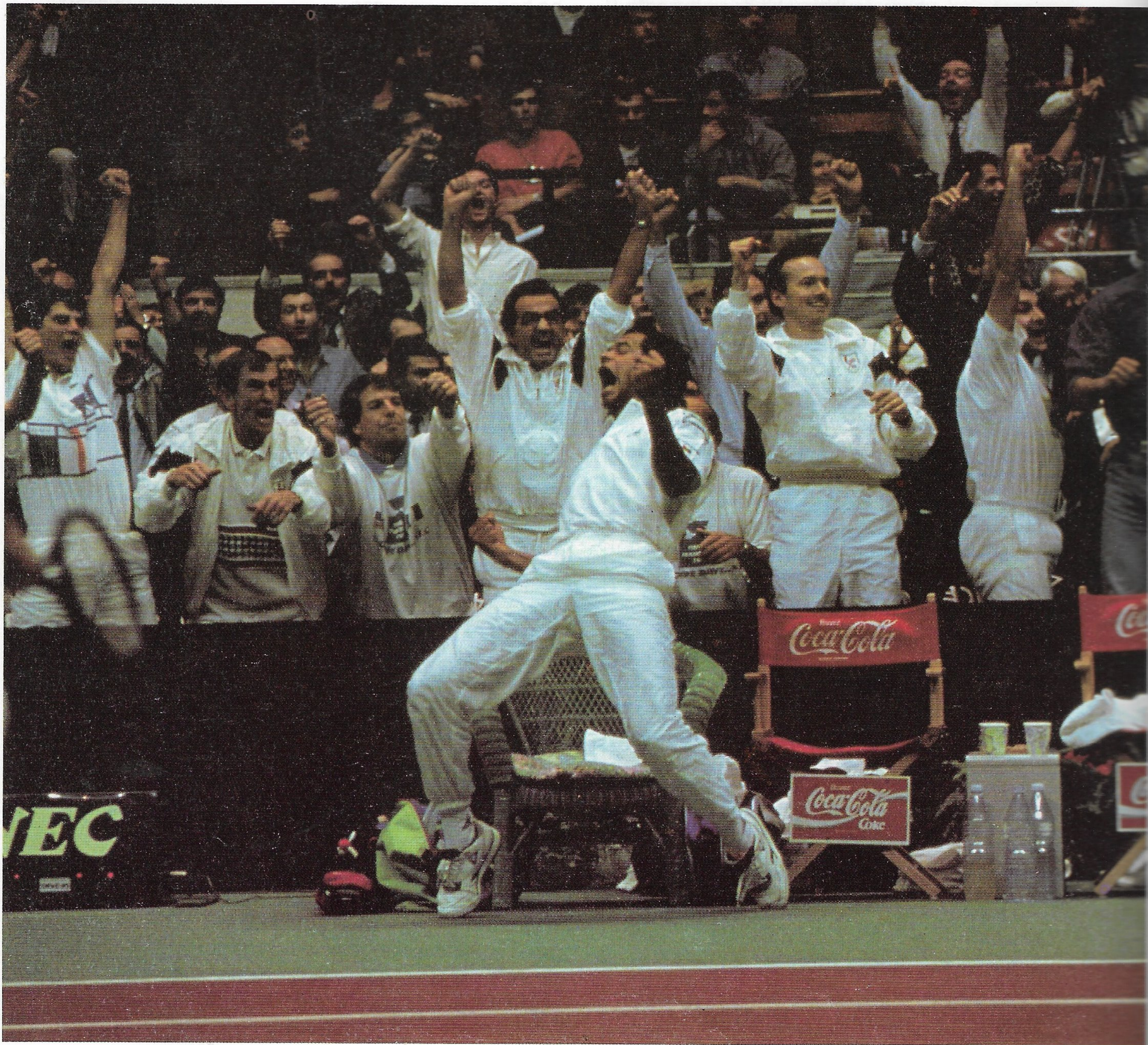


Unit 9

EMOTIONS AND FEELINGS

Lead-in 1 How do the people in the photo feel?
What shows how they feel?

What do you think has happened?



