

BBC 6 minute English - Coffee addiction

★ Match the following words to their definitions

Insomnia, consume, lethargic, high blood pressure, aroma, stimulant, withdrawal symptoms, sip, indigestion, in moderation

	to drink something, taking a very small amount each time
addict	a person who is unable to stop using or doing something as a habit, especially something harmful
	to use something, especially fuel, energy or time
	In small quantities
	a pleasant smell that is easy to notice
caffeine	a drug found in coffee and tea that makes you feel more active
	a drug or substance that makes you feel more active and gives you more energy
	pain caused by difficulty in processing food into substances your body can use
	the condition of being unable to sleep
psychoactive	(of a drug) affecting the mind
	without any energy or enthusiasm for doing things
	the unpleasant physical and mental effects that result when you stop doing or taking something, especially a drug, that has become a habit
	a medical condition in which the force of the blood against the walls of the arteries as the blood travels through them is greater than is considered healthy

Definitions from: dictionary.cambridge.org, oxfordlearnersdictionaries.com

Word Power: Words to talk and write about addictions

Words and Expressions

* to have an addiction

* to be (get) hooked on

* to be addicted to

* to kick/break a habit

* (an) addict

* to give up a habit

* addictive

*to overcome an addiction

Using suffixes (word endings) to make nouns:

*You can use the endings **-oholic** or **-aholic** to say a person is an addict*

alcoholic

workaholic

shopaholic

webaholic

chocoholic

*You can use the ending **-ism** to name some addictions*

alcoholism

workaholism

shopaholism

webaholism

Some adjectives used to describe an addict:

compulsive

dependent (on)

addicted to

hooked on

★ *Complete the sentences with some of the words presented above.*

1. She is a shopper.
2. Internet is a problem.
3. He smokes, but he wants to kick
4. He is a real television
5. He is on sleeping pills.
6. Gambling can become
7. She is on gambling.
8. He is to computer games.
9. It is difficult to an addiction.
10. She is an She tried to drinking but it's hard to the habit.