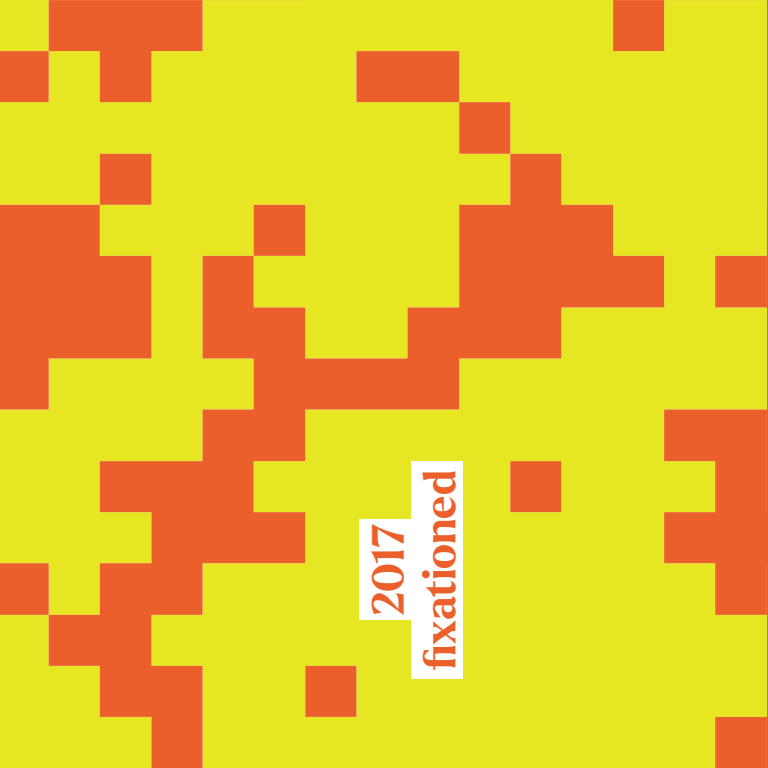
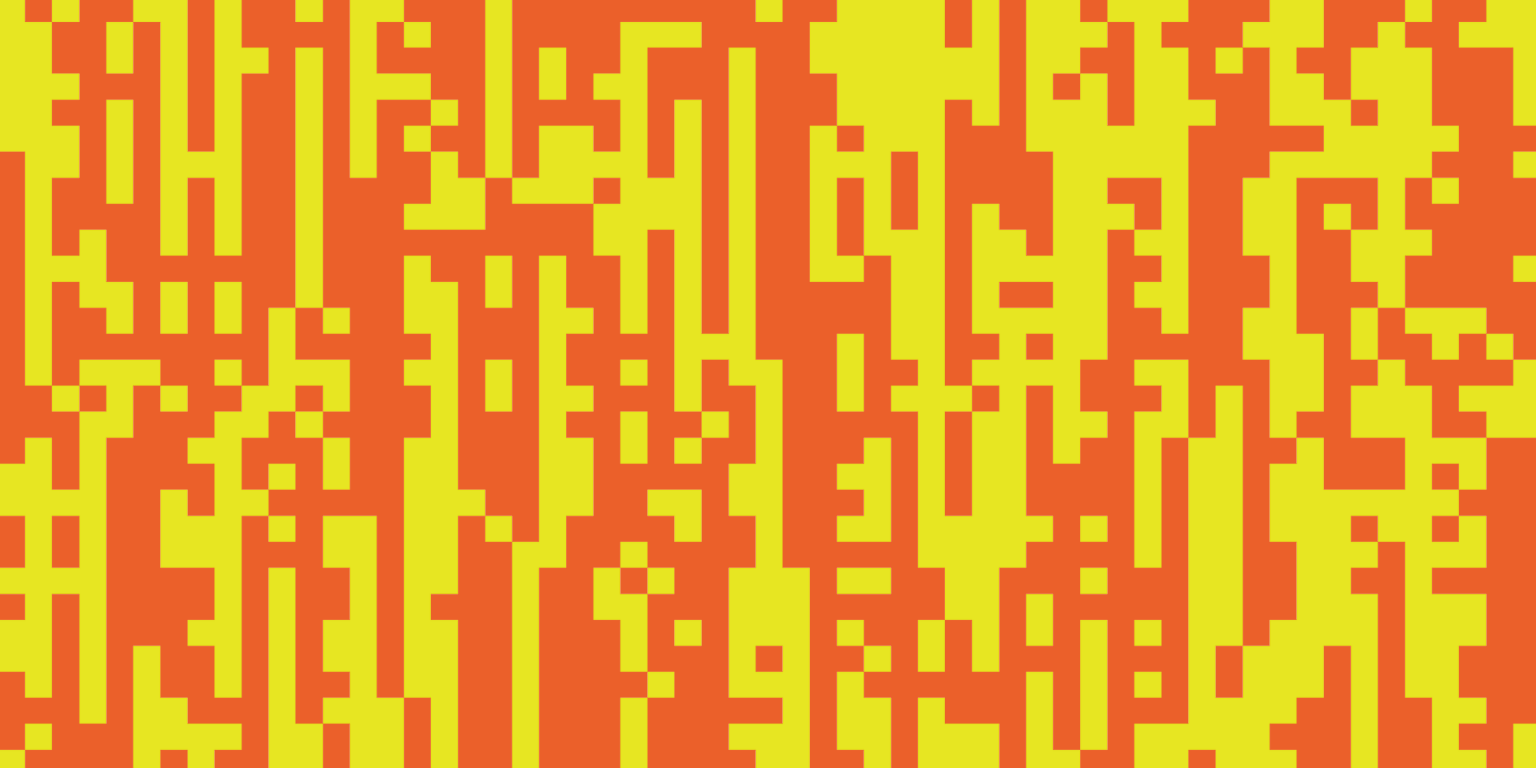




