

## 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