



**selfie (n):**  
a picture taken  
of a person by  
that person

A teenager in the UK, Danny Bowman, became addicted <sup>1</sup> to 'selfies' and spent up to ten hours a day taking around 200 photos of himself with his phone. This was a true case of addiction: it was harmful <sup>2</sup> to his education and his friendships and responsible <sup>3</sup> for several health problems. Experts are aware <sup>4</sup> of the condition and say it is becoming more and more common. Danny first posted selfies on Facebook when he was fifteen and soon became obsessed <sup>5</sup> with reading his friends' comments. Although he was pleased <sup>6</sup> with many of the things his friends wrote, he was also very sensitive <sup>7</sup> to criticism. Before long, he was feeling very dissatisfied <sup>8</sup> with his appearance. He took more and more photos of himself. His parents became very worried <sup>9</sup> about his behaviour. Because they were both mental health nurses, they were familiar <sup>10</sup> with addictions. They knew that Danny needed help. Now, after months of hospital treatment, Danny has been successful <sup>11</sup> in beating his addiction. But it's a growing problem, with many other cases similar <sup>12</sup> to Danny's.