After speaking with Cam, I soon realised I had a lot to learn. I now have a much better understanding of gaming disorder which will greatly inform my work as a psychologist." – Kerry Culverhouse, Psychologist

"Cam's hopeful message to live a purposeful life, while stemming out of his work in gaming addiction, transcends into an array of areas where people are facing adversity." – Cara Yar Khan, UNICEF

Game Quitters vs. Other Approaches



How does Reclaim compare to other options financially and practically?

OPTION	COST	TIME COMMITMENT	APPROACH	WHAT PARENTS REPORT
INPATIENT/ REHAB	\$30,000 - \$150,000	30 - 90 days	Group therapy, mixed in with drug addiction, low parental involvement	Relapse after returning home, expensive, limited lasting change
GAMING ADDICTS ANONYMOUS (GAA)	Free	Lifelong meetings	Labeling as "addict," spiritual approach, requires gamer's self-motivation	Hard to get gamers to attend, spiritual approach doesn't fit everyone
THERAPY	\$5,000 - \$10,000+ annually (ongoing indefinitely)	Weekly sessions, long-term	Generalist approach, limited gaming-specific expertise, low transparency, gamer controls narrative	Slow progress, gamer wasn't honest about gaming, therapist didn't connect or understand gaming culture
GAME QUITTERS	\$6,500 (payment plans available)	2-3 weeks to get your gamer engaged	Family systems approach, gaming-specific expertise, rapid progress, high accountability	Finally someone who gets it, saw changes within weeks, family is together again*

*Based on feedback from families in our program over the past 24 months. 93% of gamers engaged in our program within 2-3 weeks.

This comparison is based on feedback from hundreds of families we've worked with who tried other approaches first. Every family's situation is different, and some families benefit from combining approaches (e.g., therapy for underlying conditions + our program for gaming-specific work). Our goal isn't to disparage other methods, it's to show why gaming addiction requires specialized expertise.



Return on Investment

What does success look like financially and practically?

The investment in Reclaim needs to be weighed against what this addiction is currently costing you, and what you stand to gain. **Most families save 10x their investment within the first year.**

Currently Losing

- Lost tuition of \$10,000 to \$100,000+
- Child's lost career trajectory and earnings
- \$1000s on video games, in-game purchases, equipment and devices
- Supporting an adult with rent, food, utilities
- Your own mental health and stress-related issues
- Family strain, marriage conflict, neglected siblings
- Your own goals on hold

The Real Question

- Six months from now, will you wish you'd started today?

To Gain: Gamer

- Employment / degree
- Healthy sleep schedule
- Real friendships
- New hobbies and goals
- Improved mental and physical health
- Financial independence
- A real life

To Gain: Parent

- You're a family again
- Peace in your home
- Connection instead of conflict
- Hope instead of dread
- Mental energy for your marriage, other children, and goals
- Your own life back

Possible Questions & Hesitations



My child has tried therapy before and it didn't work.

Most families we work with have already been through multiple therapists without success. Unfortunately, most therapists don't have the gaming expertise needed to help your child change.

Here's why previous attempts may not have worked:

- 1. Your gamer controlled the narrative.** In traditional therapy, your child could sit there, nod along, tell the therapist what they wanted to hear, and walk out with the therapist thinking they're making progress. Meanwhile, at home, they're still gaming 6+ hours a day.
- 2. The therapist didn't understand gaming.** They treated it like any other mental health issue, not recognizing the neurological addiction, the social complexity, or the sophisticated resistance strategies your gamer has developed.
- 3. No accountability between sessions.** A lot can happen in a week. By the time the next appointment rolls around, momentum is lost.
- 4. Your gamer wasn't ready to change.** Most therapy assumes the client wants to be there. Your gamer doesn't. Their "addicted brain" sees therapy as a threat to maintaining their gaming time.
- 5. Your gamer didn't relate to the therapist.** Without someone who understood their world, your child stayed guarded and never built the trust needed for real change.

Possible Questions & Hesitations



My child has tried therapy before and it didn't work. Why would this be different?

Reclaim is specifically designed to work where therapy doesn't:

Therapy

- Your gamer lies about or minimizes their gaming
- Therapist has no way to verify what's happening
- Sessions are once a week with no support between
- Progress moves slowly
- Doesn't understand gaming culture, brain changes from excessive play, or the resistance tactics gamers use
- You're kept in the dark

Game Quitters

- World-leading gaming expertise
- We work with everyone in the family for transparency
- We verify what you're seeing at home
- High accountability
- Faster pace designed to counter delay tactics
- Immediate feedback when you need it
- You're always kept informed

It's normal to be frustrated when you've tried everything and nothing has worked. That's why we set up Game Quitters and made it our mission to provide a modern solution to a modern problem.