2017

fixation

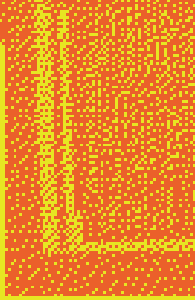


2017

Have

you ever

experienced



the Tetris Effect?

fixationed

fixation

The “Tetris effect” is basically when you do something (like play a game) so much that you start viewing real life like it, dreaming about it, etc. This seems to happen to me every time I play a video game. Mostly when I play before going to sleep, there is a 99% chance I’ll have annoying dreams about how to complete a quest my brain comes up with. I’ve been playing Prey a lot, and now I sometimes look at objects in real life and imagine putting them in my inventory and weird stuff like that.

Ishotanarrow

This happened with me and Skyrim. gathering all the flowers and stuff for alchemy. When I would go hiking and stuff irl I would have the urge to grab them lol.

Annnd when I played FF13 I had this zombie apocalypse dream where I could “reset” my zombie encounters the same way you can reset fights in the game, Much better for me than the actual game itself lol.

GryphonGuitar

Oh heck yes. I played a particular game where you have to do a lot of trial-and-error quicksave and quickloading (because you die a LOT).

I remember playing the game a whole night, basically. In the morning, as I was going to work, I had to do a Frogger across a road and very clearly remember thinking 'Oh well, I'll just run and if I die I'll quickload'.

TheRealTron

Minecraft was the worst for me. I always dream in blocks when I play Minecraft lots.

Trizak

Oh yeah, I remember when minecraft was new. The first few days of playing it I had dreams where the world looked and operated like minecraft.

Lenetheren

I don't view it in real life but I've played games so much they enter my dreams. I had no clue there was a name...TIL!

Factknowhow

Programming. When I've spent hours in a day programming random shit, I start to think in Java. It hurts. Also, if I've spent enough time playing around with my rubik's cubes, I'll start running permutations in the background, sort of. Also, when I played Overwatch, I would only play Roadhog, also for hours at a time. It got to the point where I was subconsciously estimating if people in real life were within my hook range. Stopped playing for a bit after that.

Bowie747

When I used to binge on FIFA this would happen to me

Philliphobia

For years I had crazy vivid video-game-dreams. I actually miss that more than playing the games themselves

OppressedHobbit

I was seeing pokemons for a while...

Marilek

I used to experience this a lot with the Tony Hawk's Pro Skater series. I couldn't go outside without seeing ledges and rails to grind and possible gaps/combo in the environment.

I can think of few other games that do it to some extent. Skyrim with the plants and flowers, Tetris and other repetitive puzzle games of course (especially when trying to fall asleep), Assassin's Creed too made me feel like I could totally climb buildings in real life.

IamNoOne

Yes. Many times actually. My biology class. Videogames. It's pretty fun actually. And especially if it's something like a class, I feel like I'm learning in my sleep.

Bigontheinside

When I'm looking for something I will try to Ctrl-F it!

Really annoying when my brain catches up and I realise I can't do that in my house or in a book.

Sensorfire

Pretty much any game I play long enough, I'll dream about.

Jaxx1099

I thought I was alone in this

