

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.