addictive	to feel like you need to have it or do it all the time —to feel like you can't give it up even if you want to.
beneficial	is useful or helpful—it benefits you in some way.
claim	An assertion, usually supported by evidence
compromise	to weaken, damage, or impair.
Counterclaim/Counterargument	the "other" side; against the claim

excessive	goes beyond what is necessary, normal, or desirable.
exemplar	representative example
graphic	overly clear, realistic, or detailed in a visual way.
groggy	you feel dazed, weak, or unsteady, usually because you haven't gotten enough sleep
rebuttal/refutation	countering of anticipated arguments

thesis statement	a statement or sentence that states the purpose of a paper or essay
vibrant	lively, energetic