Lesson 18. Creatures of Habit

▶ All about addiction and bad habits

▶ Multiple choice quiz

1 Language points

1) to be addicted to- hooked on- jonesing for

2) to get one's fix

3) to put off- to procrastinate

4) to be in denial

5) to quit (cold turkey) - to kick the habit - to be on the wagon

6) withdrawal (symptoms) - alky shakes

① to be addicted to - hooked on - jonesing for

● you've got a problem!

▶ I didn't get my usual morning cup and now I'm really jonesing for some coffee.

▶ He's really addicted to video games. He just can't pull himself away for even a few minutes.

▶ I'm really hooked on this stupid gaming app. Whenever I have a free moment I play.

② to get one's fix

● fix = satisfaction

▶ When Terry's cocaine addiction was at its worst, he would do just about anything to get his fix.

▶ I haven't had a beer in two days. I really need my fix.

③ to put off- to procrastinate

● to put off- to procrastinate

▶ In college, I used to always put off my essays until the night before, then regret it.

▶ Jin-young is supposed to get started on the project soon, but had been procrastinating for days.

④ **to be in denial**

● can't face reality

▶ Yu-mi is completely **in denial** about her drinking problem. She got drunk again last night and fell asleep on the street, but she says she doesn't have a problem.

▶ I knew he was **in denial** when he said he wasn't addicted to computer games after playing for eight hours straight.

⑤ **to quit (cold turkey)- to kick the habit- to be on the wagon**

● cold turkey- no help at all! ● wagon- sober life

▶ Young-gil is amazing. He used to drink six cups a day, but **quit cold turkey**.

▶ I smoked in my 20s a lot, but I **kicked the habit** on my 30th birthday.

▶ Do-yeon has been **on the wagon** for 5 years now, but she says she still craves a drink.

⑥ **withdrawal (symptoms) - alky shakes**

● the side effects of quitting

▶ On my first day without coffee, I had the worst **withdrawal symptoms**. I got terrible headaches and I couldn't focus at all.

▶ I knew his alcoholism was bad when I saw his hand **shaking** after another weekend of heavy drinking.

2 Apply to the book

▶ **Pages 99-100, Reading and Comprehension**

#4- Have you ever tried to change a bad habit? How did you do it? Were you successful?

▶ **Sample answers**

I realized I was really *addicted to* coffee when I realized that I was *jonesing for* a cup by 8AM. For a while, I was drinking 7-8 cups a day and spending a ton of money on it, but I was *in denial*. When I saw my credit card statement, I decided *to kick the habit*, but it was tough.

▶ **Pages 102, Activity A**

Which of the bad habits are you guilty of? How can you overcome this habit?

▶ **Sample answers**

I've been gambling ever since I was a teenager. I've been meaning to go to a G.A. meeting, but I always *put* it *off*. I'm terrified of just *quitting cold turkey*. I'm completely *hooked on* the sight of the dice rolling. I'm not *in denial* anymore. I know I have a problem, it's just a matter of not *procrastinating* when it comes to seeking help.

▶ **Page 103, Discussion**

#1/2- If you live with someone, what are some of the habits they have that bother you the most?

▶ **Sample answers**

My husband is definitely *hooked on* alcohol and tobacco. On Mondays after a weekend of boozing, I notice he has the *alky shakes*. He hides his booze stash around the house so he can sip whenever he needs to. It's becoming a huge problem, so I want him to get *on the wagon* as soon as possible. He's just so scared of the *withdrawal symptoms* though.

3 Review quiz

#1.

Jin-kyoung tried to _____ but couldn't stand the _____. She had the worst _____ and started drinking again as soon as she left rehab. She was really _____ a shot of whiskey.

A. alky shakes B. quit cold turkey C. withdrawal symptoms D. get on the wagon
E. put off F. jonesing for

B, C, A, F

#2.

My friend Rick is completely _____ on any kind of gaming. It's clear he plays 8 hours a day, so he's just _____ when he says he's in control. He _____ with his schoolwork and I worry that he's going to fail.

A. on the wagon B. procrastinates C. in denial D. gets his fix
E. hooked F. quit cold turkey

E, C, B

#3.

I've been _____ to tobacco since I was in college. I want to _____, but when I try, I get terrible _____. I _____ after each meal and as soon as I get off work.

A. on the wagon B. in denial C. get my fix D. jonesing for E. kick the habit
F. addicted G. alky shakes H. withdrawal symptoms

F, E, H, C