



## I'M ADDICTED TO TIKTOK / REELS

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### PDF 2 – Grok's Reply & Discussion

#### Read Grok's Reply

Dear Reel Addict Ryan,

Haha, welcome to the club! 😂 I think half the planet is addicted to short videos right now — including many teachers (yes, even me if I had fingers).

The truth (with a smile):

- These apps are designed to keep you scrolling — that's how they make money.
- One hour of Reels can make you feel happy in the moment but tired and guilty later.
- Your mom shouts because she's worried about your sleep, eyes, and studies.

My honest advice:

1. Set a timer — maximum 20-30 minutes per day.
2. Use "Focus Mode" or "Screen Time" limits on your phone.
3. Create a new habit: After 20 minutes, put the phone in another room.
4. Replace some scrolling with something you also enjoy (music, sport, talking to friends in real life).
5. Don't delete the app — just control it.

You've got this, Ryan! Small changes work better than trying to stop completely 🙌

Grok

#### Discussion Questions

1. Do you agree that these apps are designed to be addictive?
2. Which piece of advice do you think is the most realistic?
3. Have you ever tried to reduce your screen time? What happened?
4. Is it possible to enjoy TikTok/Reels without becoming addicted?

#### Speaking Extension (Groups of 3)

Rank Grok's advice from most useful to least useful. Write the number and discuss.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_