

## 7 Grammar, Vocabulary, and Pronunciation **A**

### GRAMMAR

#### 1 Underline the correct word(s).

Example: You **must have** / **can't have** seen Billy. He's on holiday at the moment.

- They **must have** / **should have** gone to bed early – there are no lights on in the house.
- I suppose I **could have** / **must have** dropped my wallet, but I think it's been stolen.
- You look exhausted. You **should have gone** / **should go** for a shorter run.
- I **may have** / **must have** met her at a conference, but I can't remember if I did.
- Diana **can't have** / **mustn't have** got engaged – she's only known him six weeks!
- You **shouldn't have** / **might not have** looked at my emails, it was very wrong of you.
- They **might have** / **must have** finished their walk by now. It's too dark to see anything.

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#### 2 Complete the sentences with the correct form of the verbs in brackets.

Example: I'd rather have (have) more free time than money.

- Would you rather \_\_\_\_\_ (eat) out tonight, or stay in?
- I'd rather you \_\_\_\_\_ (not meet) me for lunch today, I've got a lot of work to do.
- Chris says he'd rather you \_\_\_\_\_ (pick) him up at 8.00, not 7.00.
- Danielle admitted that she'd rather \_\_\_\_\_ (not go) to the barbecue.
- Wouldn't you rather John \_\_\_\_\_ (do) the repairs in the bathroom this week?

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#### 3 Complete the sentences with the correct word(s).

Example: You look really ill. You should call a doctor.  
sound look feel

- Beth told me you \_\_\_\_\_ like going to a club. Where would you like to go?  
sound feel look
- It's so empty here today. It feels \_\_\_\_\_ we've got the café to ourselves.  
as if if that

- I don't know what this fruit is but it tastes like \_\_\_\_\_!  
great pineapple horrible
- Mmm, that \_\_\_\_\_ really good! Are you making a cake?  
smells tastes feels
- This shirt \_\_\_\_\_ a bit tight. Do you have it in a larger size?  
feels as if feels feels like
- Robert looks more \_\_\_\_\_ his mother than his father.  
as like as if
- Eve looks as \_\_\_\_\_ she hasn't slept for a week!  
though like when
- This music \_\_\_\_\_ something I've heard before. What's the name of the band?  
sounds like feels like sounds

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Grammar total	20
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### VOCABULARY

#### 4 Underline the correct word(s).

Example: I **hope** / **wish** Nick was here. I miss him.

- Please **remember** / **remind** me to set my alarm clock for 7.00 instead of 8.00.
- Have you **noticed** / **realized** that new pizza place on the High Street?
- We couldn't **avoid** / **prevent** her from buying that car.
- We really don't **matter** / **mind** Alice staying another night – she's welcome.
- I can remember when Manchester United **beat** / **won** Arsenal 8–2.
- The trouble with Jeff is that he **denies** / **refuses** to accept that anything is wrong.
- Unemployment has **risen** / **raised** again this month.
- We **laid** / **lay** the blanket on the ground and had a picnic by the river.
- That's the jeweller's that was **stolen** / **robbed** last week.
- I **advise** / **warn** you to look for another job – you really don't seem happy in this one.

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## 7 Grammar, Vocabulary, and Pronunciation **A**

### 5 Complete the sentences with one word.

Example: Jason scratched the bite on his arm and made it bleed.

- 1 You don't look old! You haven't got any \_\_\_\_\_ on your face!
- 2 You look as if you've just got out of bed! You should \_\_\_\_\_ your hair!
- 3 It's very rude to \_\_\_\_\_ your finger at people.
- 4 I knew you wouldn't agree because you raised your \_\_\_\_\_ when I suggested it.
- 5 Business people often \_\_\_\_\_ hands when they make a deal.
- 6 Did you use to suck your \_\_\_\_\_ when you were little?
- 7 Can you give me a tissue? I need to blow my \_\_\_\_\_.
- 8 Eric shrugged his \_\_\_\_\_ and said he had no idea where the path went.
- 9 There's a cold wind today. Put this scarf round your \_\_\_\_\_.
- 10 I could tell as soon as I saw your fingers that you bite your \_\_\_\_\_.

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Vocabulary total  20

### PRONUNCIATION

#### 6 Underline the silent letters in the words.

Example: half

- 1 muscle
- 2 comb
- 3 knee
- 4 wrist
- 5 thigh

5

#### 7 Underline the stressed syllable.

Example: ex|pand

- 1 eye|lash|es
- 2 ad|vise
- 3 in|ves|ti|gate
- 4 ar|gu|ment
- 5 ex|pre|ssion

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Pronunciation total  10

Grammar, Vocabulary, and Pronunciation total  50

## 7 Reading and Writing **A**

### READING

Read the article about people and happiness. Five sentences have been removed. Which sentence (A–F) fits each gap (1–5)? There is one extra sentence you do not need to use.