Possible Questions & Hesitations



Should I tell my child I'm signing up for this program?

Not yet. If you go to your gamer right now and say "We're doing this program to fix your gaming problem," you're essentially declaring war. Their brain will immediately see this as a threat to maintaining their gaming time. And they're smart. They've spent months or even years perfecting resistance strategies that work.

Instead, during Phase 1 (the first 2-6 weeks), we work exclusively with you as parents. You're getting coached, learning the strategies, and understanding how to communicate without triggering their defenses.

Then, when the time is right (and we'll guide you on exactly when and how), you'll introduce the idea of them talking to someone who actually understands gaming and their world.

As a parent, all you need to do is trust the process and take action when we ask you to. After following our system for 2-3 weeks, your gamer will meet with us and we will build a connection with them from there.

Fantastic, Cam. Yes, I am super proud of [redacted]. He has been very honest with himself, and is open to what's he learns from his coaching sessions. It's been such a huge turn around in such a short time, but I also feel this is sustainable. Thanks sooooo much for your help.



Thanks Cam! I certainly needed alot of help. You and Elaine have been so wonderful! Thankful that God led me to you.

Just wanted to let you know that [redacted] went back to church with me yesterday. He also got up on his own this morning at 5am and left for work on time. Happy to see some positive changes.

Our Approach to Gaming & Screen Time



Do you work with gaming addiction, screen addiction, or both?

While we're called Game Quitters, our expertise extends to all forms of problematic screen use. We see this under an umbrella of digital addiction – with gaming, social media and devices all underneath. Individuals have different preferences and platforms they engage with, but the underlying neuroscience and psychology are the same.

Many families we work with find their child isn't just gaming. They're also struggling with a combination of gaming, TikTok, YouTube, Discord, Instagram, and constant phone use.

Our approach addresses the root issue of compulsive screen use that's preventing your child from thriving and the strategies we teach work across all forms of digital addiction.

Thanks for the check-in. I've noticed a big change in his habits, less Xbox and more reading for one. He also goes out in front of the house and sits in the sun most mornings. He spends time kicking a soccer ball in the backyard, and will sometimes lay in the hammock. All improvements for sure. He's pretty gung ho about school which is exciting. Usually it's a drag for him. He seems very balanced and peaceful about school so far

Going great! Just finished off my semester, got A's in all 3 classes!

Hi Cam, He's been killing it since you and I last spoke. He's keeping himself very busy between work and school. I see such a positive shift. He looks happy all the time. He's really blossoming



When you and I last spoke the gaming computer was back in the house and that always seems to cause a set back. I spoke to him about putting it back away and he did not resist.

His social skills are night and day from when we first began. I over heard him speaking to someone over the house last night and I could not believe that was



Our Approach to Gaming & Screen Time



Is the goal complete abstinence or moderation?

It depends on your child's brain and their level of addiction.

Our philosophy is that your child lives in a tech world. Complete abstinence from technology isn't practical in modern life. They'll need a phone, likely a computer for school or work, and will be surrounded by screens everywhere.

We think of this similarly to an eating disorder – you can't stop eating, but you can't continue eating in a way that's harmful either. Gaming isn't required to live (like food is), but technology like a phone or using the internet are pretty much essential nowadays.

That's why our program follows a harm reduction approach. The goal is to reduce the harm gaming and screen time is causing while improving the quality of their life so they no longer need to escape from it. Our goal is to create a life better than any video game.

For some gamers, that means moderate, recreational gaming. For others (especially those with severe addiction), complete abstinence may be necessary. We'll assess what's right for your child specifically.

Our Approach to Gaming & Screen Time



We've tried restricting access and it backfired dramatically. Will the program still work?

Yes. In fact, most families we work with have already tried restricting gaming and experienced exactly what you did – explosive anger, sneaking devices, or complete shutdown.

When gaming is suddenly taken away, it triggers intense resistance because their brain sees it as a threat. They haven't developed other coping mechanisms yet and gaming is how they manage stress, boredom, and social connection.

Our approach works differently. We focus on connection, rather than conflict. We don't start with restrictions. Instead, we work with you to improve communication, reduce tension at home, and help your child become more receptive to change.

IF boundaries are introduced, they're done strategically, when their brain is ready, with their input (within your non-negotiables), and alongside building competing interests that fulfill the needs gaming is meeting. This creates collaboration, rather than confrontation.

