You have just seen this posting on an online forum.

I cannot think of a better way to waste one's time than watching a reality show! Being glued to the TV for hours watching other people's lives makes me sick. I would rather do something else, like read a good book or watch a movie. I'm not interested in what other people are doing all day long!

You have decided to write your own posting of about 150 words. Include the following points:

- characteristics of reality shows
- reasons why they are popular among viewers
- reasons why you like / don't like to watch them