

# Addictions

## Discussion

Work in pairs. List at least 5 different things that people can become addicted to. Choose one from your list and discuss the possible results of this addiction.

Work in pairs. Ask each other questions from one of the questionnaires:

### DRINK AND YOU

1. Do you drink alcohol every day?
2. How much do you drink a week?
3. Do you ever get drunk? How often?
4. Do you need a drink to relax?
5. Do you drink with other people or on your own?
6. Do you regularly get a craving for a drink? (= a very strong desire)
7. Do you think it's a habit or an addiction?

### SMOKING AND YOU

1. Do you smoke? Cigarettes? Cigars? A pipe?
2. How many do you smoke a day?
3. Do you smoke to relax?
4. Do you feel nervous if you haven't had a smoke for a long time?
5. Do you get strong cravings?
6. Do you wish you could stop smoking?
7. Could you give it up easily?

Does your partner have a problem?

## Reading

Work in pairs. Student A read extract 1, student B read extract 2. Then report the contents to each other.

#### Extract 1

Slowly, the drink began to take over and things got worse. His behaviour was becoming unpredictable. He tells of one incident in a club on a Sunday afternoon when a fight broke out and he and some friends were involved. Minutes later he was outside being questioned by police and then spent several hours at the police station. He was released without charge but, in spite of that shock, the next day he was banging on the door of his local pub five minutes before opening time, craving his first drink of the day. Then it dawned on him. What kind of person stands outside a pub every day desperate for a drink? Only someone with a drink problem. He was a well-known sportsman perhaps, but secretly he was a lonely, desperate alcoholic.

#### Extract 2

One day, he arrived for training in a bad state. It was to be the big turning point. The first person he saw was Steve Jacobs. "I've got a drink problem and I need to go to a meeting of Alcoholics Anonymous," he blurted out. At last! He'd said it! Tony Adams, respected captain of Arsenal and an England international, winner of six major trophies in English football, was asking for help for the first time in his life. He finally admitted that he had a problem that was too powerful to face on his own. Almost immediately, a ray of hope came to him. Despite the mess he was in, if he could devote the same enthusiasm and energy to keeping off alcohol as he had to playing football, then he had a chance.

## Discussion

Now read the texts again and choose the best answers below:

1. In the club one Sunday afternoon
  - a. the writer's friends started a fight.
  - b. the writer started a fight.
  - c. it is not clear who started the fight.
2. The writer
  - a. knew he could stop drinking by himself.
  - b. asked someone to help him stop drinking.
  - c. met someone from Alcoholics Anonymous.

Why do you think that such a successful sports person became an alcoholic?

## Language 1

Use these words to complete the sentences:

<i>addictive</i>	<i>alcoholic</i>
<i>addict</i>	<i>alcohol</i>
<i>addicted</i>	<i>alcoholism</i>
<i>addiction</i>	

1. A surprising number of people are . . . . . to gambling.
2. He checked into a clinic to try to get over his drug . . . . .
3. I've never met anyone who is actually a drug . . . . .
4. Both heroin and crack cocaine are extremely . . . . . substances.
5. She realised he was an . . . . . when he started drinking at breakfast time.
6. The problem got so bad he started hiding . . . . . around the house.
7. Overcoming . . . . . is a daily process. It means saying 'no' to drink every day for the rest of your life.

## Language 2

Use the correct form of these expressions to complete the sentences below:

*seek professional help*  
*get withdrawal symptoms*  
*kick the habit*  
*have a drink problem*  
*take an overdose*

1. I think my boss . . . . .  
You can smell alcohol on his breath first thing in the morning.
2. She died after accidentally . . . . .  
of sleeping pills.
3. A lot of people want to give up smoking, but it's very difficult to . . . . .
4. When he wasn't able to get hold of any drugs for a few days, he started to . . . . .  
. . . . .
5. When he realised he was addicted to alcohol, he decided to . . . . .

## Discussion

Discuss these questions in pairs:

1. What is the difference between a habit and an addiction?
2. Look again at the list you made earlier. Are some types of addiction more socially acceptable than others? If so, which types and why do you think this is so?
3. Are the following addictions really possible? Are they dangerous in any way?

*My son's addicted to football! It's like a drug to him.*

*I'm a shopaholic! I can't resist buying clothes.*

*I'm a chocaholic! I can't live a day without it.*

4. Do you feel that there are certain types of personality who are more likely to become addicts?
5. What would you do if you found out that a colleague had a serious addiction problem, but was doing nothing about it?