

### A. Pre-Reading Preparation

#### **Cultural Context**

This article explores the concept of dependency or addiction. Addictions to drugs, gambling and alcohol are among the better known forms of dependency. But other types of activities, such as shopping, eating and participating in sports, also can become addictive behaviors when people start doing them excessively and compulsively.

1. Can you explain what “dependency” and “addiction” are? Can you give an example of a dependent or addictive behavior and/or activity?
2. What other forms of addiction or dependency do you know of?
3. What do you think are the possible causes of dependency or addiction?

#### **About the text**

In this article, the writer explores a scientific theory that suggests dependency is controlled by genes. Arguing against the factors that are usually offered to explain addiction (social status, moral depravity, mental illness. .), this article tries to show that the main cause of dependency lies in chemical imbalances in people’s brains.

1. Do you believe that genes contribute to addictive behavior?
2. Do you think that the biological explanation is logical?
3. Do you think that addiction can be cured by biological treatment?

## B. Reading

Read this text twice. Try to deduce the meaning of the words that you do not understand from the context in which they appear. The following vocabulary and comprehension sections will help you. By the end of this unit, you should have become familiar with many new words. If the different exercises and materials of this lesson do not enable you to understand all the words, use your dictionary to build up your vocabulary.

# Why We Crave

## The Origin of Dependency

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*By Marlane Press, The Vancouver Courier*

- 1        There is no doubt that certain people are more **susceptible** than others to addiction, according to Dr. Ray Baker, a local specialist in addiction medicine. Whether the addiction involves drugs such as nicotine, cocaine and alcohol or activities such as sexual behavior, shopping and gambling, the single strongest risk factor for it is genetics.
- 2        Addictions have been shown to be anywhere from 67 per cent to 80 per cent **hereditary**. This means that children of addicts, whether they're brought up under the roof of their parents' home or not, almost always will have the same addiction as their genetic ancestors. This occurs even when they have been adopted and know nothing of their parents' addictions.
- 3        "However, there's a combination of other factors, too," says Dr. Baker, medical director of Occupational Health Corporation. "Things such as early **exposure** to a drug, early life emotional **trauma**, physical or sexual abuse, and certain psychiatric conditions also are contributing factors. But we now think that the people who are at a level of increased susceptibility have an **inborn** defect in the part of the brain responsible for reward and the ability to comfort oneself."

(END OF SAMPLER)