Throughout the program you'll have expert guidance on exactly how to communicate effectively and reinforce boundaries without triggering the explosive battles you've experienced before.

Our Approach to Gaming & Screen Time



What if my child sneaks devices and finds ways around restrictions?

This is incredibly common and shows just how powerful the addiction is. Your child isn't "bad", their brain is hijacked by a compulsive need for the dopamine and serotonin gaming provides. They're smart and highly motivated to maintain their access so they'll find backup devices, reset passwords, use VPNs, play games at friends' houses, or stay up all night when you're asleep.

As a parent you can't physically control every device all the time. Trying to be the "device police" is exhausting and unsustainable. It also keeps you in constant conflict that prevents any real change.

Our approach addresses the root issue, not just the symptoms. Instead of playing whack-a-mole with devices, we work on reducing their need to sneak. When their real life becomes less painful, when they have connection and purpose, and when their brain begins to regulate, their compulsion for screens will naturally decrease.

We also teach you strategic ways as a parent to manage technology in your home that don't require constant surveillance.

The goal isn't constant enforcement, it's creating an environment where they choose not to game or use screens compulsively because they have something better going on in their life.

Our Approach to Gaming & Screen Time



What if my child needs a computer for school or work?

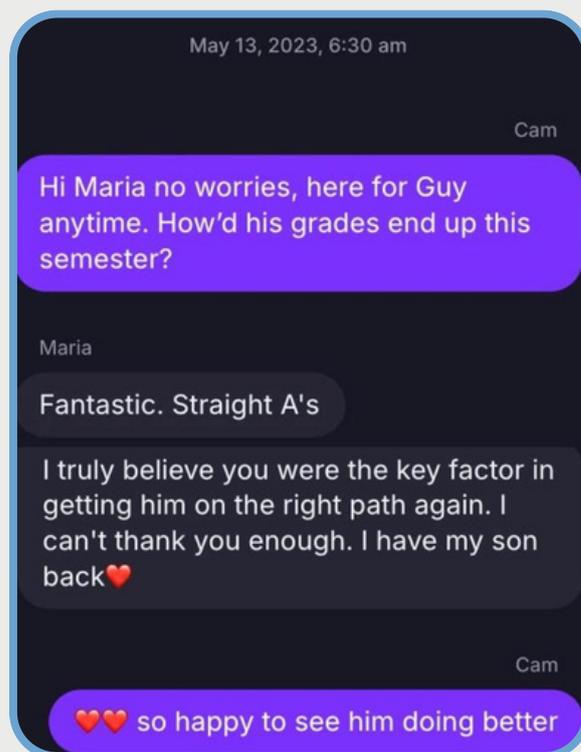
We completely understand your child lives in a tech world, and we're not advocating for complete abstinence. Things like school assignments, job applications, and career development often require device access, not to mention their social communities.

Our program teaches you how to manage technology access effectively while they're doing schoolwork or working. The goal is self-regulation, not constant monitoring. They develop this through clear boundaries between productive use and compulsive escapism. We'll work with your family's specific situation to determine what's realistic and sustainable long-term.

From failing first semester to President's Honor List.

Maria was concerned about her son with autism. He was gaming 30 hrs/week and constantly on his phone watching YouTube. He found school stressful and was on antidepressants.

After Game Quitters, he achieved a 4.0 GPA and President's Honor List, started working part-time, going to the gym, and regularly spending time with his family.





High-Risk Situations



What if my child is hostile, aggressive, or has threatened self-harm?

Safety is always our top priority. Hostility, aggression, and threats are often resistance strategies the addiction uses to maintain itself. We have a structured process to work through these defenses while keeping everyone in the family safe.

We ensure every family has a safety plan before implementing any changes, and we teach specific strategies to respond to aggression or threats effectively. Our focus is on connection, not conflict.

If your child is in active crisis requiring immediate intervention, we'll discuss whether our program is appropriate, or if other support should come first during your consultation call.



High-Risk Situations

What if my son has no motivation for anything except gaming and screen time?

This is exactly what gaming addiction does to the brain. Gaming and screen time fulfill your child's human needs for achievement, social belonging, coping, and purpose, while simultaneously hijacking their brain's reward system. Due to this combination, everything else in life feels boring and pointless by comparison.

During the program, your gamer will develop new ways to fulfill these needs outside of screens. As they experience real-life achievement, connection, and purpose, motivation naturally returns. They're not lazy or unmotivated, they need to rewire their brain's reward system so life becomes more appealing than games.

