
EXCESSIVE PHONE AND GAMING REDUCTION SYSTEM DIRECTIONS

MIRACLE MAN OF PHILADELPHIA | Healthy Gaming Worksheet companion guide

Purpose: Use these directions to score the 11 protective variables and 7 risk variables on the worksheet consistently. The purpose is to establish a baseline, identify specific interventions, and follow changes over time.

Scoring rule: Every variable is rated from 1 to 10. For protective variables, 1 means minimal protection and 10 means strong protection. For risk variables, 1 means minimal risk and 10 means high risk. Parent identifies the person responsible for managing the factor; Child identifies the child behavior or experience being assessed.

Important: Record what happened during the defined assessment period, not what you intend to do next. Consider using the previous 7 days for consistency. The system and its score cutoffs are proposed measures, not validated clinical diagnoses.

PART ONE | PROTECTIVE VARIABLES

1. Recovery (Parent)

Direction: At the end of the day, help the child clear away emotional difficulties that might carry into tomorrow. If the child argued with a friend at school, invite them to talk, offer reassurance, discuss a next step, or say prayers together if that is part of the family's practice. The parent creates the opportunity; the child may still need time.

Work on: A calm bedtime conversation; reassurance such as "We can handle this"; age-appropriate problem-solving; additional support when distress persists.

How to score: Assess how effectively the parent supported end-of-day emotional recovery and how much distress remained. Example: a 5/10 could mean meaningful unresolved distress remains despite some support; an 8/10 could mean the child feels considerably more settled. A school conflict does not automatically equal 5.

2. Structure (Parent)

Direction: Build a daily environment with clear expectations and manageable routines, rather than relying only on taking a device away.

Work on: Create scheduled times for schoolwork, meals, gaming, physical activity, family time and bedtime.

How to score: 1 = little reliable structure; 10 = a clear, consistently maintained routine.

3. Parental Energy (Parent)

Direction: Maintain sufficient physical and emotional capacity to participate in the child's routine.

Work on: Attend to sleep, nutrition, time management, movement and support needs.

How to score: 1 = very limited capacity to participate; 10 = sustained, attentive involvement.

4. Effort (Parent)

Direction: Measure parental follow-through, not parental intentions.

Work on: Arrange activities, maintain agreed limits, check progress and make adjustments.

How to score: 1 = little action or follow-through; 10 = consistent, meaningful effort.

5. Physical Activities (Child)

Direction: Encourage movement as a rewarding alternative to prolonged sedentary screen use.

Work on: Walking, biking, dancing, recreation, sports or outdoor play suited to the child.

How to score: 1 = almost no participation; 10 = regular, meaningful participation.

6. Intellectual Activities (Child)

Direction: Create opportunities for curiosity and learning beyond gaming.

Work on: Reading, science, music, creative projects, puzzles or building.

How to score: 1 = very little participation; 10 = frequent, engaged participation.

7. Community Activities (Child)

Direction: Support positive connections and activities outside the home.

Work on: Clubs, recreation programs, community events and supervised group activities.

How to score: 1 = very limited involvement; 10 = consistent, meaningful involvement.

8. Anger Control (Parent)

Direction: Model calm responses during disagreements, device transitions and limit-setting.

Work on: Use measured consequences, respectful language, pauses and de-escalation.

How to score: 1 = frequent escalated reactions; 10 = reliably calm, constructive responses.

9. Emotional Stability (Parent)

Direction: Offer a supportive, emotionally predictable home response even during stress.

Work on: Practice self-awareness, stress management, communication and help-seeking.

How to score: 1 = highly inconsistent responses; 10 = stable, supportive responses.

10. Eye & Muscle Recovery (Parent)

Direction: Take responsibility for arranging regular physical recovery opportunities during and around device use.

Work on: Schedule screen breaks, posture changes, stretching and movement; respond to discomfort.

How to score: 1 = recovery opportunities rarely provided; 10 = consistently appropriate breaks and physical care.

11. Consistency & Predictability (Parent)

Direction: Maintain reliable expectations and transitions across the week.

Work on: Provide advance notice of schedule changes, repeatable routines and dependable boundaries.

