**Doc A** Simon Sinek’s interview, Inside quest, 2016 **Doc B**

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| 1    5     10     15 | We know that engagement with social media and our cell phones releases a chemical called dopamine. That’s why, when you get a text, it feels good. When you feel a little bit down, a bit lonely, you sent out 10 texts to 10 friends: “Hi”, “Hi”, Hi”… because it feels good when you get a response. It’s why we count the Likes, it’s why we go back ten times … to see if our Instagram is going slower … It’s why we wonder “Did I do something wrong? Don’t they like me anymore?” You know that when you get it, you get a bit of dopamine., which feels good. It’s why we like it. It’s why we keep going back to it.  Dopamine is the same chemical that makes us feel good when we smoke, when we drink and when we gamble. In other words, it’s highly, highly addictive.  These things, balanced, are not bad. Gambling is fun, too much gambling is dangerous. There is nothing wrong with social media and cell phones, it’s the imbalance.  Like all addictions, in time, it will destroy relationships. It will cost time, it will cost money, and it will make your life worse. |

a. Read **doc A** and summarize its content in your own words.   
b. Pick out all the elements in **doc B** related to social media.   
What do they have in common ?   
What does this picture make you think of ?   
What could be the relationship between binge-eating and social media ?

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