

ATTENTION RESET

The RESET Protocol

A step-by-step protocol for breaking free from gaming addiction. Built by someone who went through it without a guide. This is the walkthrough I wish I had.

FREE RESOURCE | [ATTENTIONRESET.COM.AU](https://attentionreset.com.au)

PREAMBLE

Loading Screen

This Is Not Easy Difficulty

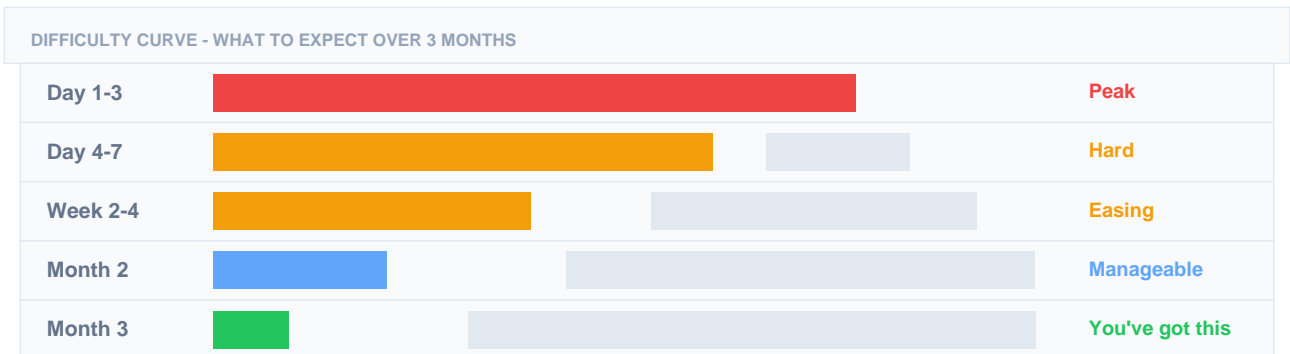
Read this before you begin. All of it.

I want you to succeed on your first try, and the secret to your success will be in how closely you can follow and understand this protocol.

i **THE DIFFICULTY IS ENTIRELY FRONT-LOADED**
The hardest moment is Day 1. The hardest stretch is the first 3 days. The hardest phase is the first week. Past that point it gets measurably easier. Not easy - easier. This is not motivational language. This is biology.

The 3-Day Peak

Clinical research consistently shows that withdrawal symptoms from gaming dependency peak at around 72 hours - 3 days in. During this window you can expect low energy, irritability, difficulty concentrating, restlessness, headaches, and in some cases dreams about gaming. This is your brain adjusting to the absence of a stimulus it has become dependent on. It is uncomfortable. It is normal. Every person who goes through a reset experiences this.



Hell Week - Days 1 to 7

The first week is the hardest stretch of the entire program. Your dopamine receptors are recalibrating. Boredom will feel unbearable. Restlessness will feel physical. This is temporary. The discomfort has a ceiling and you are approaching it.

By the end of Month 1, most people find the cravings have become manageable. By Month 3, the reset is largely complete. Real-world activities feel genuinely rewarding again.

On Relapse

If you relapse during Hell Week - or at any point - it does not mean you have failed. It means you have attempted the level and not cleared it yet.



THINK ABOUT EVERY DIFFICULT BOSS FIGHT YOU HAVE FACED

You died. You loaded back in. You tried again with more information. Recovery works exactly the same way. Every attempt - including the ones that end in relapse - teaches you something. The attempt count does not matter. The decision to keep trying does.

"Relapsing has to beat you every time. You only have to win once."

Get through Day 3. Get through Week 1. The rest builds on a foundation that gets progressively more stable. The hardest part of what you are about to do is also the earliest part.

1

Gather Your Team

NO SOLO RUNS

Before you take any practical action, tell the people in your life what you are doing and why. You do not need to do this alone.

You may feel ashamed at admitting this is a problem. That feeling is understandable - but try to reframe it. You are not confessing a weakness. You are making a conscious decision to take the hard choice, the brave choice, to improve your life. That deserves to be felt as pride, not shame.

