**“Is Internet Addiction a Real Thing?” Vocabulary**

*Write a contextual definition or synonym for the words below.*

[P2] debilitating: **making someone or something**[**physically**](https://dictionary.cambridge.org/dictionary/english/physically)[**weak**](https://dictionary.cambridge.org/dictionary/english/weak)

[P2] take a hit: If something "takes a hit," it is affected badly by something.

[P5] behest: **a**[**request**](https://dictionary.cambridge.org/dictionary/english/request)

[P5] forgo: **to not have or do something**[**enjoyable**](https://dictionary.cambridge.org/dictionary/english/enjoyable)

[P7, 14] ubiquitous, ubiquity : [**seeming**](https://dictionary.cambridge.org/dictionary/english/seeming)**to be**[**everywhere**](https://dictionary.cambridge.org/dictionary/english/everywhere)

[P8] repercussions : **the**[**effect**](https://dictionary.cambridge.org/dictionary/english/effect)**that an**[**action**](https://dictionary.cambridge.org/dictionary/english/action)**,**[**event**](https://dictionary.cambridge.org/dictionary/english/event)**, or**[**decision**](https://dictionary.cambridge.org/dictionary/english/decision)**has on something,**[**especially**](https://dictionary.cambridge.org/dictionary/english/especially)**a**[**bad**](https://dictionary.cambridge.org/dictionary/english/bad)[**effect**](https://dictionary.cambridge.org/dictionary/english/effect)

[P9] pathological: (of a person) unable to control part of their behaviour; unreasonable

[P10] uptick : **an**[**increase**](https://dictionary.cambridge.org/dictionary/english/increase)**in the**[**number**](https://dictionary.cambridge.org/dictionary/english/number)**or**[**amount**](https://dictionary.cambridge.org/dictionary/english/amount)**of something**

[P10] endemic: [**especially**](https://dictionary.cambridge.org/dictionary/english/especially)**of a**[**disease**](https://dictionary.cambridge.org/dictionary/english/disease)**or a**[**condition**](https://dictionary.cambridge.org/dictionary/english/condition)**,**[**regularly**](https://dictionary.cambridge.org/dictionary/english/regularly)[**found**](https://dictionary.cambridge.org/dictionary/english/found)**and very**[**common**](https://dictionary.cambridge.org/dictionary/english/common)**among a**[**particular**](https://dictionary.cambridge.org/dictionary/english/particular)[**group**](https://dictionary.cambridge.org/dictionary/english/group)**or in a**[**particular**](https://dictionary.cambridge.org/dictionary/english/particular)[**area**](https://dictionary.cambridge.org/dictionary/english/area)

[P10] ambivalent : **having two**[**opposing**](https://dictionary.cambridge.org/dictionary/english/oppose)[**feelings**](https://dictionary.cambridge.org/dictionary/english/feeling)**at the same**[**time**](https://dictionary.cambridge.org/dictionary/english/time)**, or being**[**uncertain**](https://dictionary.cambridge.org/dictionary/english/uncertain)**about how you**[**feel**](https://dictionary.cambridge.org/dictionary/english/feel)

[P10] ring true: **If something someone says or writes**[**rings**](https://dictionary.cambridge.org/dictionary/english/ring)[**true**](https://dictionary.cambridge.org/dictionary/english/true)**, it**[**seems**](https://dictionary.cambridge.org/dictionary/english/seem)**to be**[**true**](https://dictionary.cambridge.org/dictionary/english/true)

[P14] harness: **a**[**piece**](https://dictionary.cambridge.org/dictionary/english/piece)**of**[**equipment**](https://dictionary.cambridge.org/dictionary/english/equipment)**with**[**straps**](https://dictionary.cambridge.org/dictionary/english/strap)**and**[**belts**](https://dictionary.cambridge.org/dictionary/english/belt)**, used to**[**control**](https://dictionary.cambridge.org/dictionary/english/control)**or**[**hold**](https://dictionary.cambridge.org/dictionary/english/hold)**in**[**place**](https://dictionary.cambridge.org/dictionary/english/place)**a**[**person**](https://dictionary.cambridge.org/dictionary/english/person)**,**[**animal**](https://dictionary.cambridge.org/dictionary/english/animal)**, or**[**object**](https://dictionary.cambridge.org/dictionary/english/object)**:**