

“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 a student 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.