What to ask of them

- ✓ To understand what you are going through - share this protocol with them
- ✓ To support you without judgement - including being patient during Hell Week
- ✓ To help you limit your access - some steps will require their active participation



WHY THIS STEP COMES FIRST

Isolation is one of the primary conditions that gaming addiction thrives in. The act of telling someone - out loud, directly - makes the reset real. It creates accountability before any practical steps have been taken.



IF YOU HAVE NO ONE - OR ARE NOT READY TO TELL ANYONE

That is okay. Contact Dylan directly at attentionreset.com.au. A tiered level of coaching and accountability support is available. That support can be the first person in your corner while you figure out the rest.

This is the first practical action. Before anything else - before you move hardware, before you leave communities - you are removing software access. Every game. Every platform. Every launcher.

RECOMMENDED

Option 1 - Full Delete

Permanently delete your accounts. Steam, Xbox, PlayStation, Epic - everything. This is the all-in option. No going back, no recovery, no temptation. Full deletion guides at attentionreset.com.au/resources

ALTERNATIVE

Option 2 - The Trusted Keeper

Choose a trusted person - not your romantic partner. They change your password, take over the account email, and update all recovery information. You are locked out by design. Relapse requires going through another person. That friction is the point.

Trusted Keeper - Step-by-step lockout guide

Complete these steps together with your Trusted Keeper present. Do not do them alone.

1

Change the account email address

Go to account settings for each platform and change the primary email to one your Trusted Keeper controls.

2

Change the password

Your Trusted Keeper sets a new password you do not see, do not know, and do not write down. You look away.

3

Update all account recovery options

Every recovery option - backup email, phone number, security questions, authenticator app - must be updated to information only your Trusted Keeper controls.

4

Enable two-factor authentication on their email

This prevents any avenue where you could recover the account by knowing their email address.

5

Log out of all devices and sessions

Use the "log out of all other sessions" option in security settings. Any active session on your devices is a back door.

6

Confirm you cannot access the account

Test it. Try to log in. Try to recover the password. You are done when every avenue is genuinely inaccessible.



DO NOT MEMORISE ANYTHING DURING THIS PROCESS

Look away when your Trusted Keeper types the password. Do not ask what the new email address is. The value of this step is in genuine ignorance - not willpower.

What to uninstall

- ✓ All game launchers - Steam, Epic, Battle.net, Origin, Ubisoft Connect, GOG
- ✓ All individual games installed on your PC or laptop
- ✓ Console accounts - PlayStation, Xbox, Nintendo
- ✓ Mobile games on your smartphone
- ✓ Any cloud gaming subscriptions - cancel them

3

Remove Physical Access

THROW THE CONTROLLER

Software access is gone. Now the hardware has to go. Every gaming-specific physical device needs to leave your immediate environment. Not your city - your home.

Gaming-only devices

Consoles, handheld gaming devices, gaming-specific peripherals, controllers, headsets. Box all of it up. Every cable. Every accessory.

A

Store it - as far away as possible

A friend's house, a family member's garage, your workplace, a storage unit. Ideally place your equipment in the care of someone who will not return it until you have completed the protocol.

B

Give it away

Give it to a family member, a friend, a charity, or a school. Permanently removing the equipment from your possession by gifting it is a legitimate and highly effective option.

C

Destroy it - if it would help

Destruction is a legitimate option. If you believe smashing the equipment would be cathartic and reinforce your commitment - do it. It is not required but it is permitted.



ON SELLING EQUIPMENT

Your only priority at this time is limiting physical access. Do not attempt to sell your equipment during this period. If you have placed equipment in someone else's care, they can sell it on your behalf.



DO NOT STORE IT IN YOUR HOME

A box in your wardrobe is not storage - it is temptation. The equipment needs to leave the building. During Hell Week especially, the knowledge that it is physically accessible is enough to undo everything else you have done.

Mixed-use devices - PCs and laptops

A

Treat it like a gaming device - store it as far away as possible

If you can function professionally without your PC during Hell Week, treat it exactly as any other gaming device. The inconvenience is temporary. The benefit is substantial.

B

Place administrative controls to limit game installation

Recommended tools: Cold Turkey Blocker (getcoldturkey.com), Freedom (freedom.to), FocusMe (focusme.com). Alternatively, have your Trusted Keeper set a separate admin account with a password only they know. This works on both Windows and Mac.

