

**PROMPT** Describe 3 binge-watching symptoms.

# SYNTHESIZING MULTIPLE SOURCES

## SOURCE 1

- Watching multiple episodes of a television program in rapid succession.
- Without ever getting up.
- In one sitting or over a short period of time. *(Neglecting everything else.)*
- Are-you-still-watching prompt... A dull, gray little dialogue box. *(Intentionally boring graphic.)*
- A "continue watching" button to click. *(Makes it easy to keep going.)*
- Freeze continues, indefinitely. *(You have to choose to play more.)*
- Element of guilt. *(Guilt is doing something that you know you shouldn't.)*
- "Auto-play function is responsible for most of my binge-watches."
- "If it'll keep playing, I'll probably keep watching until it asks me to make a decision." *(Sounds like an addict.)*
- Netflix shaming... TV just judged me. *("Continue watching" button is like a parent saying "Are you sure you want to make that choice?")*
- All-nighter binge... during the holidays. *(Missing out on special holiday memories.)*
- Supposed to be spending time with my family. *(Neglecting priorities; neglecting people.)*
- Crouching over my laptop. *(Maybe hiding with volume on low and have to lean in.)*
- Screaming and crying about what was going on television. *(Emotionally invested.)*
- A yucky feeling. *(Back to feeling guilty.)*
- My consciousness was being overtaken by the show. *(Could stop; sounds like addict.)*
- I wanted to get back to the real world. *(Implies he is living in a fake/fictional world.)*

## SOURCE 2



- "After binge watching." *(This is an effect— what has happened because of the binge.)*
- Facial expression. *(Shock, appalled at himself.)*
- Messy hair. *(Not groomed, not showered.)*
- Hair growth. *(Hasn't left the room for a long time— maybe days or weeks.)*
- Personal items on shelves/walls. *(Personal space or bedroom, somewhere alone.)*

## SOURCE 3



- "Lies I tell myself." *(Implies deceit or deception.)*
- "Just one more episode" in quotes. *(Self-talk— what she's thinking of herself.)*
- "Lies." *(Means false or fake or not a true statement.)*
- Messy hair, food on face, mascara streaks. *(Implies not showered.)*
- Laptop. *(Small screen for single viewer; portable which allows to view alone.)*

## SYNTHESES

**A decline in physical appearance**

**Think or feel poorly about one's self image**

**Stop interacting with humans in the real world; living in a fictional world.**