

Reading

Rediscovering Reality



Read the text below, choose the correct answers (A, B, C, D) .

Jessica was glued to her gadgets. As a lifestyle blogger with thousands of followers, every moment of her day was carefully curated for posting. From her morning smoothie bowls to late-night skincare routines, everything was filmed, edited, and uploaded. Her friends often joked about how much time she spent online, but she didn't mind—being a blogger was her life, and she thought she was managing it perfectly.

One Friday evening, during a dinner with her friends, Jessica wasn't paying attention to the conversation, her fingers furiously typing out captions on her phone. "Come on, Jess," her best friend Lily said suddenly. "Stay present!"

Jessica barely looked up. "What do you mean? I'm right here."

The table erupted into laughter. Tom leaned forward. "No, Jess, you're never here. You're always on your phone. Since you became a blogger, you've been more online than in real life."

"Oh, stop," Jessica said, rolling her eyes.

"No, seriously," Lily added. "I bet you couldn't even last a day without your gadgets."

Jessica's competitive streak kicked in immediately. "Make it two," she said with a smirk.

The group fell silent, clearly not expecting that response. Lily narrowed her eyes. "No phone, no laptop, no smartwatch, no gadgets at all. For two whole days. You're on."

Jessica shrugged confidently. "Done." She willingly handed over her phone, laptop, smartwatch, and even her TV remote by the end of the night, determined to prove her friends wrong. As they left, she stood in her now-silent apartment, staring at the empty coffee table where her gadgets usually sat. *How hard can it be?* she thought.

The next morning, Jessica woke up disoriented. Normally, her smartwatch would buzz her awake, and she'd start her day scrolling through Instagram. Without it, she lay in bed for a few minutes, unsure of what to do. She eventually shuffled to the kitchen to check the time on the microwave clock. "Okay, this feels weird already," she muttered.

She decided to make coffee, but as luck would have it, her coffee machine suddenly stopped working. Jessica instinctively reached for her phone to Google how to fix it—only to realize she didn't have her phone. "Are you kidding me?" she groaned, staring at the unresponsive machine.

For breakfast, she made avocado toast, but halfway through, she put the plate down with a sigh. "Why even bother eating if no one's going to see it?" she muttered.

Feeling restless, Jessica wandered outside and spotted her neighbor reading a newspaper. "Can I borrow that when you're done?" she asked. Minutes later, she was flipping through the pages, irritated by the lack of hyperlinks. "What is this, the Stone Age?"

By mid-morning, Jessica found herself instinctively reaching for her phone, experiencing phantom vibrations in her pocket. She felt a strange mix of frustration and emptiness. Trying to distract herself, she started flipping through an old notebook she found in a drawer. She began writing, but her handwriting was so rusty it looked like a child's. "Seriously?" she muttered, shaking her head.

In the afternoon, Jessica went for a walk to clear her head. Normally, she'd plug in her earbuds and listen to a podcast, but now she had nothing but the sound of her own footsteps. At first, it felt awkward, but as she walked through the park, she noticed the rustling of leaves, the warmth of the sun on her face, and the distant laughter of children. She even stopped to watch a group of ducks waddling toward the pond. For a moment, she felt... calm.

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Back at home, she decided to rummage through her closet and came across an old sketchbook. Curious, she sat down with a pencil and began doodling. Her drawings were laughably bad, but she didn't care. For the first time in years, she was creating something without worrying about how it looked to others and how many likes it got. "Huh," she said quietly, feeling a small spark of joy.

That evening, Jessica made tea and sat on her balcony, staring out at the city. Without a screen in front of her, she noticed details she'd never paid attention to before—the soft hum of distant traffic, the cool breeze against her skin, the way the sky turned orange before fading into twilight.

By the time the two days were over, Jessica felt surprisingly peaceful. When her friends returned her gadgets, she eagerly checked her phone, expecting to find an avalanche of messages. Surely her followers were in a panic. She imagined messages like: *Jessica, are you okay?* or *Jessica, why aren't you online?* or even *Jessica, we miss you! Please post something!* But to her surprise, there was nothing—not a single question or comment about her absence. That's when it hit her. People were living their lives, and they weren't glued to her every move. Maybe she was the one missing out by spending so much time online, watching instead of truly experiencing. After all, life still happens, even when you're not documenting it.

Feeling a gentle pull to share her thoughts, Jessica crafted her first post-detox update:
48 hours offline and I didn't explode. 10/10 recommend, but only if you're brave enough to talk to ducks. Turns out, there's more to life than just screens—and I plan to find it.

The likes and comments poured in, but for the first time, Jessica didn't care. She closed the app, leaned back, and smiled, savoring the quiet that now felt so much sweeter.

1. What was Jessica's job?

- A) She was a graphic designer.
- B) She was a content creator.
- C) She worked as a journalist.
- D) She managed social media for her friends.

3. How did Jessica feel about borrowing the newspaper from her neighbor?

- A) She appreciated the simplicity.
- B) She was annoyed by its limitations.
- C) She was curious about the headlines.
- D) She ignored it completely.

5. What did Jessica notice when she checked her phone after the detox?

- A) An overwhelming number of messages.
- B) Questions from followers about her absence.
- C) A lack of concern from her audience.
- D) A decrease in her follower count.

2. Why did Jessica agree to give up her gadgets?

- A) She wanted to focus on her mental health.
- B) She was encouraged by her followers.
- C) She was challenged by her friends.
- D) She was tired of using technology.

4. Why did Jessica feel a spark of joy while sketching?

- A) She rediscovered her love for art.
- B) She felt relaxed without distractions.
- C) She remembered how talented she was.
- D) She wasn't worried about external validation.