2 Choose the correct word or phrase for the gap in each sentence.

bury their differences gets on
 burst out eye to eye break off
 burst into tears loses his temper
 enjoys her company raise your voice

- 1 The joke was so funny all the students laughing.
- 2 Things are difficult in the office because no-one with the new sales manager.
- 3 Tammy was so upset she
- 4 Tom says he's not in love with Harriet, he just
- 5 Sally and her husband have a lot of similar ideas, but on this subject they just don't see
- 6 Michael and Joanne have decided to their engagement.
- 7 I know you're angry but there's no need to
- 8 John is under so much stress that he often
- 9 Colin and his brother refused to speak to each other for many years but finally they agreed to

3 Choose the correct word or phrase for the gap in each sentence.

blush argument nervous furious
 tension quarrel sympathetic
 butterflies kiss embarrassed

- 1 Interviews make most people feel quite
- 2 Everyone was very when Claire told them the bad news she had just received.
- 3 Sarah felt everyone was looking at her make-up and knew she was going to
- 4 Before the performance all the singers felt they had in their stomachs.
- 5 There was a sense of in the air as the students waited to receive their examination results.
- 6 Jane and Mary were best friends for years, then one day they had an and fell out with each other.
- 7 The best thing to do if you have a fight with someone you are close to is to and make up.
- 8 Jamie was so that he rushed out, slamming the door behind him.
- 9 The boys' mother doesn't like leaving them alone because they always with each other.
- 10 Karen felt when she was asked to sing in front of the whole class.

Reading

A Discuss with a partner:

When you have problems, who do you ask for advice?
 Have you ever written for advice to someone who writes in a newspaper or magazine?
 What is your opinion of the advice these people give?

1

I'M DEPRESSED ABOUT LEAVING COLLEGE

I will be leaving college next year to get a job and most of my friends are going to university. I'm very close to a boy in my year and I'm going to miss him and my friends like mad. I have made some very good friends at college and get so depressed when I think of them going away that it makes me cry. Please help as I have nothing to look forward to.

- *Actually, you have your whole life to look forward to – it's just that you are experiencing a major landmark in your life and entering the big, wide world, which can be scary and depressing as well as exciting. You may lose touch with some of your college friends, but there is no reason your closest friends shouldn't stay in touch. Why not make an effort by writing or calling them regularly? There's also no reason why you shouldn't stay in touch with this boy, and even see him on occasional weekends and holidays. It is true that university life is hectic, and many of your present friends may get caught up in the social whirl and slowly drift away – but what about your life? What about the new job that you will start, and the new friends that you are bound to make there? Think of all the new experiences you will soon have: it isn't just your college friends who will have all the fun. So by all means feel nostalgic about your college days, but don't let it prevent you from looking forward to the future.*

B Find words or phrases in the text which in context are similar in meaning to:

letter 1

- 1 fond of
- 2 at the same stage of study

reply 1

- 3 an important point in your life
- 4 frightening
- 5 maintain contact
- 6 odd
- 7 very busy
- 8 certain

letter 2

- 9 unable to express yourself
- 10 not good enough
- 11 come
- 12 spoiling

reply 2

- 13 clearly
- 14 way of managing

Look at these two letters sent to a magazine.
 Would you give the same advice?

2

I DON'T HAVE ANY CONFIDENCE

I feel life is not worth living. I am at university and enjoy the course but have not made that many friends. I seem to be inhibited by confident, outgoing people. They make me feel so inadequate. I am a shy person but I can talk freely with people I know well. If my friends cannot make it to a lecture and I have to sit on my own, I feel like the ground should open and swallow me up. Other students seem to have a wonderful social life, and to be making lots of friends. I realise I may be paranoid and lack self-confidence but this is ruining my life.

- *First, realise that it is quite normal in your teens and early twenties to feel as you do – I remember this time acutely, and shared your feelings about sitting alone. Most people are shy with strangers, but many are good at hiding it. So-called confident, outgoing types have just developed a particularly good way of coping. The next time you are with friends, take the attention away from yourself by asking about them, their studies and interests. The trick is to stop thinking of yourself as the centre of attention, by making someone else the centre of attention. Believe me, this phase of yours will pass as you gain more insight and experience through daily interaction with others. So don't be so hard on yourself!*

C According to the text, are the following statements true or false? Justify your answer.

problem 1

- 1 The student has been lonely at college.
- 2 The student has been left by her boyfriend.
- 3 The student dreads starting her job.
- 4 The advice is that the student should change her attitude.
- 5 The person writing the advice is critical of the student.

problem 2

- 6 The student feels her studies are not going well.
- 7 The student feels other people are making fun of her.
- 8 The advice is that the student should recognise how other people feel.
- 9 The adviser is sympathetic.
- 10 The adviser says things will improve with time.

Grammar *who, which, that*

A Join the sentences with *who* or *which*.
(Grammar Notes 9.1).

