**NOMOPHOBIA**

A1 (6)

- Identification du problème : addiction au téléphone portable.

A2 (10)

- Définition du terme (peur de perdre son portable).

- Des gens en souffrent. Leur vie est plus difficile.

- Des solutions existent. On peut s’en sortir.

B1 (16)

- 2 exemples de signes caractéristiques du problème (anxiété, contrôle excessif du portable…)

- 1 conséquence possible (accident de voiture…)

- Au moins un nombre compris et bien interprété.

B2 (20)

- Au moins 2 exemples de traitement du problème.

- Au moins 3 exemples de signes caractéristiques du problème.

- 2 nombres compris.

**Nomophobia**

If you’re checking your phone significantly more than 34 times a day, and you’re checking your phone and being distracted by your phone, if that’s interfering with your social relationships and it’s causing problems for example with your partner or with your kids, then you know it’s become an issue.

It can actually lead to really problematic situations, for examples car crashes because they’re texting while driving.

Nomophobia was a term that was created by a study in the UK who surveyed people about their fear of losing their cellphones back in 2008. What it refers to is a fear or anxiety of losing one’s cellphone because that means you’d lose connection to those around you and to information that we are used to getting instantly. The highest rate of nomophobia occurred in people 18 to 24.

Some of the signs of nomophobia would be fear or anxiety response at the thought of losing one’s phone, frequently checking one’s phone to see if somebody’s texted or emailed or if there’s something new going on (maybe on Facebook), constantly checking to make sure the battery is at full life.

The best way to treat nomophobia would be exposure with response prevention. So we would actually take their phones and not let them have it back. And then, by not letting have it back, we’re preventing them from responding in a way they would normally respond. Commit yourself to putting down the phone for a certain amount of time each day, don’t use it in inappropriate places like the bathroom or on a date or during family dinners.