



Universidad de Buenos Aires
Facultad de Derecho

	Exercise N°	Professor's Name	Mark
Part I	1. Reading Comp./20
	2. Paraphrasing/30
	Total Part I (Min. 26)....		/50
Part II	3. Essay/50
	Re correction/50
	Essay Final Mark (Do NOT fill in)/50
	Total Part II (Min.26) ...		/50

**CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION –
MAY 2022 Tema 2**

NOMBRE y APELLIDO:

.....

N.º de ORDEN: (NO es el DNI)

.....

Please read the text carefully and then choose the best answer. Remember the questions do not follow the order of the reading passage

Constant craving: how digital media turned us all into dopamine addicts

According to addiction expert Dr Anna Lembke, our smartphones are making us dopamine junkies, with each swipe, like and tweet feeding our habit. So how do we beat our digital dependency?

Jamie Waters

Dr Anna Lembke, a world-leading expert on addiction, is concerned about my “phone problem”. During our interview I confess, in passing, to having an unhealthy attachment to my iPhone, checking it every few minutes like a compulsive tic (sound familiar?) Lembke is having none of it. She wants me to abstain from using it for at least 24 hours by locking it in a drawer and going out. The first 12 hours will be filled with anxiety and FOMO, but as time unfolds, I’ll experience a sense of “real freedom”, will gain insight into my relationship with my digital companion and will “resolve to get back to using it a little differently”, she says, speaking with a soothing yet firm tone.

She wrote Dopamine Nation because she believes her recovering patients – whether 60-something Jacob who built a masturbation machine to satiate his sex habit; teenaged Delilah, who couldn’t get out of bed unless she was high on cannabis; or Chi, who bought thousands of cheap consumer goods online just to experience the thrill of opening the package – have “acquired a wisdom we all could benefit from”.

Although dopamine was only identified by scientists in 1957, seeking pleasure is hardwired into our brains. With addiction, about 50% is down to genetic disposition, with the other 50% coming from environmental factors such as access, says Lembke.

Our brains haven't changed much over the centuries, but access to addictive things certainly has. Whereas our ancestors put all their efforts into seeking a mate and tasty food, we can find those, and much more besides, with the click of an app.

When we binge on pleasurable things, homeostasis means "our brain compensates by bringing us lower and lower and lower," says Lembke. Each time the thing becomes less enjoyable, but we eventually become dependent on those stimuli to keep functioning. We spiral into a joy-seeking abyss. The digital world enables bingeing on a previously unseen scale because there are no practical limitations forcing us to pause. With substances, you eventually run out of money or lines of cocaine (even temporarily), but Netflix shows or TikTok feeds are indefatigable. Often you needn't do anything: the next hit automatically loads on your screen.

As well as compromising our attention spans, Lembke says our obsession with instant gratification means we're constantly living in our limbic brain, which processes emotions, rather than in our pre-frontal cortex, which deals with future planning and problem-solving and is important for personality development. When we're confronted with a complex or unsettling issue in our work or social lives, our digital companions are always there to help us escape the stickiness of life with an easy distraction. (And the version of life presented on screens removes all rough edges: faces are filtered and beautiful, there are no awkward silences, and if we don't like what we see we can simply click on another tab.)

"It's very different from how life used to be, when we had to tolerate a lot more distress," says Lembke. "We're losing our capacity to delay gratification, solve problems and deal with frustration and pain in its many different forms."

Dopamine has been dubbed 'the Kim Kardashian of molecules' owing to its mainstream prominence

Want to kick your habit? Like my phone-in-locked-drawer situation, you should start with a period of fasting, from 24 hours up to one month (the longer, the better). Make sure you can't access the thing during the first 12 hours, when cravings are most acute – willpower is only so strong.

The purpose of that time away, says Lembke, is to reset our brain's pathways and gain perspective on how our dependency affects us. The goal is generally not to banish it forever, but to figure out how to enjoy it in moderation – that most elusive of things. Some will realise they cannot enjoy it without going too far but usually "self-binding" techniques should help with finding a balance. You might try putting barriers between you and the vice, like removing all screens from your bedroom, putting your phone on airplane mode, or committing to only using the thing at certain times, like at weekends. These will be more manageable after your initial fast. It's "easier to go from abstinence to moderation, than from excessive consumption to moderation," says Lembke. Like the Dutch practice of *niksen*, which involves setting aside time each day to do nothing, it's about being still with your thoughts.

Many of these ideas are familiar: we've all heard about digital detoxes and mindfulness practices, but unlike many spiritual gurus, Lembke is straight-shooting. She is not promising sunshine and rainbows. Yes, it's natural and healthy to pursue enjoyment, but

our consumer culture has created an expectation “that life is supposed to be so fun!” she says. “And really, it’s not. Life is a slog and I think if we could admit that and take comfort in knowing we’re not alone in the day-to-day struggle, paradoxically, we would be happier.”

We’re losing our capacity to delay gratification, solve problems

It’s a sobering thought. Because the bounty of high-octane stimuli enables us to instantly boost our mood – something previous generations couldn’t do to the same degree – we’re under the impression we can fully control when we feel joy. In reality, our drip-fed, tech-fuelled bliss is fleeting, and often less than blissful. The main message is to stop hunting for pleasure all the time. It’s too much of a good thing, and all that.

