

# Do You Know Somebody Who Suffers From ‘Selfitis’?



**Ex. 1. Use the word given in CAPITAL at the end of the lines to form a word that fits in the green gap in the same line:**

|                                                                                                                                                                                                                                                               |           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| A new term has been given to people who take too many ‘selfie’ photos. Although it may seem funny, there are some serious concerns about this 1. _____ trend.                                                                                                 | OBSCESS   |
| If you suspect that people who incessantly post “selfie” photos on social media are vain and 2. _____, you could be right.                                                                                                                                    | ABSORB    |
| And you might have some expert opinions to back you up.                                                                                                                                                                                                       |           |
| “Selfitis” is a term coined to describe the cultural habit of taking an 3. _____ of photos of oneself and posting them on Instagram, Facebook, Snapchat, and other social media sites.                                                                        | ABUNDANT  |
| Today, most people aren’t surprised at seeing celebrities push their image into the stratosphere by posting pictures of their lives, loves, and gorgeous selves.                                                                                              |           |
| Pop icon Taylor Swift maintains her wholesome yet sexy edge on Instagram in frame after frame to the 4. _____ of 106 million Instagram followers.                                                                                                             | APPROVE   |
| And reality television star Kim Kardashian West became such a selfie pro that she published “Selfish”, a 5. _____ book packed with her self-portraits.                                                                                                        | SELL      |
| Not every “selfitis” sufferer concentrates on glamour shots, however.                                                                                                                                                                                         |           |
| Vitaliy Raskalov’s freaky photos atop some of the world’s tallest buildings aren’t face shots as much as they are vertigo-inducing images that include his foot or arm “photobombing” the shot. Raskalov’s antics have gotten him 6. _____ banned from China. | PERMANENT |

## What if you’re not a celebrity?

**Ex. 2. Fill in the yellow gaps with one of verbs from the box:**

|            |           |            |           |          |            |
|------------|-----------|------------|-----------|----------|------------|
| built-in   | red       | plausible  | immune    | low      | flattering |
| compulsive | obsessive | concerning | avalanche | addicted |            |

Everyday people — especially teens and millennials — aren’t 1. \_\_\_\_\_ to the self-promotion available via social media. With 2. \_\_\_\_\_ editing software and links to numerous sharing platforms, it’s quick and easy to crop, colorize, and share. “The teen years, especially, can be a time of social anxiety and depression,” Heather Olsen, a guidance counselor at Kootenai Bridge Academy in Idaho, told Healthline. “With all of the filters available, it’s possible to portray your ideal self. A

3. \_\_\_\_\_ photo will make you feel good and the number of 'likes' you get makes you feel even better. That creates a dopamine boost and pretty soon, you're 4. \_\_\_\_\_ to the cycle."

But when does sharing flattering pictures of yourself with friends and family become a "condition"? And when does that condition become a problem?

Recently, word circulated online that the American Psychiatric Association (APA) had established a new mental disorder called "selfitis" and stated that 5. \_\_\_\_\_ photo taking and posting is a way to gain attention, compensate for 6. \_\_\_\_\_ self-esteem, and compensate for lack of intimacy. As 7. \_\_\_\_\_ as this may sound, the APA has not made this distinction and 8. \_\_\_\_\_ selfie posting is not considered a mental disorder.

However, many behavior scientists feel that extreme selfie posting is a 9. \_\_\_\_\_ trend. "A selfie addiction is when a person is almost obsessively taking selfies, multiple times a day, and posting that to whatever it might be — Snapchat, Facebook or Instagram," Dr. Ramani Durvasula, a professor of psychology at California State University Los Angeles, told Healthline. She cautions that 10. \_\_\_\_\_ flags are raised if more than half of your photos are selfies and you're using filters or other enhancements to make yourself look better.

In addition to being an indication that you're looking for love in all the wrong ways, posting an 11. \_\_\_\_\_ avalanche of photos might actually be annoying your friends, according to a study from the United Kingdom. "This is because people, other than very close friends and relatives, don't seem to relate well to those who constantly share photos of themselves," explained Dr. David Houghton, the study's lead author.

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