

VOCABULARY

Reading One is an article about smartphone dependency. Read the letter a woman wrote to a newspaper advice columnist about her husband's smartphone usage. Circle the letter of the definition that best defines each boldfaced word or phrase.

1. a. aversion
b. strong need
c. understanding
2. a. normal
b. boring
c. uncontrollable
3. a. fix
b. make something happen
c. stop
4. a. strong desire
b. message
c. distraction
5. a. awake
b. aware
c. unclear
6. a. taking money from a bank
b. bad feelings when you stop doing something
c. learning
7. a. decision
b. reliance
c. technology
8. a. inability to work normally
b. disease
c. mood
9. a. worry
b. relaxation
c. experience
10. a. benefit from
b. learn to use better
c. gradually stop doing
11. a. increasing
b. decreasing
c. finishing
12. a. tools or machines
b. plans
c. methods

ASK HELPFUL HANNAH

Dear Helpful Hannah,

I've got a problem with my husband, Sam. He bought a smartphone a couple of months ago, and he took it on our recent ski vacation to Colorado. It was a great trip except for one problem. He has a constant (1) **urge** to check for text messages; he checks his phone every five minutes! He's (2) **compulsive** about it. He can't stop checking even at inappropriate times like when we are eating in a restaurant and I am talking to him! It is almost as if any small amount of boredom can (3) **trigger** a need for him to check his phone even when he knows he shouldn't. The (4) **temptation** to see who is contacting him is just too great. When I ask him to please put down the phone and stop ignoring me, he says, "In a minute," but still checks to see if there is an important text or if someone has posted something new on Facebook. I don't think he is even (5) **conscious** that he is being rude! If we go somewhere and I ask him to leave the phone at home, he suffers from (6) **withdrawal** symptoms. I just keep thinking that maybe this (7) **dependency** on his smartphone has become more than an everyday problem.

I recently read an article about "nomophobia." It's a real illness people can suffer from: the fear of being without your phone! I am worried that Sam may be suffering from this (8) **dysfunction**. Why? Because he experiences a great deal of (9) **anxiety** if he doesn't have his phone with him, even for a short time. It is so bad that he sometimes brings it into the bathroom with him.

While we were in Colorado, we talked a little about his "problem," and he agreed to try to slowly (10) **wean** himself **away from** the phone. But, so far, I don't think the amount of time he spends using his phone each day is really (11) **diminishing**. He's got to do something, or I am going to throw his phone away while he is sleeping!

Who would have thought that little (12) **devices** like these could be such a blessing and yet such a curse!

Sick and Tired Sadie