

R&W2 – UNIT 8 - Vocabulary in Context – SMARTPHONE DEPENDENCY

Instructions: Read each sentence. Choose the correct word from the box to complete it. Each word is used only once.

Word Bank: urge, compulsive, trigger, temptation, conscious, withdrawal symptoms, dependency, dysfunctional, anxiety, wean away from, diminishing, devices, volition, rekindled, garnered, suboptimal

1. Even during meals, some people feel an uncontrollable ____ to check their phones.
 - a) temptation
 - b) urge
 - c) volition
 - d) devices
2. Excessive phone use can become a ____ habit that is hard to break.
 - a) compulsive
 - b) conscious
 - c) rekindled
 - d) suboptimal
3. For many, a notification sound can ____ the immediate need to grab the phone.
 - a) trigger
 - b) diminish
 - c) garner
 - d) wean
4. Leaving your phone within reach at night can be a huge ____ to scroll instead of sleeping.
 - a) anxiety
 - b) temptation
 - c) volition
 - d) urge
5. Some people are not even ____ of how many hours they spend on social media daily.
 - a) conscious
 - b) compulsive
 - c) dysfunctional
 - d) rekindled
6. When heavy users stop using their phones suddenly, they might feel ____ like restlessness or mood swings.
 - a) devices
 - b) withdrawal symptoms
 - c) diminishing
 - d) volition
7. The constant need to stay connected can develop into a ____ on smartphones.
 - a) dependency
 - b) suboptimal
 - c) garnered
 - d) rekindled
8. If phone use starts to interfere with school, work, or relationships, it can be called ____ behavior.
 - a) compulsive
 - b) dysfunctional
 - c) temptation
 - d) trigger

9. Some people feel ____ when they cannot immediately reply to messages.

- a) rekindled
- b) anxiety
- c) volition
- d) devices

10. Experts suggest slowly reducing phone time to ____ people ____ constant use.

- a) trigger / from
- b) wean / away from
- c) garner / away from
- d) diminish / from

11. Over the years, the average time people spend on phones has been ____.

- a) diminishing
- b) rekindled
- c) compulsive
- d) anxiety

12. Many households have multiple electronic ____ such as smartphones, tablets, and laptops.

- a) urges
- b) devices
- c) suboptimal
- d) triggers

13. Those who put their phones down by their own choice act on their own ____.

- a) volition
- b) temptation
- c) trigger
- d) rekindled

14. After watching an inspiring documentary, her interest in digital detox was ____.

- a) rekindled
- b) garnered
- c) diminished
- d) compulsive

15. The researcher's study on smartphone use ____ a lot of attention from universities.

- a) garnered
- b) triggered
- c) diminished
- d) dysfunctional

16. Constantly checking your phone in meetings is considered a ____ habit in the workplace.

- a) suboptimal
- b) compulsive
- c) rekindled
- d) anxiety