How do you handle a gamer who is extremely manipulative/smart?

We specialise in clients that are gifted and highly intelligent. This is part of what makes gaming so appealing and also why their avoidance cycle is so strong. Smart gamers are experts at delay tactics, arguments, rationalizing, and finding loopholes.

Our program is designed with this in mind. We maintain a high level of accountability and transparency between you and our coaches, so we can identify manipulation strategies quickly. You're not navigating their resistance alone. You have expert guidance to stay one step ahead and maintain progress, not procrastination.



Mental Health & Underlying Issues



What if my child has ADHD/depression/anxiety? Will this conflict with their treatment?

Not at all. In fact, the majority of our clients have ADHD, and anxiety or depression are very common. Gaming addiction makes these conditions worse and harder to treat. When you address the gaming, everything else becomes easier. Many symptoms parents attribute to mental health are actually gaming addiction symptoms.

Having worked with thousands of cases, and as someone with ADHD (Cam), we understand the nuance of how gaming and screen time interact with mental health. We can spot co-occurring issues that may be undiagnosed and offer our perspective on potential areas to explore. However, **we fully respect each family's values** and if you prefer not to discuss these topics, we won't.

Mental Health & Underlying Issues



What if my child is on medication? Will that interfere with the program?

No. Many of our clients are on medication for ADHD, depression, anxiety, or other conditions. Medication can help stabilize mood and attention, making your child more receptive. We're not psychiatrists, so medication management stays with your child's doctor. It's helpful for us to know what medications they're taking so we can optimize our approach.

What if my child has autism?

We work with neurodivergent gamers regularly, including those with autism. Gaming can be particularly appealing for those on the spectrum and our approach adapts to your child's specific needs. We'll discuss your child's specific situation during the consultation call to ensure our program is appropriate.

What if my child has social anxiety and barely leaves their room or the house?

Gaming provides social connection without the unpredictability and stress of real-life interaction. Over time, social skills atrophy, making anxiety worse, driving more gaming. It's a vicious cycle. Our program addresses the gaming behavior while rebuilding social confidence at a pace that is manageable. Prior to founding Game Quitters, Cam was a social skills coach for 5 years, working with over 500 clients (primarily engineers) in Canada and the US.

Mental Health & Underlying Issues



I suspect my child may have an underlying condition, should I get that assessed before starting the program?

No need to delay. Many symptoms parents suspect are ADHD, depression, or other conditions are symptoms of gaming addiction. Once gaming decreases, symptoms often improve dramatically.

However, if there are clear signs of a condition needing assessment, then getting evaluated alongside our program is fine. We work with families during diagnostic processes. With typical delays for assessments, this gives you time to address the gaming now, which will dramatically improve your ability to treat any other conditions.

Will you work with other professionals we're already seeing?

Absolutely. We encourage continued work with therapists, psychiatrists, and other providers. Our program complements existing treatment. We focus specifically on the gaming and screen addiction, while they handle other aspects of your child's care.

With your permission, we can coordinate with other professionals to ensure everyone is aligned. Many professionals appreciate our specialized gaming expertise and are happy to collaborate for the best outcome.



Family Dynamics

What if my spouse and I aren't on the same page?

Parents disagree on how to handle gaming due to different upbringings, stress levels, emotional capacity, or simply different perspectives on what's concerning. However, misaligned parents are one of the biggest predictors of continued gaming problems, as your gamer learns to play you against each other.

Our Phase 1 parent coaching is designed to address this. We work with both of you to understand the same framework, agree on strategies and support one another. Many parents come to us struggling with conflicting approaches and within only a few weeks of working together, they're aligned and functioning as a team to make immediate progress.

What if we're divorced or separated?

Co-parenting adds complexity, but it doesn't prevent progress. During the program we'll guide you through the best approach for your specific situation.

If your co-parent won't participate: You'll implement strategies in your household and focus on what you can control. By rebuilding connection with your gamer and teaching self-regulation skills, they will have healthy habits regardless of which household they're in.

If your co-parent will participate: We can work with both of you to maintain consistency across households.



Real Results & Evidence

Do you have any evidence of this working long-term with people?

Multiple long-term case studies can be found by [clicking this link](#).

[Case Study: Michael was gaming 6+ hours a day.](#)

[Case Study: Caleb was gaming while at work](#)

[Case Study: Leo was using gaming to escape his problems](#)

[Case Study: Jan dropped out of school due to gaming](#)

[Case Study: Abby's day revolved around checking her game](#)

[Case Study: Bubba lost 40 pounds after quitting gaming](#)

[Case Study: Jared was using gaming to escape his anxiety.](#)

How is progress tracked or measured during the program?