### Great Britain – Or Is It?

If someone asked you how happy the people in your country are, what would you say? The British government recently asked the Office for National Statistics (ONS) to carry out a survey to find out if people in the country are, in general, happy or not. Most Britons report being satisfied with life, with concerns over work and finances overtaken by happiness gained from children, relationships, and where people live.

The government survey was released just days after economists made one of the most depressing forecasts of recent times about long-term economic growth. (— 1 —) Not only that, but it would leave the public worse off than they were ten years ago. Despite this, the survey paints a picture of the country largely emotionally unaffected by the crisis.

The survey of 4,200 adults is part of the British Prime Minister's £2 million drive to get a better idea of how the country is doing, rather than just focusing on budgets and figures. People were asked various questions about their lives and were asked to give marks out of ten about how they felt about these areas. The ONS's work showed that on average people rated their life satisfaction at 7.4 out of 10. When asked whether things they did in life were worthwhile, people on average gave a score of 7.6. (— 2 —) Happiness with people's financial situation had the lowest average score of 6.2 out of 10, followed by work situation, with 6.7 out of 10. When asked specifically about satisfaction with the balance between time spent on work and on other areas of life, low scores were also given, with an average of 6.4 out of 10.

The answer to the question, 'Overall, how anxious did you feel yesterday?' caused some worry. More than a quarter rated this 5 out of 10 – where 10 was feeling 'completely anxious'. (— 3 —) These areas of life had the highest average scores, with both scoring at 8.3 out of 10.

Lord Richard Layard, professor at the London School of Economics, said it was likely that life satisfaction would fall as the situation gets worse. (— 4 —) And when things are going badly and times are hard, people start to feel less happy with their lives.

The professor, who founded the Action for Happiness group to promote well-being, said policymakers – the people who make important financial decisions – could use the data to lessen the pain of recession. But they would need to first

identify how to measure happiness, then work out what makes people 'miserable or happy'. Lastly, they ought to assess how much happiness one can create by spending taxpayers' cash. (— 5 —)

Paul Allen of the ONS said another big factor in happiness was health. He said they saw that people who responded when their health was bad, reported anxiety. He added that they were trying to build up a picture of how people rate happiness. 'One of the most revealing aspects of the emerging science around happiness is about language. Britons associated happiness with being 'calm, relaxed, and peaceful' rather than 'energized and excited'. So, perhaps it pays in more ways than one to follow the great British belief that it's best to keep calm and carry on!

- A However, there were also signs of stress in British society.
- B This could be used on supporting childcare, parenting, or help for mental health.
- C He added that we know from other European countries that this is sensitive to how businesses reach highs and sink to lows.
- D However, a lot of young people think that wealth and celebrity will make you happy.
- E The experts predicted that the financial decline would be deep and long.
- F People were happiest, however, with their personal relationships and mental wellbeing.

Reading total	10
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### WRITING

Write a description for your school blog with the following title:

'My perfect day'.

Write 140–180 words. Include the following information:

- say what a perfect day for you would be and who you would spend it with
- explain why you would choose to do those things
- say why you think the day would be enjoyable

Writing total	10
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Reading and Writing total	20
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## 7 Listening and Speaking **A**

### LISTENING

1 Listen to five women talking about their relationships. Choose from the list (A–F) what each speaker says about their relationships. Use the letters only once. There is one extra letter you do not need to use.

- A He's reliable.
- B He's thoughtful.
- C He's patient.
- D He's easygoing.
- E He's romantic.
- F He's sociable.

- Speaker 1:
- Speaker 2:
- Speaker 3:
- Speaker 4:
- Speaker 5:

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2 Listen to a health and lifestyle expert talking about ways people can make themselves happy. Underline the correct answer.

- 1 Chris says that our decisions can be affected by **our own negative thoughts** / other people's negative opinions / our previous negative experiences.
- 2 According to Chris, the **amount** / location / quality of sleep we get is important.
- 3 Chris recommends **spending time with kids** / having a more relaxed attitude / laughing at ourselves if we're having a bad day.
- 4 Chris mentions **getting a pet** / telling family members a story / meeting new people as an example of 'getting back to basics'.
- 5 Chris says that the ability to love is **missing among people in society nowadays** / a characteristic of all people / essential in establishing relationships with people.

