

ENGLISH CORNER MENU

Learning English Through Discussion

SELF-CONTROL AND ADDICTION

Self-control: noun. The ability to control your emotions and actions.

Addiction: noun. When you cannot stop doing or taking something because you are addicted to it.

HOT TOPICS

On your way to English Corner today, you might have seen many people celebrating after the Melbourne Cup Horse Race. Today millions of dollars were spent on gambling. Another topic in the news is the dramatic increase in alcohol-related violence. The police are trying to change the laws so that nightclubs and pubs have to close at 3 am instead of 5 am. Today's topic is about self-control and addiction.

1. Rate the following things that people can be addicted to most harmful (1) to least harmful (12). Why? *In threes discuss:*

- food
- drugs
- coffee
- cigarettes
- alcohol
- shopping
- exercise
- gambling
- sex
- pornography
- chocolate
- relationships

2. What is the 'drinking culture' in your country? For example in Australia – we 'shout' our friends a drink. We say 'it's my round'. What does this mean? There is also a binge drinking culture where people drink a lot very quickly to get as drunk as possible. In your country what is the drinking culture?

3. Why do people get addicted to things?

Is it because of?

- **social** (community/family influence). For example if your father drinks a lot of alcohol you will...
- **environment** (pubs, casinos). When you walk past the casino, you decide to go in to play the pokies.
- **-or physical** (person's genetics, personality etc.) factors? I can't help it – the addiction is part of my personality or genes.

4. What are some common addiction problems in your country?

5. What would you say if you thought your friend was addicted to drugs, alcohol, or gambling? E.g. ___ can I speak to you about something?... I am worried about the amount of time you spend (at the Casino)... is everything ok?

6. There are some good words of wisdom from the Bible. Read and discuss: What do they mean?

"Losing self-control leaves you as helpless as a city without a wall" Proverbs 25:28.

"Some of you say, "We can do anything we want to." But I say to you that not everything is good for us. So I refuse to let anything have power over me."

Vocabulary

Addict: noun. Someone who cannot stop doing something

Addictor: noun when you cannot stop doing something

Addicted: adjective. Not able to stop taking or doing something.

Addictive: Adjective. If something is addictive, it makes you want more of it.

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