**话题： 人与自我《健康与生活》Writing课后作业答案**

Dear Jack,

I’m sorry to hear that you have heavy pressure in preparing your due to playing online games. I also like playing online games and I know how it easy it is to be addicted to it and how tough it is to stop.

Just you mentioned, once we were addicted to games, we can’t concentrate on our lessons. As a result, we may quickly fall behind others, which may upset our parents. I don’t know whether you have noticed other bad effects of playing games. Besides, If I play online games every day, my eyes will be painful. Also, it can do terrible damage to my neck. Once I played online games all day and even forget to eat meals, when I finish playing, I feel so dizzy. Do you have the similar feeling to me? What’s more, it is reported that many games are filled with violence. If we play these games over and over again, we may also settle disagreements with violence automatically, which may be the worst effect.

Do you know who helped me at the end? It is my teacher, who give me a lot of advice. Here I will share it with you. Firstly, my teacher let me list the disadvantages of that bad habit. Then put the list to the place where I can it easily. Besides, she advised me to find something fun and good to do, but not play games right away. It is a good idea to leave more time with your friends, more time to review our lessons and hang out at a bookstore, join a sport team or something else. Lastly, she suggests me making an effective schedule and a supervisor. He or she will give warning if you go to play games. With the help of her, my study soon improved.

I think it is time for you to strengthen your resolve to quit playing games. I do hope you can become as hardworking a student as your classmates.

Yours,

Li Hua