3 Complete these sentences using these words. Then discuss the question from item 1 with a partner.

| control | developments | equipment | inventions | process |
| progress | research | technology | tools | |

1 Do we simply use our _____ , or does it _____ us?

2 Recent _____ have made computer _____ smaller and smaller.

3 People rely more and more on new _____ . But is this really _____ ?

4 _____ has found that these things aren't just _____ that we use when we need them—many of us pay more attention to our smartphone than to the people around us.

5 Trying to teach yourself not to look at your phone so often can be a difficult _____ .