

Addicted to Technology

In today's digital world, we are spending more and more time on our computers and cell phones. Some researchers suggest that many people are actually becoming **addicted** to technology, which can lead to serious problems in their lives.

1 Are you addicted to technology? Answer the questions. Check Yes (Y) or No (N).

- a** Are you in the **habit** of turning on the computer as soon as you get home? Y N
- b** Do you spend more than two hours per day (excluding time for studying or work) looking at a screen? Y N
- c** Is using your cell phone or another mobile device usually the last thing you do before you go to sleep? Y N
- d** Do you often lose sleep because you stay up late using the computer or your cell phone? Y N
- e** Do you spend more time talking to friends and family online than meeting them face-to-face? Y N
- f** Would you find it difficult to resist using a cell phone or computer for the entire day? Y N
- g** Do you feel nervous and **upset** if you forget your cell phone at home? Y N
- h** Do you often **interrupt** your studies to use your cell phone? Y N
- i** Do your friends or family members sometimes **complain** that you use your cell phone too much when you are with them? Y N
- j** Do you usually check your cell phone for missed calls and messages at least once every fifteen minutes? Y N

Now calculate your total score and find out if you are addicted to technology (1 point for each question you answered “yes”).

Total score: _____

0–3: You are not a “technology addict”. There might be a few areas in which you can improve, but **overall** your technology habits are OK.

4–6: You have some problems with technology addiction. Your habits might not cause you any **major** problems at the moment, but your social life and studying are being **affected** to some **degree**. Consider **lessening** your dependence on technology and stay in control of your life.

7–10: You do not control your technology; it controls you! Your addiction to technology is probably already causing problems for you in your relationships and your education. Take some strong action to reduce the time you spend in front of a screen or looking at your cell phone. No one achieves their dreams just by looking at screens!

2 Talk to a partner and answer the questions.

- a According to the quiz results, are you addicted to technology? Do you agree with the results?
- b Do you think the quiz is fair? What actions listed in the quiz do you think are not signs of addiction? Why not?
- c Which of your technology habits would you like to change?

3 Look at the words in bold in the text and match them to their definitions.

- a in general _____
- b routine _____
- c making smaller in amount _____
- d influenced _____
- e stop _____
- f worried _____
- g say negative things _____
- h unable to stop _____
- i key _____
- j level _____