

“I’d Rather” Inventory© **David Walsh, Ph.D.**

Check each statement you agree with.

- I’d rather play video games than be with my friends.
- I’d rather play video games than play any sports.
- I’d rather play video games than spend time with my family.
- I’d rather play video games than eat.
- I’d rather play video games than sleep.
- I’d rather play video games than talk on the phone.
- I’d rather play video games than go to school or work.
- I’d rather play video games than go to a movie.
- I’d rather play video games than watch TV.
- I’d rather play video games than use the Internet.
- I’d rather play video games than listen to music.
- I’d rather play video games than exercise.

List the things you’d rather do than play video games:

1. _____
2. _____
3. _____

If you or your child has trouble thinking of things he or she would rather do than play video games, they may have become the most important priority in his or her life.