Lembke is sanguine that we can beat our digital dependencies by embracing a more monastic mindset. She advocates replacing some pleasure-seeking vices with “painful” pursuits. When we do things that are challenging – going for a run, having an ice bath, talking to a stranger, reading a book on philosophy – instead of receiving a dopamine boost beforehand we experience it afterwards. “Doing things that are hard is one of the best ways to pursue a life worth living, because the pleasure we get afterwards is more enduring,” she says. We tend to forget that earned highs are that much sweeter

PART I (Minimum Passing Mark: 26 points)

PAPER1

1. READING COMPREHENSION

All the correct answers are awarded 2 points each.

Choose the best option. (More than one choice might be possible)

1. Patients who went through her treatment
 - a. Managed to build interesting contraptions to satisfy their cravings.
 - b. Kept their cravings at bay easily.
 - c. Might serve as an example for people who are going through similar plights.
 - d. Manage to experience new thrills in life

2. Paragraph 2. “Lembke is having none of it” can be best paraphrased as:
 - a. She would rather go without using it.
 - b. She would not allow that particular behaviour.
 - c. She abstains from using an iPhone.
 - d. She has no unhealthy attachments.

3. Digital binges can be more difficult to solve. (Choose all that apply)
 - a. Because these particular binges affect our limbic brain
 - b. Because access to this new drug is unbounded.
 - c. Because humans are by nature indefatigable pleasure seekers.
 - d. Because higher dopamine levels are to be found in apps.

4. The quest for pleasure
 - a. Has changed for our brains have adapted to access addictive things more easily.
 - b. Is deeply engrained in our brains.
 - c. Is ameliorated in our brains by lowering the levels of satisfaction.
 - d. Has been clearly understood as from 1957.

5. Dr Anna Lembke's approach to curing patients seems to be convoluted and far-fetched.
 - a. True
 - b. False.
 - c. Not mentioned in the text

6. The interviewer went to see Dr, Anna Lembke because she seems to have an unhealthy attachment to her iPhone.
 - a. True
 - b. False.
 - c. Not mentioned in the text

7. Keeping our phones-in-locked-drawer situation
 - a. Should be accompanied by a period of fasting to be able to control your weight as well
 - b. Tests the strength of your willpower to control other possible addictions.
 - c. Might help re-wire your brain.
 - d. Will end your cravings for good.

8. Binge eating is a by-product of our obsession with instant gratification.
 - a. True
 - b. False.
 - c. Not mentioned in the text.

9. The path of life Dr Lembke proposes:
 - a. Will instantly boost our mood.
 - b. Is fleeting, and often less than blissful.
 - c. Seems to provide a more enduring happiness.
 - d. Calls for delaying gratification.

10. Dr, Lembke asserts that "paradoxically, we would be happier." Because:
 - a. We need to come to terms with what life really means.
 - b. Life is really a slog, and we should resign ourselves to that.
 - c. Pursuing enjoyment makes life fun.
 - d. She is straight-shooting.

2. USE OF ENGLISH: PARAPHRASING (30 points)

All the correct answers are awarded 3 points each.

Use the given beginnings.

DO NOT change the meaning. There is no limit to the number of words you can write

1. Everyone supposes our digital companions are always there to help us escape the stickiness of life.

1. Our digital companions.....
..... (Use the passive)

2. It is essential that we regain our capacity to delay gratification, solve problems and deal with frustration and pain in its many different forms.

2. (Requires).....
.....

3. Will humans ever manage to control their unhealthy attachments and compulsive behaviour?

(Succeed)
3.
.....

4. The plight humans have to cope with is so difficult, that people try to boost their mood artificially.

4. Such
.....

5. Dr. Lembke to her patient "Take each day as it comes, it is pointless to over worry over daily predicaments"

5. Dr. Lemke suggests to.....
For there

6- If you confess to having an unhealthy attachment to your iPhone, you need to refrain from using it

6- It is high
time.....
...in order to

ameliorate.....

7- People tend to follow her advice because she expresses her views with a soothing yet firm tone.

7- But for her.....

.....

8. Although dopamine was only identified by scientists in 1957, its potentiality to cause damage was unveiled much later.

8. In spite of..... (You cannot use "the fact")

9. Whereas our ancestors put all their efforts into seeking a mate and tasty food, we can find those with the click of an app.

9. Only by....., nevertheless

10. It is a real shame teenaged Delilah has become dependent on those stimuli that spiral her into a joy-seeking abyss.

10. If only.....

PART II (Minimum Passing Mark 26)

3. ESSAY WRITING (350 words)

Write an opinion essay on ONE of the topics below:

Please mind your handwriting

(a) How has the use of iPhones and computers changed the way in which we relate to people?

-(b) For and Against essay: Pros and Cons of having devices available 24/7

Make sure you include:

- **Advanced structures (inversion, conditionals, passive voice, linkers, complex clauses, etc.)**
- **Relevant vocabulary**
- **Meaningful and rich ideas**
- **Well-ordered and cohesive paragraphs**

(DAI394) Student's Name:

Nº de Orden:

(DAI394) Student's Name:

Nº de Orden:

TOTAL .../50

Students write **HERE** TOTAL WORD COUNT:

Poor/Inaccurate use of structures requested		Spelling mistakes	
Poor use of language/grammar		Punctuation mistakes	
Lack of Cohesion / Coherence		Poor contents/ poor ideas	