EXAMPLES:

The man had ticket No.158. He won the prize.

The man who had ticket No.158 won the prize.

The painting was damaged by fire. It is now being repaired.

The painting which was damaged by fire is now being repaired.

- 1 The woman crashed her car into a wall. She was arrested.
- 2 The girls had university degrees. They were interviewed by the bank.
- 3 The machine broke down frequently. It was sent back to the manufacturer.
- 4 The firemen rescued two children. They got a reward.
- 5 The ship sank. It has now been raised from the sea bed.
- 6 The hinges squeaked. They have been oiled.
- 7 The horse won the race. It has retired.
- 8 The man found some old gold coins. He took them to a museum.
- 9 The sheep became sick. They had to be destroyed.
- 10 The stream has dried up. It runs through the village.

All of these sentences can be written with *that* instead of *who* and *which*.

B In which sentences can we remove *that*, *which* or *who*?

EXAMPLES:

He is the man *who* Jennifer intends to marry.

(She intends to marry *him* so *the man* is the object and *who* is not essential in this sentence).

He is the man *who* intends to marry Jennifer.

(He intends to marry *her* so *the man* is the subject and we cannot omit *who*)

- 1 The horse that I bet £10 on won the race.
- 2 The official that I spoke to gave me the forms that I needed.
- 3 John is not the same person that I knew years ago.
- 4 I told the detectives all the details that I could remember.
- 5 Mr Roberts is the only man who knows the answer.
- 6 I couldn't find a carpet that I liked.

C Join these sentences together to make one sentence. You must decide whether it is necessary to use *who*, *that* or *which* or not.

- 1 The man committed the robbery. He was never identified.
- 2 Here is a cake. I made it earlier.
- 3 I recognised all the names. They were on a list.
- 4 Michael spent all the money. His grandfather gave him it.

D Add the extra information in brackets to the sentence. Remember to include the commas – they are essential because the information between the commas is only extra information and does not identify the subject of the sentence.

EXAMPLES:

I met the Duke of Cumberland and had a long argument with him. (*he is a leading supporter of fox-hunting*)

I met the Duke of Cumberland, who is a leading supporter of fox-hunting, and had a long argument with him.

Sally Browne is likely to win the race this year.

(*she has won three years in a row*)

Sally Browne, who has won three years in a row, is likely to win the race this year.

- 1 General Campbell has now fully recovered from his wounds. (*he was shot in the leg*)
- 2 The President has returned to his palace. (*he narrowly escaped an assassination attempt*)
- 3 The new supermarket opened last Saturday. (*it is built on the site of an old school*)
- 4 The exhibition at the Royal Academy will close on Saturday. (*it has been visited by 100,000 people*)
- 5 'Robinson Crusoe' is Daniel Defoe's most famous novel. (*it is based on a true story*)
- 6 Professor Green died yesterday. (*he won the Nobel prize in 1990*)
- 7 The Goodwin lighthouse is now controlled automatically. (*it was built in 1806*)

Listening

Embarrassing moments

A Listen to the speakers talking about embarrassing moments.

For the story about the taxi, answer the questions.

- 1 How was the woman travelling?
- 2 What was the traffic like that day?
- 3 What time of day was it?
- 4 How did the woman feel?
- 5 Why couldn't she move?
- 6 How did she find out what was wrong?
- 7 How did she feel then?

B For the story about the man and his father, say whether the statement is *true* or *false*.

- 1 James invited his father out to celebrate his birthday.
- 2 James's father is still quite a young man.
- 3 James's father often goes to watch cricket matches.
- 4 James's father usually gets excited when watching cricket.
- 5 The other members of the audience reacted in an excited way.
- 6 James's father enjoyed the evening out.
- 7 James enjoyed the evening too.

English in Use

Prepositions

Complete each of the sentences with the appropriate preposition.

- 1 Sarah complimented the student the neatness of her handwriting.
- 2 That teacher is always criticising me something or other.
- 3 My father prides himself continuing to keep in shape, despite his age.
- 4 I admire the climber his courage.
- 5 Tara was embarrassed assuming the customer was a shop assistant.
- 6 You should feel thoroughly ashamed your behaviour.
- 7 You should be more sympathetic people who are depressed.
- 8 The tycoon was confident success.
- 9 Many of the students were anxious the exam.
- 10 Everyone sympathised Marjie when her dog died.
- 11 The boss was furious his secretary when she spoke against him.
- 12 The athlete was proud' his achievements.
- 13 Everyone was surprised the little boy's courage.
- 14 Tim was annoyed Catherine when she arrived late.
- 15 The dog was aggressive strangers.
- 16 All the staff felt sorry the secretary when she lost her job.
- 17 Rachel has always been jealous her older sister.
- 18 Sam was unhappy the result but everyone else was delighted it.
- 19 Lesley is very fed up living on her own.
- 20 She's a good neighbour, always helpful those in need.

