1. Yes, I believe that smartphones can be addictive. Many people experience a constant urge to check notifications, social media updates, games, and other entertaining apps on their smartphones. This can lead to a loss of control over the time spent on the devices and interfere with everyday life.

2. To reduce the time spent on smartphones, one can try the following methods:

- Limit access to specific apps or websites using parental control features.

- Set specific times for smartphone usage and stick to that schedule.

- Learn to disable notifications to avoid constant distractions.

- Set a goal to spend more time without the smartphone and stick to that goal.

3. Now, I will explain the meanings of the chosen words:

- Compulsive - relating to an irresistible urge to perform a certain behavior.

- Urge - a strong sudden desire to do something.

- Absent-mindedly - doing something without attention or care.

- Struggle - effort or fight with something difficult or challenging.

- Compelling - evoking a strong impression, attractive.

Example sentences:

1. His compulsive email checks became a problem.

2. She felt a strong urge to return to work after the vacation.

3. He absent-mindedly opened the refrigerator, not remembering what he wanted to take.

4. The young man struggled with panic during claustrophobic episodes.

5. The man presented compelling arguments in favor of his position at the meeting.