Smartphones

Block mobile gaming access at the device level using parental controls. Have your Trusted Keeper set these using a PIN you do not know.

→ iPhone: Settings > Screen Time > Use Screen Time Passcode (Trusted Keeper sets it) > Content & Privacy Restrictions > Installing Apps > Don't Allow

→ Android: Settings > Digital Wellbeing & Parental Controls > Enable Parental Controls (Trusted Keeper sets PIN) > Google Play > Parental Controls > block Games category

This step is harder than it sounds. For many people, gaming is not just a habit - it is a community. A social identity. Leaving it means saying goodbye to people and places that have genuinely felt like home. That is a real loss and it deserves to be acknowledged.

Do it anyway.

A

Leave your gaming communities - formally

Every clan, guild, Discord server, online group - you are leaving. Write a single goodbye message, send it to each community, and do not respond to replies. Tell them you are stepping away for your own mental health. Then close the tab.



IF YOU HOLD AN ADMIN OR LEADERSHIP ROLE

Assign it to someone else, communicate the transfer briefly, and drop tools. You are allowed to leave. Your mental health matters more than the continuity of someone else's Discord server. You are saving yourself and that matters more than anything else.

Goodbye message template

"Hey everyone, I am writing to let you know that I am stepping away from gaming and leaving this community. This is a decision I have made for my own mental health and wellbeing. I have genuinely valued the time we have spent together here. I am grateful for that. I will not be responding to messages going forward - not because I do not care, but because I need to make a clean break to give myself the best chance of success. I wish you all well. [Your name]"

B

Gaming-only friendships

Some of the people you game with are friends in the truest sense. This step will reveal which is which. If a gaming friend reaches out through other channels, tell them the relationship can no longer involve gaming. The friendships that are real will survive that conversation.

C

Block gaming-related websites

Block gaming websites, forums, wikis, patch notes, esports coverage, and streaming platforms used primarily for gaming content.

D

Avoid gaming media and social media

Unfollow, mute, or block all gaming content on social media. During Hell Week and beyond, every piece of gaming content is a trigger. Remove the exposure entirely. This is not permanent - it is protocol.

You have done the hard preparatory work. Your access is limited, your devices are stored, your communities are behind you. Now comes the part nobody can do for you - getting through the first seven days.

The goal of Hell Week is simple: do not be alone and idle at home. The aim is to be the opposite - busy, social, and outside of your home.

A

Fill every hour - deliberately

Idle time at home is your primary enemy this week. Boredom is a direct pathway back to gaming. Fill your calendar. Every waking hour should have something in it. It does not need to be glamorous. It needs to exist.

B

The ideal scenario - leave entirely

If you can physically remove yourself from your home environment for this week, do it. Book a trip or holiday - even a cheap one, even locally. Stay with family. Visit a friend in another suburb or city.

C

If you cannot leave - fill the calendar completely

Work and study are your anchors. Build around them with physical activity - the priority. Gym, running, swimming, team sport, martial arts, cycling - anything that moves your body every day. Add social sports, meetup groups, family time, friends' events. Say yes to everything.

**ON PHYSICAL ACTIVITY**

This is not optional. Exercise is the single most evidence-supported natural intervention for dopamine regulation during withdrawal. It does not need to be intense - just walking counts. But it needs to happen every day of Hell Week, ideally in the morning.

**THE UNDERLYING PRINCIPLE**

You are not trying to have the best week of your life. You are trying to survive it. By Day 3 the worst of the withdrawal peaks. By Day 7 the worst of Hell Week is behind you. Keep moving. Keep showing up. Keep your calendar full. Three months from now, this week will be something you are proud of for the rest of your life. The week you chose yourself. The week you did the hardest thing. And it will be the week that made the best weeks of your life possible.

The Protocol Gets You to Day 8.

Coaching Gets You to the Life You Want.

The RESET Protocol is designed to get you through Hell Week. What comes after - building the habits, identity, and purpose that replace gaming for good - is where 1-on-1 coaching makes the difference.

Book a free discovery call at:

attentionreset.com.au

Free | 30 minutes | No commitment | 100% confidential