



Feifei

Hello and welcome to

The English We Speak with me, Feifei...

Rob

Yeah, yeah, it was fun, wasn't it, yeah...

and when Neil fell over... I know!

Feifei

Excuse me, Rob. Can we begin now?

Rob

Oh, right. Sorry – I'll _____ you _____. Bye.

Feifei

Rob, you know the rules – no mobile phones in the studio. We _____ have them ringing when we're broadcasting. _____ it _____, please.

Rob

But I'm _____ a very important call and...

Feifei

Tough!

Rob

OK. How can I _____ the latest football scores now? And _____ my mum, and I wanted to _____ to Dan and...

Feifei

Rob, are you OK? You're starting to sweat. Oh no, I think you've got NOMOPHOBIA!

Rob

Oh no! What's that? I know, I'll _____ on my phone.

Feifei

No phones, Rob! But I _____ tell you that nomophobia is the fear of not having or _____ use your mobile phone! Let's hear some examples of other nomophobia sufferers...

Examples

My brother has definitely got nomophobia – he never switches his phone off, even when we're at the cinema.

My phone is being _____ and I'm feeling quite anxious – maybe I've got nomophobia?!

Calling all nomophobes – it's time to switch off your phones, have a _____ and start talking to people rather than staring at a small _____!

Feifei

You're listening to The English We Speak from BBC Learning English, and we're talking about 'nomophobia' – the fear of not having or not being able to use your mobile phone. Rob's got it right now. Not long now, Rob, until you can go outside and use your phone.

Rob

Phew! I've got to text Dan and tell him a really funny joke, plus _____ some amusing _____...

Feifei

So, really urgent, then? You could just go and talk to him – he's sitting right over there.

Rob

I _____ do that. I _____ use my phone – I do everything on my phone these days. I can't live without it. _____ I switch on now?

Feifei

Oh go on, then. We've almost finished.

Rob

Oh no! The _____ – it needs _____.

Feifei

Oh dear, Rob. It looks like you'll be suffering from nomophobia for a bit longer. Bye.

Rob

Bye. _____ I borrow yours, please?