

Forum:[Hack Forums](#)

Thread: [\[Guide\] Maintaining Consistency In Gaming](#)

Fortunate - June 29, 2021, 12:33 pm

Did you have another bad day gaming?

Finding yourself dying and choking easy shots in a competitive environment is frustrating, especially when you know you're underperforming. You're probably like me, you're finding yourself very inconsistent in video-games time to time. As you probably know by now, I'll be going through how you can maintain consistency in gaming, especially in competitive environments and FPS games. I still battle with inconsistency especially since I don't have much time for gaming, but before hopping in to competitive game, I make sure to follow most of these steps.

Reasons & Fixes For Inconsistency

1. Are you in the mood?

I often found myself playing competitively even though I wouldn't be in the mindset to play and I usually ended up playing just because I wouldn't have anything better to do. This makes you lose a lot of focus and you'll find yourself a little unsatisfied, making yourself angry and frustrated in the long run.

2. Not enough warmup.

Warming up and practicing are important. You really got to warm yourself up before you start. If you play strategy games, maybe do a few practice matches or watch a few videos to get your gears going. If it's FPS, go to the practice range, rev up your reactions and warm your self up properly. What usually happens is that people go in to a competitive environment straight away. You could still perform great, but usually you'll find yourself underperforming, making your first match the warmup. I do not recommend this.

3. Have habits, be consistent in real life.

Do you happen to game at weird times? If you're really looking to maximize your performance, I suggest you to create habits for yourself, such as waking up and practicing at certain times to keep consistency. Also in team games playing soloque is usually hard because you're not familiar how your mates play certain positions and how they react to information. So playing consistently with the same team really helps you to perform better.

4. Take breaks.

Some days you will just have a bad day even if you follow these steps. And usually we can't do anything about it. I suggest taking breaks, even for days if you're feeling really exhausted and worn. A good break does wonders and helps with motivation.

5. Take care of yourself.

Are you getting enough sleep? If you don't get enough sleep or you're stressed out from work, you'll be most like experiencing mood swings and a lack of energy. If you plan on playing seriously, always give it your best. Going outside, taking breaks and having time to eat healthy meals really help with consistency.

6. Mood swings.

Like me, you have probably experienced mood swings when gaming, from anger all the way to regret. Try to have a habit of great behaviour and keep the anger to yourself. Being angry always affects your game, no matter what. Stay calm and try not to bring your problems into the battlefield.

7. Internet problems or lag.

Many struggle with hardware problems, lag or other Internet related problems. If these problems are not fixable, try to make the best out of it. If you lag in game, experiment with other settings and lower your resolution. In some games like CSGO, a lower resolution can give you an advantage performance wise. Sometimes having a bad PC isn't that bad!

8. Game settings

If you play a lot of different games, you probably have different settings in each game. This usually includes sensitivity and resolution. I suggest using the same sensitivity and resolution in the FPS games you play. I use this site called [mouse-sensitivity.com](https://www.mouse-sensitivity.com). It allows you to have the same sensitivity in different games. Some of the game conversions have to be paid for. If I remember correctly, but most do not need a payment.

9. Don't take it too seriously.

If you're really trying to pursue a career out of gaming, you still need to have fun. Pump yourself up before the match, listen to some great music before jumping in. Even if you find yourself losing, try your best to get something out of it and learn from your mistakes. The enemy is whooping your ass? Try to learn from their playstyle and experiment new things.

10. Improving.

One of the most important things in order to maintain consistency is improving in the game itself. The better you are, the more consistent you perform. If you're looking to improve your aiming consistency or want to create/implement strategies, take a look at these tutorials. Even though the aim tutorial is for Counter-Strike, it applies to many other first person shooters.

[Video: <https://www.youtube.com/watch?v=gRUpiGevlrU&>]

[>> Here's another useful tutorial on how to create effective strategies in any game!](#)

Other useful practice sites/tools for consistency:

[HumanBenchmark](#) - Reaction time test

[3D Aim Trainer](#) - Practice your flicks and aim in your favourite browser

[CSGO Positioning Guide](#)

[Overwatch Positioning Guide](#)

[AimBooster](#) - Another aim-training website

I wish you happy and consistent gaming! Do you have any tips to share? Let me know by leaving a post below.

grainy - July 2, 2021, 2:22 am

Very well written thread, sucks seeing it not get attention.

I stopped playing CSGO about 2 years ago or pretty much any competitive game out there, just got a massive burnout from it at all. Nowadays it is mostly singleplayer games like Stardew Valley or Binding of Isaac.

I agree with your 9th point the most - what is the reason even to play when it's not fun anymore.

x_x - July 2, 2021, 2:41 am

Aim trainers are overrated, I have gfuel on drip feed through my veins.

Fortunate - July 2, 2021, 4:18 am

(Jul 2, 2021 02:22 AM)grainy Wrote: [\[CITE\]](#) Very well written thread, sucks seeing it not get attention. I stopped playing CSGO about 2 years ago or pretty much any competitive game out there, just got a massive burnout from it at all. Nowadays it is mostly singleplayer games like Stardew Valley or Binding of Isaac.

I agree with your 9th point the most - what is the reason even to play when it's not fun anymore. Thank you. Sadly, the Gamers Lounge is pretty inactive since there's a lot of other sub-forums. I stopped playing a while back too, haven't played competitively in a while. I've been trying to find time for singleplayer games but I get bored so easily nowadays, looking for the next singleplayer game to come out so I can put my mind into it.

And yeah, I just stopped when it wasn't fun any more, I noticed I was putting a lot of time into gaming even though it wasn't necessary in any level, meaning it wasn't even good for my mental health etc.

(Jul 2, 2021 02:41 AM)x_x Wrote: [\[CITE\]](#) Aim trainers are overrated, I have gfuel on drip feed through my veins.

Aim trainers are overrated in the long run, but for the casual or beginner players they are important for maintaining consistency and improving.

Why are you on GFuel drip feed, try cocaine instead, I swear works every time.

x_x - July 2, 2021, 4:38 am

(Jul 2, 2021 04:18 AM)Fortunate Wrote: [\[CITE\]](#) Thank you. Sadly, the Gamers Lounge is pretty inactive since there's a lot of other sub-forums.

I stopped playing a while back too, haven't played competitively in a while. I've been trying to find time for singleplayer games but I get bored so easily nowadays, looking for the next singleplayer game to come out so I can put my mind into it.

And yeah, I just stopped when it wasn't fun any more, I noticed I was putting a lot of time into gaming even though it wasn't necessary in any level, meaning it wasn't even good for my mental health etc.

Aim trainers are overrated in the long run, but for the casual or beginner players they are important for maintaining consistency and improving.

Why are you on GFuel drip feed, try cocaine instead, I swear works every time.
my god-fuel is a special mix of pure caffiene, the tears of my enemy and colombian cocaine.

Stanley - *July 3, 2021, 6:40 am*

I'm Stanley HF's helper bot. This OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley