

GAP FILL: Put the words into the gaps in the text.

Scientists have discovered that addictions may be (1) _____. A team from Britain's University of Cambridge found that (2) _____ of drug addicts share the same brain abnormalities as their drug-(3) _____ brothers and sisters. The research team said these abnormal brain structures are linked to (4) _____ self-control and drug dependence. The researchers suggest that addiction is in some ways a "(5) _____ of the brain". This may provide important new ways into helping people with problems of self-control when it (6) _____ to addictions. The study sought to find out if drugs changed the "(7) _____" of the brain or whether the brains of drug addicts were wired differently from (8) _____. Lead researcher Dr Karen Ersche told the BBC: "It has (9) _____ been known that not everyone who (10) _____ drugs becomes addicted." She continued: "It shows that drug addiction is not a (11) _____ of lifestyle, it is a disorder of the brain and we need to recognise this. These brothers and sisters who don't have addiction problems, what they can tell us is how they (12) _____ these problems, how they manage self-control in their (13) _____ life." Dr Ersche and her colleagues studied 50 (14) _____ of siblings — one with a history of drug addiction and one with no (15) _____ of taking drugs. She compared these with 50 healthy people. She concluded: "We need to find out how these non-addicted siblings were able to (16) _____ using drugs."

*comes
disorder
using
hereditary
birth
wiring
siblings
poor*

*choice
experience
daily
long
resist
takes
overcome
pairs*

1. What addictions are prevalent in your country? Is there any help provided for these people?
2. Are you addicted to anything? Think of all the things you consume or do every single day — are these addictions?
3. What should be done about people who have addiction problems? Is there any help for them?
4. Cigarettes and alcohol are legal in most countries of the world. But thousands of people get addicted to these things and they often have very serious health issues. Do you think it's right that cigarettes and alcohol are legal at all? Why/why not?
5. Is there a difference between being addicted to drugs and being addicted to the internet? What are the differences? What are the similarities?
6. How can doctors treat someone addicted to food? After all, we all have to eat. How can someone stop eating so much?
7. How can we treat a young man who has internet addiction? What steps should he take?
8. Do you think there is no hope for someone addicted to drugs? Why/why not?
9. How is it possible to become addicted to exercise? Why did someone like this get addicted to exercise?
10. Can we just ban all harmful substances? Is this a good idea? Why/why not?

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary

1. to scroll
2. to class
3. greyscale
4. vulnerable
5. to drop by
6. to exacerbate
7. a rush
8. baby boomers

Definition

- a. to visit informally for a short time
- b. to move information on a screen to see a different part of it
- c. a chemical reaction in your brain that makes things feel good
- d. black and white and the shades in between
- e. the generation currently in their late adulthood
- f. easily damaged or harmed; at risk
- g. to categorise; to name
- h. to make something worse

Task 1

Are the sentences true or false?

	Answer	
1. Millennials spend more time on smartphones than any other generation.	True	False
2. Some people who work in the tech industry are fighting against smartphone addiction.	True	False
3. The presenter thinks most adults' behaviour towards their phones and apps is under control.	True	False
4. Babies' brain development is delayed because they're looking at screens.	True	False
5. We're likely to see a rise in teenage mental health problems because of social media addiction.	True	False
6. Changing the colour settings on your phone may make you spend less time on it.	True	False

Task 2

Match the expressions (1–6) with their meanings (a–f).

Expression

1. I'll hold my hands up to being one of those people.
2. They're not in their right mind.
3. It's a vicious circle.
4. Time to stage an intervention!
5. There are queues round the block.
6. They're sensitive to highs and lows.

Meaning

- a. It keeps getting worse and we can't break the pattern.
- b. We need to do something about this now.
- c. They experience emotions deeply.
- d. A lot of people are waiting.
- e. I confess that's something I do too.
- f. It's not a sensible way to behave.

ADDICTIVE BEHAVIOR AND SYMPTOMS

addict	addiction	alcoholic	black-out	bloodshot eyes	bottom out	chain smoke
chug (a drink)	dependency	dependent	deteriorate	deviant	drug dependence	drug habit
drunk	drunkard	enable	faint	flashback	freak out	hallucinate
high	hit bottom	loaded	munchies	o.d.	overdose	pot-head
relapse	sober	social drinker	spaced out	stoned	straight	symptom
teetotaler	tense	tolerance	toxin	trip		

TREATMENT

Alcoholics Anonymous	cause	client	confidential	counseling	cycle	cyclical
diagnose	diagnosis	empathy	etiology	evaluate	group therapy	half-way house
in-patient	intervention	out-patient	rehabilitation	residential (treatment)	sober	treat
treatment						