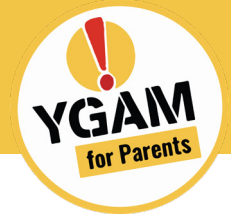


Triggers and actions exercise - gaming



What situations has given you the urge to game?	What actions can you take when faced with these urges?