How to score: 1 = frequent avoidable surprises or inconsistent rules; 10 = highly predictable and reliable routines.

PART TWO | RISK VARIABLES

For every item in this section, higher numbers indicate greater risk.

12. Access (Parent)

Direction: Manage how, when and where gaming devices are available.

Work on: Use reasonable access schedules, location rules, overnight charging arrangements and age-appropriate controls.

How to score: 1 = well-managed access; 10 = largely unrestricted, high-risk access.

13. Destabilizing Environment (Parent)

Direction: Evaluate disruptions in the child's home environment, including time spent with a coparent or across multiple households. Score each environment separately when applicable.

Work on: Track the proportion of time in each household, with its own environment risk rating; document disruptions such as unpredictable rules, inadequate supervision or recurring stress.

How to score: Compute a time-weighted average: combined risk = (Parent A risk x proportion of time with A) + (Parent B risk x proportion of time with B). Example: 70% of time at risk 3 and 30% at risk 8 gives 4.5. Do not divide by the number of parents unless exposure times are equal. This measures exposure, not blame.

14. Difficulty to Disengage (DD) (Child)

Direction: Evaluate how difficult it is for the child to stop gaming and switch to another activity. Previously called Self-Control Deficit (SCD); this name focuses on observable transitions, not labeling the child.

Work on: Offer advance warnings, stopping points, transition activities and encouragement.

How to score: 1 = transitions easily; 10 = repeated, severe difficulty stopping.

15. Notifications (Child)

Direction: Evaluate how often alerts draw the child back to a device or interrupt other activities.

Work on: Disable unnecessary alerts and introduce notification-free periods.

How to score: 1 = minimal disruption; 10 = frequent, strongly disruptive alerts.

16. Usage Rewards (Child)

Direction: Assess the pull of achievements, virtual items, streaks, rankings and daily rewards.

Work on: Discuss reward mechanisms and develop appealing offline alternatives.

How to score: 1 = minimal influence; 10 = strong compulsion to continue for rewards.

17. Perceived Status (Child)

Direction: Assess how strongly gaming rank or social recognition affects the child's sense of worth.

Work on: Build confidence through friendships, skills and meaningful offline accomplishments.

How to score: 1 = little dependence on gaming status; 10 = extreme dependence.

18. Unwarranted Strife (Household Conflict) (Parent)

Direction: Anticipate and contain avoidable household conflict before it disrupts the participating child. For example, if a parent knows a distressed 14-year-old may come home upset, plan a calm arrival and support both children so the 11-year-old is not drawn into conflict.

Work on: Identify triggers, supervise interactions, set boundaries, de-escalate, and protect both children without blame.

How to score: 1 = minimal conflict reaches the child; 10 = repeated, severe destabilizing conflict. Score the child's exposure and the parent's containment efforts using the same observation period.

PART THREE | CALCULATE THE WORKSHEET SCORE

Measure	Calculation
Protection Score	$(\text{sum of 11 protective scores} / 11) \times 10$
Risk Score	$(\text{sum of 7 risk scores} / 7) \times 10$
Healthy Gaming Score (HG)	$[\text{Protection Score} + (100 - \text{Risk Score})] / 2$

Provisional interpretation: 1-25 High Risk; 26-50 Needs Improvement; 51-75 Building Momentum; 76-100 Healthy Range. Proposed target: 75 or higher. These bands require pilot validation.

Technical note: When all items are rated 1-10 and scores are multiplied by 10, the HG formula produces a possible range of 5-95, not 0-100. The worksheet's headings should be revised or the formula rescaled before formal deployment.

PART FOUR | TRACK CHANGE

Record the participant number, age, area and opt-in MM measure designation. Reassess on a regular schedule using the same questions and observation period. Compare changes in protection, risk, and the overall HG score. Record the interventions attempted and any relevant circumstances, including changes between households.

Interpret changes cautiously: a change in this composite score does not by itself demonstrate that the intervention caused the improvement. Pilot testing, consistent rating instructions, and expert review will be needed before the measure is used to make consequential decisions.

THE PARENT MANAGES THE CONDITIONS. THE CHILD EXPERIENCES THE OUTCOMES. THE SYSTEM MEASURES BOTH.