



WHERE'S MY PHONE?



Scan to review worksheet

Expemo code:

15RE-P7J8-ZJEK

1

Warm up

Answer these questions about how you use your mobile phone.

1. Where do you keep your phone?

- I always have it with me.
- I usually have it with me.
- I rarely have it with me.

2. Do you check your phone when you're at a restaurant with a friend?

- Yes, always.
- Sometimes.
- No, never.

3. Do you check your phone for work messages when you're on holiday?

- Yes, always.
- Sometimes.
- No, never.

4. Do you avoid separation from your phone by taking it into the bath or shower?

- Yes, always.
- Sometimes.
- No, never.

5. How do you feel when you can't use your phone because your battery is low, or there is no signal?

- Very worried.
- A bit worried.
- Not worried.

Do you think that you control your phone or that your phone controls you?



2

Listening



Listen to this interview with a psychologist and decide if these sentences are true or false.

1. Nomophobia is when people are afraid to use their mobile phone.
2. Over 50% of adults have this problem.
3. If you have this problem, you don't like to check your phone very often.
4. This problem can be dangerous to other people.
5. If you have this problem, you should talk to your family or friends so they can help you.
6. Everyone should make some rules about when and where they use or don't use their phones.

Work in A/B pairs. Listen again and choose the correct underlined word to complete each sentence in your exercise. Then share the answers with your partner.

Student A

1. Well, it's a long word, but I'm sure you're all worried / familiar with this problem.
2. ... we're seeing a big increase / percent in the number of people who have a serious problem.
3. People with this problem avoid away / separation from their phone at all times.
4. People with this condition are often afraid / worried of losing contact with the world.
5. I decided to find out more about the reasons why / for the increase in nomophobia.
6. ...if you feel that your phone is controlling you, and you're familiar / tired of this situation, then you should make an appointment...

Student B

1. It means the fear / afraid of losing, or being without, your mobile phone.
2. Someone is nomophobic if they are very, very worried about / for being without their phone.

3. But with nomophobia, there is a strong physical need / necessary for your phone.
4. And why are you interested about / in nomophobia?
5. I hope to find a solution / reason to this problem.
6. We have to be responsible / worried for how we use this technology.



3

Language point

We often use sentences with these patterns:

adjective + preposition: And why are you **interested in** nomophobia?

noun + preposition: We're seeing a big **increase in** the number of people who have a serious problem.

Prepositions are always followed by nouns:

Well, it's a long word, but I'm sure you're all **familiar with this problem**.

What are the nouns in the two sentences above?

A gerund (*verb + -ing*) is a type of noun.

It means the **fear of losing, or being without**, your mobile phone.

Complete the middle column of the table with the correct preposition. Use the listening exercise or the transcript to help.

adjective	preposition	noun
worried	1	
responsible	2	need / reasons
	3	separation
interested	in	increase
afraid / tired	4	fear
	5	solution
familiar	6	contact

Are there any words in the table that are new for you?

Work in pairs to test your partner, like this:

A: Interested...

B: Of?

A: No, try again.

B: In, interested in.

A: Correct!



4 Practice

On Dr Appleby's website, there is some more information about nomophobia. Read the text and add eleven missing prepositions in the correct places, as in the example:

Example: Are you worried about nomophobia?

Nomophobia means the fear losing, or not being able to use, your mobile phone. Our research is showing a big increase the number of people who are worried about separation their phones. Are you familiar this problem? Are you nomophobic? If you are, and you're tired it, you can be part of our research into the reasons your feelings. There is a need more people to take part in research. We will help you to find a solution this problem and be more responsible using your phone. If you're interested our work, please leave your e-mail address and we will be in contact you shortly.

5 Speaking

Complete the sentences so they are true for you. Remember that prepositions are followed by nouns, including gerunds (*verb + -ing*).

Are you the same as me?

- I'm afraid of ...
- It's important to stay in contact with ...
- I'm not very familiar with ...
- In my country, we're seeing a big increase in ...
- I'm very interested in ...
- Children have a strong need for ...
- In my family, I am responsible for ...
- Separation from my phone makes me feel ...
- We need to find a solution to this problem ...
- I'm tired of ...
- I'm worried about ...

Work in pairs or small groups to compare your answers. Are any of your ideas the same? Get ready to tell the teacher/class about how your pair or group is the same or different.



6

Extra practice/homework

Read these sentences about phobias and add a missing word in the gap.

1. Optophobia is the _____¹ of opening your eyes; people with this condition keep their eyes closed!
2. If you have heliphobia, you're _____² of sunlight.
3. Geliphobics are very _____³ about people laughing near them.
4. You're probably not _____⁴ with any of these phobias because they are not common.
5. Some people say that we are seeing a big _____⁵ in the number of people with phobias.
6. A lot of psychologists are _____⁶ in finding out how phobias develop.
7. There are many _____⁷ for developing phobias.
8. A difficult experience in the past may be _____⁸ for some people's problems.
9. However, the _____⁹ to most of these problems begins with asking for help.
10. There is a great _____¹⁰ for more research about phobias so more people can get help.



7

Optional extension

If you want to learn and remember a language point, it can be helpful to record information as a picture or diagram. A table, like the one used in the Language point in this lesson, is one type of useful diagram. You can also make a diagram like this one:



Making a diagram like this helps you learn the information. You should also look at the diagram regularly to help you remember the language point. You can add more information to the diagram if you notice a new item when you're reading or listening to something in English. Some people also like to include colours, pictures, example sentences, pronunciation, or translation to help them remember.

Make another diagram like this for the *adjective + preposition* patterns from this lesson. Use different colours for each circle to help you remember the information. Put the diagram on the wall of your bedroom so you can see it every day.