**Extra Credit Opportunity**

For this assignment, you will be giving up something that is already an addiction in your life. For most of you, that will be giving up the special features of your cell phone (Instagram, Facebook, Twitter, Snapchat, etc.) I’m open to other ideas as far as what you could give up to simulate addiction-just run the idea by me first. Here’s what you need to know:

1. The first rule of Psych Club is: You do not talk about Psych Club. You may only converse with those   
 in the AP Psychology classes about the lack of being able to use what you are addicted to. A   
 decent percentage of your parents will most likely figure out what’s   
 going on if they text you and you call back. Feel free to take this one of two ways: Deny that you   
 have a problem and that nothing is different about you OR admit only to them (no siblings) that   
 you have an addiction and could use their support and discretion in this process.

2. You must carry around your cell phone (for others- some form of your addiction) at all times. You   
 need to have access to it (not only for emergency purposes, but also as a temptation as you are  
 trying to “kick your habit.”) For cell phones, if someone texts you, do not text them back. You

must call them. You cannot use your computer to get around the process (sending text

messages, Twitter, etc) as that is just finding a different form of your addiction to help

temporarily appease it.

3. The simulation must last **5 full days**.

4. At the end of the exercise, you will write a roughly 1 page, typed, reflection over the following things:

-In what ways, if any, do you think you felt like or had experiences like or behaved like an addict.

-What was it like to have to alter many of your daily activities to accommodate your addition?

-What was the hardest part of the simulation?

-What did you learn about addiction? About yourself? Any changes you will be considering based on this exercise?