
词汇: *addiction* 上瘾

How would you survive without your smartphone? For many of us, it's the gadget we're most **hooked** on – looking at it hundreds of times a day. We **depend on** it to perform a multitude of tasks and to connect with our friends and family. But have we become **addicted** to our phones?

Certainly, the inventor of the first mobile phone, American engineer Martin Cooper, thinks we might be. In a BBC interview, he suggested people should stop scrolling and “**get a life**”. But of course, once we start **doom scrolling** or watching videos, we just can't **kick the habit**. Psychologist and author Jean Twenge says we're all guilty of “**compulsively** checking [our] phone if [we're] waiting for a text or getting really into social media then kind of, looking up and realising that an hour has passed.” There's even a word – a **phubber** – to describe a person who ignores the real people around them because they are concentrating on their phones.

But does it matter if we make the most of this technology? Possibly, because like a drug, the problem arises when it is **withdrawn**. A study from King's College London found young people they studied couldn't control the amount of time they spend on their phone. Such **addictive** behaviour means that people become ‘**panicky**’ or ‘upset’ if they are denied constant access, which can cause **anxiety** and mental health issues.

Interestingly, another study by the London School of Economics and Political Science suggests we don't just look at our phones because we are prompted to by a text or email. The people they studied felt automatically **urged** to interact with their phone, just as a smoker would light a cigarette. Prof Saadi Lahlou, co-author of the study, told the BBC: “We must learn tricks to avoid the **temptation** when we want to concentrate or have good social relations.”

One solution could be an app that rewards students for time spent away from their phones. Another option is converting your smartphone to a dumbphone that has none of the **intoxicating** distractions on it. But mainly, perhaps, we just need to look up more and reconnect with the real world!

词汇表

hooked	入迷的，上瘾的
depend on	需要，依赖
addicted	上瘾的，入迷的
get a life	做点有意思的事情
doom scrolling	阴暗刷屏
kick the habit	戒除恶习
compulsively	强迫地
phubber	“低头族”， 只顾看手机而忽视身边的人
withdraw	收回
addictive	使人上瘾的，使人入迷的
panicky	恐慌的
anxiety	焦虑
urge	冲动，强烈的欲望
temptation	引诱，诱惑
intoxicating	使人兴奋的

测验与练习

1. 阅读课文并回答问题。

1. Who thinks we should put our phones down and 'get a life'?
2. In a study on smartphone use, what caused people to panic and get upset?
3. True or false? *We only look at our smartphones when we are prompted to do so.*
4. How does one app that's been invented encourage students to use their phone less?
5. According to Prof Saadi Lahlou, what does avoiding the temptation of looking at our smartphones allow us to do?

2. 选择意思恰当的单词或词组来完成下列句子。

1. Since I've broken my arm, I've had to _____ my wife to do all the cooking.

depending on	depend in	depend on	depends on
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2. Due to cutbacks, the bus service to the shopping centre has been _____.

addicted	withdrawn	urged	hooked
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3. Because of the heatwave, everyone in the office felt _____ to drink lots of water.

compulsively	urged	intoxicating	phubber
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4. I've tried to quit smoking but I just can't _____.

kicked the habit	kick a habit	kick habits	kick the habit
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5. I'm _____ on this new TV series – it's so good I've watched every episode!

hooked	tempted	addictive	panicky
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答案

1. 阅读课文并回答问题。

1. Who thinks we should put our phones down and ‘get a life’?

American engineer Martin Cooper suggested people should stop scrolling and “get a life”.

2. In a study on smartphone use, what caused people to panic and get upset?

People in the study become ‘panicky’ or ‘upset’ if they were denied constant access to their smartphones.

3. True or false? *We only look at our smartphones when we are prompted to do so.*

False. People in one study felt automatically urged to interact with their phone.

4. How does one app that’s been invented encourage students to use their phone less?

The app rewards students for time spent away from their phones.

5. According to Prof Saadi Lahlou, what does avoiding the temptation of looking at our smartphones allow us to do?

He says avoiding the temptation allows us to concentrate or have good social relations.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Since I’ve broken my arm, I’ve had to **depend on** my wife to do all the cooking.

2. Due to cutbacks, the bus service to the shopping centre has been **withdrawn**.

3. Because of the heatwave, everyone in the office felt **urged** to drink lots of water.

4. I’ve tried to quit smoking but I just can’t **kick the habit**.

5. I’m **hooked** on this new TV series – it’s so good I’ve watched every episode!