1. Does the Internet make people more sociable, or does it isolate them?

**Nowadays**, people spend more than eight hours a day on their phones, with the majority of this time spent on social media. We use technology to define ourselves by sharing our thoughts and feelings in real time to gain social status.

Moreover, we are forgetting how to communicate in traditional written form and we prefer sharing an emotion of agreement or disagreement on the Net rather than using the value of our true emotions to describe how we are feeling. Internet makes people isolated and it can be seen especially in public places **(for example..?)**  where people prefer spending/ **to spend (SEE BELOW)** time with machines, turning to the phones as a means to escape reality**. There is a feeling of never wanting to be alone and a constant need to be connected.** However, we **are then actually** more disconnected from the reality.

The constant need to be connected to the virtual world **means that we are neglecting** face-to-face communication. Relationships have grown more superficial because there is a lot of pressure to make your **life** look better than it really is on social media. People check their phones so many times per day and when they are with other people they do not know how to relate to each other beacuse they are used to doing **so** only through their phones.

To conclude**, although the** Internet has positive aspects, I think there are more negative ones. We should not be addicted to technology, we should use it in a proper way because it is the only way for humans not to be replaced by machines.

***PREFER + TO or ‘-ING’: both are possible. See this explanation for details:***

<https://dictionary.cambridge.org/it/grammatica/grammatica-britannico/hate-like-love-and-prefer>