

## Technology: The New Addiction?

**Task 1** For questions 1–20, read the text below. Decide which word or phrase (A), (B), (C) or (D) best fits each space.

This modern world keeps .....1..... new gadgets to make our lives easier. Cell phones make it easier to keep in touch .....2..... your friends and family. Personal digital assistants, or PDAs, let you access your email no matter where you are. There are several products that combine all kinds of uses into one hand-held tool. But as helpful as these things can be, can they also come to control us?

Some people may be becoming addicted .....3..... the technology they use. What starts out as a convenient way to stay in touch can turn into a .....4..... need to use those devices and check messages at all hours of the day. Whether it's on the phone or on the computer, technology addiction can be as destructive as alcoholism. Since daily life surrounds us with technology, it's important to make .....5..... choices about using it.

### **How does technology become an addiction?**

Technology use can become overuse and addiction when it starts to take .....6..... from the time you'd normally spend on socializing with friends or family, relaxing, or doing a hobby. This isn't saying it's bad to check your email, but it may be an issue if you have to check it every .....7..... minutes. Some people even get up in the middle of the night just to check their messages.

Of course, it's not that extreme for everyone. True addiction can be more difficult to notice .....8..... that. Other, more common, signs of possible addiction include:

Loss of interest in hobbies and social interactions

.....9..... to turn off the phone or PDA

Keeping devices near or at easy access all the time

Physical issues .....10..... carpal tunnel syndrome

These symptoms can range .....11..... seriousness. Sometimes problems with .....12..... may not be noticeable until they're already out of hand. If you're not sure whether your technology use is unhealthy, ask people around you if they've noticed any bad habits you may .....13..... Getting a rush from using technology can also be a sign of addiction. Feeling anxious about not .....14..... messages also may be a concern. There are .....15..... of good reasons to use your digital devices. But when it stops being about keeping in touch and is more about the feeling you get, you may want to consider changing your patterns of use.

### **Types of Technology Addiction and its Symptoms**

#### **Internet Addiction**

You lie about the time you spend online. Spending 4 hours online and telling your friends that it was only for 4 minutes means you know what you're doing is wrong in some way. This is the major cause of depression due to excessive times .....16..... online.

#### **Video Games**

You are too preoccupied with the game to notice anything else around you. The difference between Internet and video game addiction is that video games give you almost no contact with time in real life. You can spend five or six hours at a stretch on the console, thinking only an hour .....17..... by.

### **Social Networking Addiction**

You think social interactions are .....18..... better than real life interactions. Abusing the fact that you can rephrase anything you said before you hit enter, or the fact that who you're talking to can't see you, can put you in this category.

You start feeling .....19..... when you're not with your cell phone or the computer.

It is evident that compulsive technology overuse is not defined as an addiction because of the need for it. It falls into such a unique category - it does not directly have an impact on health conditions like drinking, smoking and drugs do, it is also not possible to let .....20..... of it completely because we always need it. It is this cyclic relation of man and technology that makes it so hard to not get used to it or refrain from using it.

1.	A offer	B offering	C to offer	D offered
2.	A to	B on	C at	D with
3.	A with	B to	C at	D on
4.	A compulsive	B comprehensive	C permanent	D continuous
5.	A important	B wise	C big	D frequent
6.	A away	B up	C on	D from
7.	A a few	B a little	C few	D little
8.	A then	B like	C as	D than
9.	A insolvency	B unskillfulness	C inability	D ability
10.	A like	B as	C than	D such
11.	A on	B in	C at	D with
12.	A overuse	B overdose	C exaggeration	D overthrow
13.	A had missed	B missed	C have missed	D miss
14.	A checking	B to check	C check	D checked
15.	A plenty	B many	C few	D lot
16.	A had spent	B to spend	C spending	D spent
17.	A has gone	B went	C had gone	D will go
18.	A very	B a lot of	C much more	D much
19.	A anxious	B thrilled	C depressing	D jolly
20.	A go	B to go	C going	D gone