

Are You Addicted to Your Smartphone?

Lindsay: Okay. So Rebecca and Lauren. How are you guys doing today?

Lauren: Good.

Lindsay: How 'bout (about) you?

Rebecca: Good.

Lindsay: All right Good. So I have a Smartphone and it's **driving me crazy**. How do you guys feel about Smartphones in everyday life?

Lauren: **Mine drives me nuts** too. I get my email, both my personal email and my work email on my phone. So **I find myself checking** it all the time. Uh, I'm way behind on what apps there are, what's cool, what I'm supposed to be using it for, and I feel like I pay a ton of money for it and really just use it to look at my email, which is...

Lindsay: Oh my God. That's terrible. And do you feel like... How about you Rebecca? What do you feel?

Rebecca: I definitely feel pretty crazy about my Smartphone as well. I'm always checking my email or checking even text messages. Checking to see if

Key Vocabulary Words

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2. To drive someone nuts
3. To find yourself doing something
4. To get rid of
5. To be stuck-up
6. To be left out
7. To have something on you

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(like) my little red light is flashing even though sometimes it's not. But (uh), it's funny when I'm (like) on the T or at restaurants and people are on their phones constantly...

Lindsay: Uh!

Rebecca: ...and I have a Blackberry and so it's (like) everyone around me has an iPhone and I used to have an iPhone...

Lindsay: Okay. Why did you **get rid of** your iPhone?

Rebecca: I had an iPhone

when they first came out.

Lindsay: Okay.

Rebecca: And that's when very few people kind of had them.

Lindsay: Okay.

Rebecca: And I started to sort of feel like it didn't fit with me.

Lindsay: I see. I see.

Rebecca: Personally. And I was just, (you know), thinking 'Okay, I'm kind of the one person with an iPhone and I kinda (kind of)...

Lindsay: Kinda (kind of) stood out.

Rebecca: ...personality. (Like) it...it made me feel like I was **stuck- up** or something and so...

Lindsay: Interesting.
Interesting.

Rebecca: And then I switched to a Blackberry, which I love...

Lindsay: Okay.

Rebecca: ...and now everybody has an iPhone and I'm **left out** with all the apps...

Lindsay: Yeah.

Rebecca: ...like Snap Chat and Instagram and...

Lindsay: But it's crazy, (like), there has to be a limit right because I wake up sometimes and I have to consciously resist checking my email when I first wake up because I want to go running and eat breakfast, (like)...

Lauren: I try really hard (like) in certain situations, (like) if I'm out at dinner or you know if it's Saturday morning to just put it away and it's...

Lindsay: Does it work?

Lauren: It kind of does and a couple of times I've accidentally left it places. You know I've always gotten it back, but it's (like), you know, I leave it at my boyfriend's house...

Lindsay: Yeah.

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Lauren: ...or I forget it somewhere and I don't have it for a day...

Lindsay: Yeah, yeah.

Lauren: And it's great.

Lindsay: That's awesome. Total freedom right?

Lauren: Yeah.

Lindsay: Does that ever happen to you?

Rebecca: No, not so much. I don't think I can go very long without being... **having it on me** and I think mainly because I feel more secure, (like) if somebody

needs to get in touch with me.

Lindsay: Right.

Rebecca: Or if I have to contact somebody in case of an emergency...

Lindsay: Right, right, right.

Rebecca: ...or something like that, but I'm going to be moving someplace soon where I'm not going to be able to have my cell phone for four months.

Lindsay: Right. You're moving to Iceland right?

Rebecca: I'm going to Iceland in January and I'm not going to be able to bring my phone with me, so it's going to be very, very...

Lindsay: It'll be a really good test. A really good chance to...

- Rebecca:** I'm not sure I can handle it.
- Lindsay:** ...kind of like disconnect from the phone. Well enjoy that. That sounds good.
- Rebecca:** We'll see how it goes.

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