We measure progress through client-rated satisfaction scores and structured feedback forms that track changes in gaming hours and screen time, attitude, productivity, social and family relationships, physical and mental health, life functioning, and overall wellbeing.



Real Results & Evidence

“We are at a loss of how to help him.”

Jameson’s parents reached out concerned about their 17-year-old son about to start university.

Before

- Addicted to screens since he was young
- Spending 12+ hours/day gaming or on his phone
- Struggling with ADHD
- Primary point of tension within the family

After Game Quitters

- Successful transition to university, 3.7GPA
- Confident and socially engaged at school
- Out of a toxic relationship
- Summer spent hiking, skateboarding, working, and hanging with friends



Sun, May 4

Hi cam how you doing? Just checking in! Jameson seems to be doing great. Lots of growth in the relationship/ communication with the gf. And navigating challenges in the frat - friendships , parties, constant stimulation- not easy but he seems to be figuring a lot out. As well with studying, classes, staying organized. I appreciate he’s really motivated to do better fit himself by finding more meaningful relationships, working smarter, reducing the caffeine, even using tech as a support rather than just entertainment and distraction

1:58 AM



Real Results & Evidence

“Therapy didn’t work.”

Kyle’s mom reached out concerned about her 26-year-old son.

Before

- Gaming 10-15 hrs/day
- Depressed, suicidal thoughts
- Daily marijuana & porn use
- Low self-esteem, no motivation for anything
- Living in mom’s basement
- No desire for school, work, moving out

After Game Quitters

- Stopped gaming 4+ months
- First relationship in 8 years
- Found new passions for DJing and boxing
- Traveled to Asia for 12 months on his own
- Learned to manage his anxiety



Today, 11:28 AM

Good afternoon Cam. I just want to say thank for everything. I have been talking to Kj and he sounds like a different man. I'm so proud of him. Your coaching program is paying off. He has come a long way. I hope your holiday season was good.





Real Results & Evidence

"I will lose my job if something doesn't change."

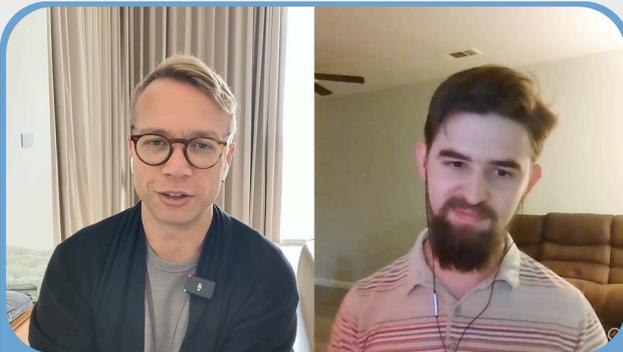
Michael reached out concerned gaming was going to continue derailing his life as a 24 year old.

Before

- Addicted to gaming for more than 6 years
- Playing 6-10 hours every day
- Going to bed at 5am
- Kept getting sucked back in
- Failed to stop on his own

After Game Quitters

- Complete control of gaming
- Received promotion at work
- Engaged to his girlfriend
- Learned to confront life instead of avoid it



[Click here to watch my full interview with Michael](#)

Jul 22, 8:33 PM

Hey Cam, hope you are well! Been thinking about you recently. Promised you some life updates I believe 😊 This past April I got a promotion and a raise at my current job.

Also



This was on Saturday July 12th, so very recent





Real Results & Evidence

Do most Game Quitters clients remain addiction-free?

Yes. Most clients maintain long-term improvements because they've built a life they don't need to escape from. They have real-life purpose, social connections, and healthier coping mechanisms.

Some gamers return to moderate, truly recreational gaming (a few hours weekly, easily take-it-or-leave-it), while others choose complete abstinence because they know it's a slippery slope for them. What matters is they're functional – working, studying, socializing, and thriving.

The tools and frameworks you learn are yours forever. If setbacks happen, you know how to address them early.

Do you have a place where I can see all the reviews?

You can access the reviews page by [clicking the link here](#).

