

## Nomophobia 恐惧离开手机的生活

It was a beautiful, sunny Saturday. I was going to meet an old university friend I hadn't seen for years, and was really excited to hear all his news. My train was running a little late, but that was no big problem - I could text him to say I would be **delayed**. He would understand. But... where was my mobile phone? I had that familiar **sinking feeling**. Yes, I'd forgotten it at home.

No mobile phone. I'm sure I'm not alone in feeling **anxious, on edge** and worried when I don't have my phone with me. In fact, I know I'm not alone: two-thirds of us experience 'nomophobia', the fear of being out of mobile phone contact.

That's according to a study from 2012 which surveyed 1,000 people in the UK about their relationship with mobile phones.

It says we check our mobile phones 34 times a day, that women are more 'nomophobic' than men, and that 18-24 year-olds are the most likely to suffer fear of being without their mobiles: 77% of them say they are unable to be apart from their phones for more than a few minutes.

### Do you have nomophobia?

- You never turn your phone off
- You obsessively check for texts, missed calls and emails
- You always take your phone to the bathroom with you
- You never let the battery run out

It's funny to think that around 20 years ago the only people with mobile phones would be businesspeople carrying their large, plastic '**bricks**'.

Of course, these days, mobile phones are everywhere. A UN study from this year said mobile phone **subscriptions** would **outnumber** people across the world by the end of 2014.

And when there are more phones than people in the world, maybe it's time to ask who really is in charge? Are you in control of your phone, or does your phone control you?

So, what happened with my university friend? When I arrived a few minutes late he just laughed and said: "You haven't changed at all - still always late!" And we had a great afternoon **catching up**, full of jokes and stories, with no **interruptions** and no **nagging desire** to check my phone.

Not having it with me felt strangely **liberating**. Maybe I'll leave it at home on purpose next time.

词汇表请参看答案与词汇部分

## Quiz 测验

阅读短文并回答问题。

1. How did the author feel when he realised he had left his mobile phone at home?
2. What proportion of British people are afraid of being out of mobile phone contact, according to the study?
3. Which word was used to describe old mobile phones?
4. Who is more likely to be 'nomophobic'? An 18-year old girl or an 18-year-old boy?
5. Did the author regret not having his phone after meeting his friend?

## Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. The train was \_\_\_\_\_ by 17 minutes.

slowed	later	delayed	on time
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2. I really enjoy \_\_\_\_\_ up with friends who I haven't seen for a long time.

drinking	catching	talking	throwing
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3. I feel \_\_\_\_\_ if I drink too much coffee.

on edge	off edge	on front	on up
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4. When I realised I was going to the wrong station I had that \_\_\_\_\_ feeling.

sinking	swimming	flying	bubbling
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5. Mr Bisson's mobile phone was not very fashionable. His colleagues said he had a '\_\_\_\_\_ '.

window	brick	stone	box
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## **Answers and Glossary** 答案与词汇

### **Quiz** 小测验

1. How did the author feel when he realised he had left his mobile phone at home? **He had a sinking feeling.**
2. What proportion of British people are afraid of being out of mobile phone contact, according to the study? **Two-thirds of British people.**
3. Which word was used to describe old mobile phones? **'Bricks'**
4. Who is more likely to be 'nomophobic'? An 18-year old girl or an 18-year-old boy? **An 18-year-old girl.**
5. Did the author regret not having his phone after meeting his friend? **No, he felt it was 'strangely liberating'.**

### **Exercise** 练习

1. The train was **delayed** by 17 minutes.
2. I really enjoy **catching up** with friends who I haven't seen for a long time.
3. I feel **on edge** if I drink too much coffee.
4. When I realised I was going to the wrong station I had that **sinking** feeling.
5. Mr Bisson's mobile phone was not very fashionable. His colleagues said he had a **'brick'**.

## Glossary 词汇表

<b>delayed</b>	被延误了
<b>that sinking feeling</b>	下沉的感觉、心神不定
<b>anxious</b>	焦急的
<b>on edge</b>	紧张不安的
<b>brick</b>	大哥大（手机）
<b>subscription</b>	手机注册的用户
<b>outnumber</b>	在数量上超过
<b>to catch up</b>	了解近况、见面、叙旧
<b>interruption</b>	打断、干扰
<b>nagging desire</b>	挥之不去的欲望
<b>liberating</b>	感到释放的感觉