loved ones. According to a paper by Shahram Heshmat, an associate professor at the University of Illinois; “This desire is presumably so strong that no other motives can realistically compete." For Matthew Church, who describes himself as a 'recovering productivity addict', his family and romantic life came second to his work for six years. "I wasted six years of my life because I didn't have friends or romantic experiences and I lost my connection with my family. I felt a sense of shame about not having built those things up."

According to Griffiths, no matter how productive a 'junkie' considers themselves, there will come a point when their performance suffers and the effects become potentially life threatening. Therefore, acknowledging the warning signs and taking steps to address them is essential. Dr Chapman recommends creating a 'not-to-do list to avoid overscheduling, and giving the brain essential opportunities for relaxation to boost its performance. In a 2019 study of writers, a fifth of their most significant and creative ideas were formed during periods of 'mind wandering', or, in other words, when **they** are engaged in activities other than work.

And as for sacrificing connections for work? The brain thrives on fun, laughter and meaningful relationships – so Chapman's advice is to make room for them no matter what. “At the end of people's lives, they don't wish they'd worked longer hours. They wish they'd spent more time with family or enjoyed the travel they got to do, but were never mentally present because they were checking their phone."

(Adapted from bbc.com)

Question 11: Which best serves as the title for the passage?

A. How To Boost Productivity Without Being Addicted

B. Are You Suffering From Work Addiction?

C. The Dark Side Of Being Too Productive

D. Work And Relationships: Which Is More Important?

Question 12: The word “**extol**” in paragraph 2 is closest in meaning to _____.

A. obey B. worship C. commend D. perform

Question 13: In paragraph 2, Dr Sandra Chapman states that

A. productivity can still become a source of addiction to the brain but in a unique way.

B. most people know but do not care about how harmful productivity addiction can become.

C. if action is not taken to tackle it, addiction to productivity may result in broken relationships.

D. the impact of productivity addiction on mental health is more severe than that of other addictions. **Question 14**: The word **"overrides**" in paragraph 3 can be best replaced by _____.

A. superintends B. dominates C. prioritizes D. influences

Question 15: How was Matthew Church affected by his addiction to productivity?

A. His relationship with his family worsened because he prioritized his work.

B. He lost touch with his friends since he was too busy to socialise with them.

C. All of his romantic experiences failed because he was working too much.

D. He always felt a sense of shame because he could not be more productive.

LIVEWORKSHEETS