Complete the sentences with the words in the boxes.

diminish	relent	trigger	wean away from

1. For some people, boredom often can _____ the need to check their smartphone to see if they have any new e-mail or news updates.
2. Asking employees to make an effort to _____ the amount of time they spend on their smartphones is one strategy that businesses are employing.
3. Although it is difficult, these employees report that they have been able to slowly _____ themselves _____ their smartphones.
4. Despite the fact that I did not believe my son needed a smartphone, his constant begging for one caused me to _____ and buy him one.

anxiety	dependency	devices	twitching	urge

5. Some students report that sitting in class can trigger a(n) _____ to check their smartphones for news updates and e-mail.
6. In the past, people kept connected through their PC or laptop, but today there are many new _____, such as tablets, mini-laptops, and smartphones, that allow people to stay connected at all times.
7. Many professionals say they would experience "a great deal of _____" if they lost their smartphone and couldn't replace it for a week.
8. Scientists disagree on whether smartphone _____ can really be considered an addiction.
9. Some signs of heavy smartphone usage can be mental—loss of concentration, inability to focus on your surroundings—and others can be physical, such as _____ and headaches from eye strain.

compulsive	conscious	dysfunction	influx	literally	temptation

10. Although extreme smartphone usage may not actually be an addiction, there are signs, such as focusing on your phone at inappropriate times, that it may be a(n) _____.
11. In order to cut down on your smartphone dependency, you need to be able to resist the _____ to constantly check it for updates and e-mail.
12. You might not be _____ of it, but your constant checking behavior is not allowing you to concentrate on your work.
13. In the case of an emergency, your smartphone can _____ save your life.
14. _____ use of electronic devices can lead to physical ailments such as tendonitis, carpal tunnel syndrome, and eye strain.
15. The constant _____ of new information is one of the reasons that people compulsively check their phones.

EXPAND

Look at the boldfaced words and phrases in the following sentences. They have similar meanings but different degrees of intensity. In each sentence one of the words has a "stronger" meaning. Circle the word or phrase with the stronger meaning.

1. Many people feel the **urge / compulsion** to check their smartphones up to 35 times a day.
2. When I misplace my phone, I **search / look** for it until I find it.
3. His smartphone usage could be considered a(n) **addiction / dependency**.
4. For some people, being in class can **cause / trigger** a need to check their phone for news updates.
5. Because my wife is constantly checking her smartphone, I feel as if she is **ignoring me / tuning me out**.
6. Last night during dinner, my brother was **repeatedly / frequently** checking his email on his phone.
7. As a result of her continuous phone checking at the beach, I feel like my sister was **blinded to / not aware of** the beauty of our surroundings.
8. After I expressed my concerns to her, she made a **commitment / decision** to wean herself away from her phone.
9. The smartphone, more than any other gadget, **steals / takes** from us the opportunity to maintain our attention, to engage in **thought / contemplation** and reflection.
10. I **dislike / can't stand** when people interrupt a conversation to answer their smartphone.
11. If you know you are not strong enough to resist the temptation of constantly checking your e-mail, you should probably **shun / avoid** people who constantly text you.

LIVEWORKSHEETS