Liz

Just spent an amazing weekend with Jameson. He's made even more leaps since January. Really seems to be integrating the things you're working on. Definitely more present, less phone, more proactive engineering his life to get what he wants out of it, more contemplative and grateful for our time together. And of course over the moon about his new gf We couldn't be happier for him - and our relationship 🙏

An engineering company he worked there before for a year and enjoyed the work. Logistics and engineering plant. It's close to where we live so is perfect

4:52 PM

Fantastic. Full time? 4:52 PM ✓✓

Yep 👍 4:53 PM

Awesome 4:53 PM ✓✓

He's in great form. Thank you so much. We wouldn't have got here without your help

4:54 PM



Program Structure & Time Investment



What is the standard timeline of the program?

The 12-week program is carefully structured with every week planned to maximize rapid progress:

Phase 1: Parents

Weeks 1-2: Intake and initial strategy call with parents

Weeks 3-4: Gamer intake call (once ready) or parent coaching

Week 5: Progress evaluation call + next steps

If your gamer is ready sooner, we start Phase 2 immediately. The timeline adapts to your family's pace.

Phase 2: Gamer

Week 6: Gamer begins their phase of the program

Weeks 7-12: Weekly gamer sessions + parent check-ins as needed

What does a typical week look like during the program?

You'll have a weekly 1-hour coaching session (either parents or gamer). Each session includes specific action items to complete before the next call. Between sessions, you have unlimited email and text support for questions, check-ins, and accountability on action items. We respond within 7 hours, including weekends and holidays so you're never navigating challenges alone.

Program Structure & Time Investment



When are the coaching sessions scheduled?

We work with families across different time zones and offer extensive availability including mornings, afternoons, evenings, and weekends. You can use a booking link to schedule at your convenience, or coordinate directly with your coach to find an ideal time. Many families prefer the same time each week for consistency, and we're flexible when schedules change due to work, school, or life circumstances.

What about holidays and vacations?

Weekly sessions are key for maintaining momentum and achieving the best results. However, we're flexible and understand life happens. We'll navigate around major holidays (Christmas, Thanksgiving, etc.) and family vacations as needed.

How much time will this require from me as a parent?

During Phase 1: 1 hour weekly for coaching sessions, plus 30-60 minutes for implementing action items and reviewing materials.

Otherwise: Nothing beyond your standard parent responsibilities. We understand parents are busy. Our goal is to quickly make things easier for you as a parent. Most parents find they spend less time arguing and worrying within only a few weeks.

Program Structure & Time Investment



Is this program completely online?

Yes. Sessions are conducted via video call, which is actually where gamers are most comfortable, making it easier to get them to attend. Video stays on for body language analysis and transparency. As gaming experts, we know how to keep gamers genuinely engaged and can tell immediately if they're secretly playing during sessions. The online format also means no commute time and scheduling flexibility for busy families.

I travel frequently for work. Will this still work?

Absolutely. Sessions are online, so you can join from anywhere including hotel rooms, airports, offices, or your phone while traveling. Many of our clients are business professionals who travel regularly. As long as you can find a private space for 1 hour weekly and stay responsive via text/email between sessions, the program works seamlessly regardless of your location.

How quickly can I start after deciding to join?

You can typically start immediately after you decide to join. All resources, including initial coaching sessions, are available immediately upon registration.

Program Structure & Time Investment



Is there a limit to the number of people accepted at once?

Yes, we maintain limited enrollment to ensure each client receives personalised, focused support and the highest quality coaching experience.

What if we need more than 12 weeks?

Most families don't need extensions because by week 12, your gamer is on a clear trajectory with structure, momentum, and tools to continue progressing.

Some families continue because progress is going so well and they want to build on that momentum during a critical transition. Others need additional support due to complex mental health, older adult gamers, or major life circumstances. If needed, we can discuss month-to-month continuation, but it's not required.

You have lifetime access to all materials for ongoing reference.

Patrick to Me & Nancy

3/23/2023

Hi Cam,

Yes! We'd very much like to extend your counseling services. Connor is also very much in favor of it. We think his progress is a direct result of your help.

Coaching & Support System



What qualifications and experience do Game Quitters coaches have?

All Game Quitters coaches are experts in gaming and screen time issues. They have been professionally certified in gaming disorder and worked through our process to integrate the teachings into their own life. They're living proof that this approach works and they are fully equipped to deal with any issue.

How often can I directly speak with or message my Game Quitters coach?

You have regular scheduled coaching calls, plus ongoing direct communication available for urgent questions or support.

How does Game Quitters protect my privacy and ensure confidentiality?

All client information is strictly confidential, and never shared publicly without explicit consent.



Contact

Where can I contact someone?

Please email cam@gamequitters.com or text +1 (720) 903-5032