Reading

- A** What is bullying?
Why does it happen?
What can be done to stop it?

BEATING THE BULLIES

Finally Lucy decided that she could not stand another day of it. She went up to the bathroom, swallowed every aspirin she could find, and then sat down to dinner with her family. She didn't tell anyone what she had done. There was no point. Her life was not worth living and though they loved her they could do nothing to help. She was within a hair's breadth of death by bullying. Fortunately, her sister, recognising the signs of a drug overdose, called an ambulance. Lucy lived.

Perhaps the thing that makes Lucy's story so frightening is its very ordinariness. She is an attractive, intelligent fifteen-year-old from a concerned and affectionate family. There is nothing about her which singles her out, nothing obvious which might make her a target. And yet her whole school life has been spoiled by bullying.

The circumstances which almost ended her life appear particularly banal from a distance. Lucy had befriended a girl who was being ostracised. The result was that she, too, became the target of insults and threats. She had tried to involve teachers without naming names and had asked to be moved to a different maths class to avoid her torturers, but the teacher refused. She could see no way out and no way of going on.

When bullying hits the headlines, we usually think of physical attacks. The image of a bully is of a big strong boy who hits someone. But what Lucy experienced is just as common, though less obvious. Children discover very early in life that the need to be liked is the most powerful means of controlling others. Little girls are particularly adept at using the fear of rejection to control their peers.

In the past there has been a tendency to dismiss bullying simply as a part of growing up, to assume that it is good for a child to come to terms with life in the real world. But anyone watching their own child go through this 'learning experience' will testify that the lessons learned are rarely positive ones. If there is a common characteristic of those children most likely to be bullied, it is that they are more vulnerable. Children may also be taunted because of the colour of their skin or because of a physical disability. A couple of 12-year-olds told me that kids in their school are bullied 'because they are thick.'

According to Phillipa Linklater of the Anti-bullying Campaign, a self-help network for parents, bullying often happens when a child is under stress. But it is not only the victims who would benefit from a reduction in bullying. Bullies don't do too well, either. They are less likely to make satisfactory relationships and considerably more likely than other children to use violence in adult life and get into trouble with the police. Bullies are not born, but made. Children who are bullies at school are often bullied at home. They have learned that the way to get someone to do what you want is not to reason with them, but to threaten them. The children who witness violence also learn something – that bullying behaviour is very powerful.

- B** Choose the best explanation for the words and phrases from the text:

Paragraph 1

- 1 there was no point
A There was no justification
B There was no explanation
C There was no hope

Paragraph 2

- 2 singles her out
A makes her feel lonely
B makes her different
C makes people look at her

Paragraph 3

- 3 banal
A uncommon
B unoriginal
C unlikely

Paragraph 4

- 4 hits the headlines
A is advertised
B is a subject for TV and newspapers
C is discussed by parents and pupils
- 5 adept
A familiar with a situation
B encouraged
C skilled

Paragraph 5

- 6 dismiss
A send away
B consider as not serious
C tell someone to leave their job
- 7 come to terms with
A agree
B support
C accept
- 8 taunted
A praised
B made to feel stupid
C surprised

Paragraph 6

- 9 witness
A observe
B take part in
C enjoy

- C** Work in pairs. Discuss these questions.

- 1 How was Lucy saved?
- 2 Why did Lucy act the way she did?
- 3 What did Lucy ask her teacher?
- 4 How did the teacher react?
- 5 What different examples of bullying are there in the text?
- 6 Why are children bullied?
- 7 What effect does bullying have on the person who is the bully?

Reading

A Where do you go when you want to meet new people?

Read the text and see how this couple, now married, got to know each other.

How We Met

THE RIGHT HONOURABLE William Waldegrave, a government minister, won a scholarship to Eton, gained an excellent degree at Oxford, became President of the University Union and a Fellow of All Souls College. His wife, Caroline, a professional cook, is the co-principal and managing director of Leith's School of Food and Wine. She has written and collaborated on seven books. They live in Kensington, and at their small house on the Waldegrave estate near Bristol, with their four children, aged between three and eleven.

