

R&W2 – UNIT 8 - Vocabulary in Context – SMARTPHONE DEPENDENCY

Instructions: Read each sentence, Choose the correct word from the box to complete it. Each word is used only once.

Word Bank: urge, compulsive, trigger, temptation, conscious, withdrawal symptoms, dependency, dysfunctional, anxiety, wean away from, diminishing, devices, volition, rekindled, garnered, suboptimal

1. Even during meals, some people feel an uncontrollable _____ to check their phones.

a) temptation
b) urge
c) volition
d) devices
2. Excessive phone use can become a _____ habit that is hard to break.
a) compulsive
b) conscious
c) rekindled
d) suboptimal
3. For many, a notification sound can _____ the immediate need to grab the phone.
a) trigger
b) diminish
c) garner
d) wean
4. Leaving your phone within reach at night can be a huge _____ to scroll instead of sleeping.
a) anxiety
b) temptation
c) volition
d) urge
5. Some people are not even _____ of how many hours they spend on social media daily.

a) conscious
b) compulsive
c) dysfunctional
d) rekindled
6. When heavy users stop using their phones suddenly, they might feel _____ like restlessness or mood swings.
a) devices
b) withdrawal symptoms
c) diminishing
d) volition
7. The constant need to stay connected can develop into a _____ on smartphones.
a) dependency
b) suboptimal
c) garnered
d) rekindled
8. If phone use starts to interfere with school, work, or relationships, it can be called _____ behavior.
a) compulsive
b) dysfunctional
c) temptation
d) trigger

9. Some people feel _____ when they cannot immediately reply to messages.

- a) rekindled
- b) anxiety
- c) volition
- d) devices

10. Experts suggest slowly reducing phone time to _____ people _____ constant use.

- a) trigger / from
- b) wean / away from
- c) garner / away from
- d) diminish / from

11. Over the years, the average time people spend on phones has been _____.

- a) diminishing
- b) rekindled
- c) compulsive
- d) anxiety

12. Many households have multiple electronic _____ such as smartphones, tablets, and laptops.

- a) urges
- b) devices
- c) suboptimal
- d) triggers

13. Those who put their phones down by their own choice act on their own _____.

- a) volition
- b) temptation
- c) trigger
- d) rekindled

14. After watching an inspiring documentary, her interest in digital detox was _____.

- a) rekindled
- b) garnered
- c) diminished
- d) compulsive

15. The researcher's study on smartphone use _____ a lot of attention from universities.

- a) garnered
- b) triggered
- c) diminished
- d) dysfunctional

16. Constantly checking your phone in meetings is considered a _____ habit in the workplace.

- a) suboptimal
- b) compulsive
- c) rekindled
- d) anxiety