

Multiple Choice 1 (C1)

Read the text below and decide which answer (A, B, C or D) best fits each gap.

The Digital Dilemma

In our rapidly evolving world, the ability to (1) ____ new technology is no longer a luxury but a necessity. Many people struggle to (2) ____ the relentless pace of change, often feeling a sense of information overload. This constant connectivity, while beneficial, has a(an) (3) ____ cost that we are only beginning to understand. The (4) ____ pressure to be constantly available can lead to significant stress. Consequently, individuals must (5) ____ effective strategies to manage their digital lives. It is crucial to (6) ____ regular periods of disconnection; otherwise, one's mental well-being may (7) ____. While technology promises to (8) ____ our efforts and save time, the outcome is often (9) ____ , with many feeling they have less free time than before. Ultimately, achieving a sustainable balance requires a conscious effort to (10) ____ the distractions and focus on what truly matters.

1. A)keep up with B)get on with C)come up with D)go through with
2. A)cope with B)deal in C)put up D)settle for
3. A)underlying B)submerged C)underneath D)inferior
4. A)inherent B)innate C)intrinsic D)ingrained
5. A)bring about B)put aside C)come by D)draw up
6. A)institute B)inaugurate C)launch D)found
7. A)deteriorate B)decline C)degrade D)diminish
8. A)simplify B)facilitate C)ease D)lighten
9. A)paradoxical B)contradictory C)ambiguous D)doubtful
10. A)filter out B)turn off C)put away D)set down