

TED Talk: Why our screens make us less happy Adam Alter



Part 1

Circle the correct answer to questions 1-6.

1. Why does the head of the dog food company eat dog food?
 - a) Everyone in the meeting eats the dog food
 - b) Business people use their own products to demonstrate that they are confident in them
 - c) The dog food is tasty
 - d) Business people tend to get hungry in meetings

2. What is white space?
 - a) Our personal time
 - b) Where hobbies happen
 - c) Where we have close relationships
 - d) All of the above

3. Which apps do we spend more of our time looking at?
 - a) Relaxation
 - b) Weather
 - c) Reading
 - d) Social networking

4. Why does the speaker suggest we spend so much time on apps?
 - a) We like holding our phones
 - b) Our friends do
 - c) There are no stopping cues
 - d) Apps are very important

5. Why do the desks rise to the ceiling in a Dutch design firm?
 - a) To stop people from working
 - b) To allow the cleaners to enter the room
 - c) To allow other people to use the space
 - d) To keep workers fit and healthy

6. The speaker says the way we use screens is like....
 - a) Pushing the brake pedal
 - b) Driving down a really fast, long road
 - c) Walking into the ocean
 - d) Moving your car to the side of the road

7. What was the speaker's final message?
 - a) Use your screens as much as possible to call family
 - b) Don't miss taking pictures of beautiful scenery
 - c) Your life will be more meaningful when you leave your phone in the car
 - d) Don't use your phone while driving

Part 2

Complete the sentences with the correct words.

1. We sleep roughly seven-and-a-half to eight hours a day; some people say that's _____ slightly, but it hasn't changed much. We work eight-and-a-half to nine hours a day. We engage in _____ activities -- these are things like eating and bathing and looking after kids -- about three hours a day.
2. when people look back on their lives and wonder what their lives have been like at the end of their lives, you look at the last things they say -- they are talking about those _____ that happen in that white personal space. So it's sacred; it's _____ to us.
3. How _____ are the apps that we're using? And some are _____. If you stop people while they're using them and say, "Tell us how you feel right now," they say they feel pretty good about these apps --those that focus on relaxation, exercise, weather, reading, education and health.
4. The news feed just rolls on, and everything's _____: Twitter, Facebook, Instagram, email, text messaging, the news. And when you do check all sorts of other sources, you can just keep going on and on and on.
5. At Daimler, the German car company, they've got another great _____. When you go on vacation, instead of saying, "This person's on vacation, they'll get back to you eventually," they say, "This person's on vacation, so we've deleted your email. This person will never see the email you just sent."
6. Because we're really bad at _____ temptation. But when you have a stopping cue that, every time dinner begins, my phone goes far away, you avoid temptation all together.
7. You overcome the withdrawal the same way you would from a drug, and what happens is, life becomes more colorful, richer, more interesting -- you have better conversations. You really _____ with the people who are there with you. I think it's a _____ strategy, and we know it works, because when people do this -- and I've tracked a lot of people who have tried this -- it expands.
8. Your life will be richer and more meaningful because you breathe in that _____, and because you've left your phone in the car.