

1 Complete the paragraphs with the words in the boxes.

21<sup>st</sup> century addictions

common education non-existent popular rare shopping

When the word *addiction* is mentioned, most people think about problems with alcohol, drugs, and (a) \_\_\_\_\_. As society changes, however, new addictions are becoming increasingly (b) \_\_\_\_\_. The following are examples of addictions which were largely (c) \_\_\_\_\_ just decades ago.

concerned depressed lazy less more positive

Exercise addiction

Men and women are becoming more (d) \_\_\_\_\_ about their appearance, and this can cause people to become addicted to exercise. People with this addiction become (e) \_\_\_\_\_ when they cannot exercise regularly. They find every opportunity to exercise and spend (f) \_\_\_\_\_ time working, studying, or being with their friends and family.

diet fat laziness menu shaking vitamins

Junk food addiction

Recently, researchers have found that people can become addicted to the (g) \_\_\_\_\_ and sugar found in junk food. Research on rats found a (h) \_\_\_\_\_ containing lots of fast food causes changes in the brain. These changes are similar to those caused by drug addiction. In one study, when sugary foods were taken away, the rats showed addiction-type behaviors, such as (i) \_\_\_\_\_ and stress. The researchers believe that humans could be affected like this as well.

depression

hobbies

money

Net

ocean

sleep

**Internet addiction**

Many people use the Internet as an escape from (j) \_\_\_\_\_ or stress. Some people spend more time talking with people online than with people in real life! They find it very stressful to be away from their smartphone or computer for even a few hours. Many lose (k) \_\_\_\_\_ as they stay up later and later to be on social media, play online games, or just randomly browse the (l) \_\_\_\_\_.

- 2 What percentage of young adults in your country do you think are addicted to the following products and activities? Check the boxes. Then talk to a partner.

	Very common (more than 50%)	Somewhat common (20–49%)	Somewhat uncommon (5–19%)	Rare (less than 5%)
Alcohol				
Caffeine				
Smartphones				
Blogs				
Gambling				
Internet games				
Junk food				
Shopping				