WILLIAM WALDEGRAVE: I was living in a flat in London and my first memory of Caroline is of seeing her dressed exactly as she is now, in T-shirt and jeans, sitting in somebody else's flat. I was 29 and Caroline six years younger. It was difficult not to be struck by her quality of straightness and openness. Like most pretty girls, she didn't think she was pretty; now she is even prettier, she has bloomed wonderfully with children. I was already a parliamentary candidate when Caroline and I met. It never occurred to me to ask her to give up her work. You'd go mad as a political wife if you didn't have some sort of other activity, though four children is enough activity for most people. Besides, the money is useful. It's all right now I'm a government minister, but when I was just an ordinary Member of Parliament, Caroline was earning more than I was.

She works incredibly hard, runs an efficient business, writes books, is a political wife and has four small children. I don't know how she does it all. Anything she undertakes she does properly, like her tennis. She plays serious tennis, is very good at it and wins prizes.

We both have a very strong feeling that happy relationships don't happen by luck. There are skills about living happily together which Caroline has much more than me. She has an absolutely unclouded clear sense of the right actions, both in terms of right and wrong and the necessity of doing things: she always manages to make space for things that really matter.

We never have rows, but I do tend to get depressed – I'm a total pessimist. I always assume the worst and am pleasantly surprised when it doesn't happen. Caroline, in contrast, always looks on the bright side and is optimistic about everything.

CAROLINE WALDEGRAVE

My best friend from school ended up being William's secretary, but I'd have met him anyway; we both had the same crowd of friends. I knew quite quickly I was going to marry William. I was so busy that I only took Friday and Monday off to get married, and I was back at

work on Tuesday. I wanted to have children straight away. I started doing only three mornings a week when I had Harriet, because I felt tired and had faint feelings of guilt. Now I've worked out that if you feel guilty you shouldn't be working at all. I enjoy my children when I'm with them, if one of them is ill I go off work, but without my job I'd go mad.

I have someone I like and trust to look after the children in London; I couldn't manage without her, but we don't have any help at all at weekends. Last thing at night I write down, in order, exactly what I'm going to do the next day. You have to be organised with small children. We do have people to dinner. I do the food and wine and William sets the table and makes the house look nice and glamorous; he's tremendously interested in style. I'm totally uninterested in clothes. I think shopping is absolutely ghastly; my poor children wear hand-me-downs because I so hate going into a shop. William buys things for me; he has terribly good taste. People say: 'Gosh, that's a nice dress,' and I've never heard of the designer, which must be quite depressing for him.

If something goes wrong in any of my three lives, it affects the rest. But on the whole I'm a natural optimist. And William is always, always there at the right time. In fact, William is terribly dependent. He does like to talk things over with me, he needs a real friend he can trust. We have become, apart from anything else, real best friends.

B Explain the meaning of the following words that appear in the text:

- 1 professional (line 7)
- 2 struck (line 21)
- 3 bloomed (line 25)
- 4 besides (line 32)
- 5 incredibly (line 37)
- 6 tend (line 54)
- 7 worked out (line 73)
- 8 ghastly (line 91)
- 9 hand-me-downs (line 92)

C Now answer these questions:

- 1 What is William's profession?
- 2 What is Caroline's profession?
- 3 Where did they meet?
- 4 What impression did Caroline make on William when they met?
- 5 What is William's opinion of his wife?
- 6 What differences are there between their characters, according to William?
- 7 Does Caroline feel guilty about working now?
- 8 Who looks after their children at the weekend?
- 9 What is Caroline's view about clothes?
- 10 What do the children wear?

Talking Points

Section 1

When you meet people, how do you form your first impressions of them?

How do you decide what kind of people they are? What makes you like someone?



'Look. Don't judge me by the clothes I wear, the car I drive, the books I read, the food I eat, the music I like, the friends I see, the money I earn, the place I live, the job I have, the things I say or the way I act. OK?'

Section 2

Things go better when you're feeling confident.
Look at this extract from a magazine.

How to improve your self confidence

Here are five ways:

- 1** Make a list of positive points about yourself and read them aloud to yourself every morning.
- 2** Stop apologising – for the way you look, your opinions, your character.
- 3** Look after your body and appearance and make sure you eat well and exercise regularly.
- 4** Stretch your mind by learning or developing a skill.
- 5** Be honest in your personal relationships – if you don't like what a friend says or does, say so.

Do you agree with them?
Can you think of any more?

