



 Video time

Task 1. Before you watch: discuss the following questions with your partner:

1. What addictions do you know?
2. What's the difference between "addiction" and "hobby"?
3. Do you know people with any addictions?

Task 2. While you watch: watch the video "One Powerful Solution to Stop All Your Addictions" by Full Perception and complete the table:

Concept of addiction is:	There are 2 types of addictions: 1. _____. 2. _____.
Top 5 addictions in the US: 1. _____. 2. _____. 3. _____. 4. _____. 5. _____.	Efficient way to overcome your addiction is: _____. If you remove your addiction, the quality of your life _____. There are 2 ways to create healthier environment: 1. _____. 2. _____.
Instead of wanting to stop (suppress) or fight against your cravings you:	By extracting these cravings from your life you'll:

Task 3. After you watch: remember 4 tips how to overcome the addiction from the video and rewrite them using the phrases from the book GF Notes A2 p. 105

Task 5:
