

6 signs you're addicted to social media



Social media has changed how we communicate and it can be a useful way to stay connected.

But is there a point where the modern phenomenon goes from fun to an intrusion on your life?

1. it's the first thing you do in the morning

Almost every social media addict will begin their daily routine by slowly and pointlessly scrolling through what we have missed on Facebook, Twitter, Instagram and more during our eight hours of sleep.

2. You spend hours looking at nonsense

Procrastination is a social media addict's biggest weakness.

3. Check in at every location

It's OK to enjoy the occasional 'check in' when you're on holiday or at an important function, but doing it every time you leave the house is a little excessive.

4. You take photos of literally everything

Perfecting the selfie is a fine art. the perfect photograph to post on your Instagram is something every social media addict knows too well.

5. You hear imaginary notifications

If you're obsessed with social media then getting a notification can be exciting, but when you start to imagine them you *definitely* have a problem.

In the United States Dr. Michael Rothberg officially declared this problem as 'Phantom vibration syndrome'

6. No WiFi is devastating.

Every now and again terrible things can happen, and for the social media generation there is no greater devastation than seeing the phrase 'no WiFi'.

Find the following phrases in the text

Las redes sociales han cambiado la forma en que nos comunicamos

Social media has changed how we communicate

Fenómeno moderno

El adicto a las redes sociales comenzará su rutina diaria desplazándose lenta e inútilmente

Pasas horas mirando tonterías

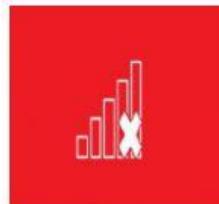
Está bien disfrutar del "registro" ocasional

Perfeccionar una selfie es un arte fino

Si está obsesionado con las redes sociales, recibir una notificación puede ser emocionante

Para la generación de las redes sociales, no hay mayor devastación que ver la frase "no WiFi".

WRITE THE NUMBERS (enumera de acuerdo a cada señal



TEST YOURSELF:

Do you check your notifications in the morning?

Do you spend hours looking at nonsense?

Do check in at every location?

Do you take a lot of selfies?

Do you hear imaginary notifications?

Do you feel bad when there is no WiFi?

YES, I do

NO, I don't