Listening

Difficult Situations

1 Listen to the two people, James and Mandy, talking in an office and say whether the statements are *true* or *false*.

- 1 This is the first time the problem of James being away from work has been discussed.
- 2 James says he has had to travel long distances in connection with work.
- 3 Mandy doesn't agree with what James says.
- 4 She says his contract requires him to work every day, Monday to Friday, from 9 to 5 pm.
- 5 Mandy criticises his work.
- 6 James gets on well with members of his team.
- 7 Mandy wants James to get the right form from her secretary.
- 8 Mandy says she will sign the form.

2 Listen to the person describing how she made a complaint. Put the events in the correct order.

- A The customer spoke to an assistant in the shop.
- B The newspaper did not arrive.
- C The manager said all the papers had been sold.
- D The newspaper was finally delivered.
- E The manager blamed the delivery boy.
- F The customer went to the shop.
- G The customer spoke to the manager.
- H The customer phoned the shop.

Writing

A Letter of Apology

You stayed in a house belonging to David and Anne, two friends of yours, while they were away. A number of things went wrong:

- the washing machine didn't work properly and flooded the kitchen
- you accidentally knocked over a china ornament which broke when it fell on the floor
- you had a party and the neighbours complained to the police
- you spilled coffee on the new light-coloured carpet which made a bad stain

Write to your friends explaining what went wrong, and what action you took.

Remember: you will need the correct layout for a personal letter (see page 8)

give all the details of exactly what happened and what you did to try and put things right

be extra polite and apologetic

Useful phrases:

I'm very sorry to have to tell you
Unfortunately,
Although I was trying to be very careful
It was my fault entirely
I admit I was to blame
I accept full responsibility for
It wouldn't have happened if
Of course, I'll pay for
Apart from all this, everything is all right.

English in Use

1 Complete the text with one correct word in each gap.

All their friends thought Elizabeth and James made a perfect couple. They were both lively and attractive and got a lot (1) of life. They shared many interests and managed to keep in (2) with a wide circle of friends. They had met when they were students in Manchester – Elizabeth was in her second year studying music and James was enrolled (3) a computer course. After graduation they moved to London and (4) friends expected them to get married. But things started to go (5). Elizabeth was a talented pianist, and she (6) asked to do a number of concerts. These usually took (7) in the evening. James had found a good job, which he enjoyed very much even (8) it was tiring. He worked long hours but when he wanted to relax in the evening he found that Elizabeth was often out, (9) a concert. Elizabeth had to practise (10) the day and accept work whenever it was offered to her. They didn't seem to have any time to (11) together.

James was the one (12) was most upset. Elizabeth thought it was natural that they would have to (13) sacrifices if they both wanted to (14) on. James wanted Elizabeth to be there when he was free. They tried to (15) things over. Elizabeth said she couldn't refuse offers at (16) stage in her career and James thought she was being unreasonable. After a particularly unpleasant row, Elizabeth said she had had (17). She thought they should (18) up. Reluctantly, James (19). It was a sad ending to a happy relationship. The people who (20) most surprised were their friends.

2 Phrasal Verbs

Complete the sentences with a phrasal verb based on *get*.

EXAMPLE: What time do you get up in the morning?

- 1 It was raining, so when John opened the car door I as fast as I could.
- 2 If you want to go to the Royal Academy you should the bus at Piccadilly Circus.
- 3 How do I the station from here?

- 4 You look tired. Why don't you try to for a short break?
- 5 ! I don't want to see you here again.
- 6 All it ever does is rain! This weather is me
- 7 It's always easier to serious work when you are refreshed after a holiday.
- 8 He was such a clever crook that he managed to several serious crimes.
- 9 I have to do this work. There's just no way I can it.
- 10 He manages to three hours' practice a day.

3 Word-formation

Complete the sentences with the correct form of the word in capitals.

EXAMPLES: Her face was so white that she looked quite ghostly GHOST

He's an excellent dramatic actor but not so good at comedy. DRAMA

- 1 The soup was too for me to eat. SALT
- 2 When he began his teaching career, he was very IDEAL
- 3 Tom has a account with the shop. MONTH
- 4 I consider this to be the best magazine on the market. PHOTOGRAPH
- 5 In times of trouble we all need a ear. SYMPATHY
- 6 The weather here has been just horrible, and cold. RAIN
- 7 It always amazes parents how young children can be so ENERGY
- 8 This magazine provides information about the latest discoveries. SCIENCE
- 9 Everyone likes Mr Smith because he's so FRIEND
- 10 She's a very girl. ARTIST