

ADVGD: Attention Deficit Video Game Disorder

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Synopsis

I've played video games since before I was able to read - although that statement loses some of its weight once you find out that I didn't learn to read until I was in 4th grade - you know, dyslexia and all. Nonetheless, video games have been a part of my life for a long time. I mean, games are so ingrained in me that while I am writing this, I am listening to video game music - it's excellent for creating a relaxed focus. Video game music was specifically designed to help with attention - I'll link to some of my favorite game soundtracks in the show notes.

Today we're going to be talking about why video games can engage the ADHD brain so well and how that can lead to video game addiction. We're also going to be discussing some of the more positive traits of video games as well as discussing some ways that we can cut back on how many video games we play.

Check out the full show note at: HackingYourADHD.com/videogames

Today's Top Tips

- Video games engage our brains through instant feedback and making us feel successful.
- Video games can be a great tool for learning and for your social life.
- We want to set sensible limits on video games in our lives - not all games are created equally, so choose what you play wisely. Be wary of the games you install on your phone.
- Game Addiction can be defined as problematic and compulsive use of video games that results in significant impairment in your life - if you're seeing signs of video game addiction in your life or you simply need help quitting playing so many video games I'd like to urge you to go check out GameQuitters.com

Reader's comments

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