Name: _____ Date: _____

Choose the best answer for each question based on the overall meaning of the story.

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b) An overwhelming sense of pressure and digital exhaustion.

c) A professional failure that led to him losing his job.

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Decide if the following statements are True (T) or False (F).

1. Stellan felt that modern life demanded his constant consumption and participation.   T   F

2. Elowen immediately stopped what she was doing when Stellan first approached her.   T   F

3. Stellan's "collapse" was a loud and dramatic public event.   T   F

4. To practice mindfulness, Elowen instructed Stellan to analyze the mineral composition of a stone.   T   F

5. By the end of the story, Stellan used the word "no" as a way to protect his mental health.   T   F

6. Stellan felt like a clock whose gears were wound slightly too tight.   T   F

7. The city's collective anxiety is compared to a low-grade fever or shared delirium.   T   F

8. Elowen believes that the "screaming" of the world will eventually stop on its own.   T   F

9. Stellan realized his psychological architecture was built on the pursuit of an "optimized self."   T   F

10. At the end of the story, Stellan quits his job and leaves the city forever.   T   F

Match the following words/phrases from the story to their correct definitions.

Epicenter	Stirs intense reader emotions.
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1. The city felt like a _____ of frantic motion, with colors and sounds blurring together.
2. He felt _____ out by the sheer velocity and demands of his daily routine.
3. Stellan realized his life was built on the _____ approval of digital screens.
4. The notifications on his monitor felt like _____ fireflies, constantly demanding attention.
5. She moved with a _____ grace that seemed to ignore the rush of the world around her.
6. The air in the apartment hummed with the invisible _____ of a thousand pending decisions.
7. The psychic _____ of constant availability turned his home into a staging ground for war.
8. Everyone in the metropolis was sprinting toward a _____ that receded with every step.
9. Stellan felt a sudden, sharp pang of _____ when he realized he was a novice of existence.
10. Learning to say "no" was an act of _____ against a culture that demanded a constant "yes."

**Discuss the following questions
with a partner.**

> 1. Stellan feels "erased by the pressure to be everything at once". Have you ever felt this way in your professional or personal life? How do you handle it?

> 2. Elowen uses a stone to help Stellan "tether" his thoughts. What are your personal "Smallest Units of Peace" that help you stay grounded when life feels too loud?

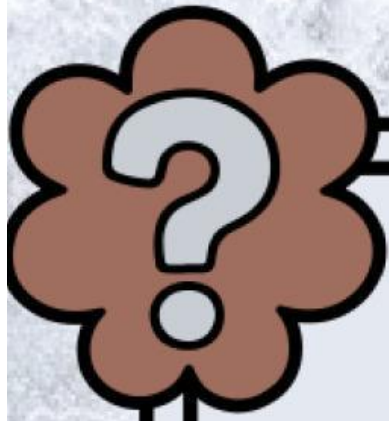**Discuss the following questions with a partner.**

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Answers

Type here