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Listening total	10
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### SPEAKING

1 Make questions and ask your partner.

- 1 What / make / feel happy?
- 2 Is / money / necessary / happiness? Why / Why not?
- 3 What / spend / most money / each week? Why?
- 4 Is / important / save / money / each month? Why / Why not?
- 5 Is / important / teach / young people / value / money? Why / Why not?

Now answer your partner's questions.

2 Listen to your partner talking about money. Do you agree with him / her?

3 Talk about the statement below, saying if you agree or disagree. Give reasons.

'Some things in life are more important than money.'

Speaking total	20
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Listening and Speaking total	30
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## 7 Grammar, Vocabulary, and Pronunciation **B**

### GRAMMAR

1 Complete the sentences with the correct form of the verbs in brackets.

Example: I'd rather have (have) a coconut.

- Toni says she'd rather you \_\_\_\_\_ (pick) her up a bit later.
- Ian told me that he'd actually rather \_\_\_\_\_ (not go) to the talk.
- Wouldn't you rather someone else \_\_\_\_\_ (do) the washing-up tonight?
- Would you rather \_\_\_\_\_ (eat) Chinese food or Indian?
- We'd rather you \_\_\_\_\_ (not come) round tonight because Larry's ill.

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2 Complete the sentences with the correct word(s).

Example: You look really ill. You should call a doctor.  
sound look feel

- I've no idea what kind of fruit this is but it tastes a bit like \_\_\_\_\_.  
great pineapple horrible
- This song \_\_\_\_\_ one I heard on the radio yesterday. Who's it by?  
sounds like feels like sounds
- You look much more \_\_\_\_\_ your father than your mother.  
as like as if
- There are so few people here it feels \_\_\_\_\_ we've got the place to ourselves.  
as if if that
- Bethany told me you \_\_\_\_\_ like dancing tonight. Where do you want to go?  
sound feel look
- Michael looks as \_\_\_\_\_ he's had a really difficult day.  
though like when
- Wow, that \_\_\_\_\_ fantastic! What are you cooking?  
smells tastes feels
- This jacket \_\_\_\_\_ too small. Do you have a bigger one?  
feels as if feels feels like

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3 Underline the correct word(s).

Example: You **must have** / **can't have** seen Billy. He's on holiday at the moment.

- I think I **may have** / **must have** seen that man before – it's difficult to be sure.
- Jo **can't have** / **mustn't have** found a new boyfriend – she only finished with Al yesterday!
- Sam **might have** / **must have** finished playing tennis now – it's nearly dark.
- You **could have** / **must have** left your key at home – you can't be sure you've lost it.
- You **should have gone** / **should go** home before now – you're working too hard.
- Claire **must have** / **should have** gone home – her computer's switched off.
- I apologize. I **shouldn't have** / **might not have** read that letter without asking you.

7

Grammar total  20

### VOCABULARY

4 Complete the sentences with one word.

Example: Jason scratched the bite on his arm and made it bleed.

- Let's \_\_\_\_\_ hands and make it a deal.
- I don't know if I sucked my \_\_\_\_\_ when I was little? Do you?
- I need to blow my \_\_\_\_\_. I think I'm getting a cold.
- Don't \_\_\_\_\_ your finger at me! It's very rude.
- I wish I didn't bite my \_\_\_\_\_ – my fingers are a real mess.
- I shrugged my \_\_\_\_\_ and told them that I didn't know the answer.
- I'm sure you had a scarf round your \_\_\_\_\_ when you came out.
- I don't look as old as your mum! I haven't got that many \_\_\_\_\_ on my face!
- You look as if you've just got up! \_\_\_\_\_ your hair before you go out!
- Frank raised his \_\_\_\_\_ when I told him my plan, so I knew he wasn't enthusiastic.

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## 7 Grammar, Vocabulary, and Pronunciation B

### 5 Underline the correct word(s).

Example: I **hope** / **wish** Kevin was here. I miss him.

- 1 Will you **remember** / **remind** me to get some paper when we go out?
- 2 Cameron **denies** / **refuses** to accept that there's a problem so I can't help him.
- 3 The price of gold has **risen** / **raised** again during the last year.
- 4 No-one can **avoid** / **prevent** you leaving home once you're 16.
- 5 We would **advise** / **warn** you to invest your money in that company – it's a big success.
- 6 I **laid** / **lay** my towel on the grass and sunbathed for a couple of hours.
- 7 Is that the bank that was **stolen** / **robbed** last year?
- 8 Do you remember when Cameroon **beat** / **won** Argentina in the World Cup?
- 9 I **noticed** / **realized** that they're building some new houses next to the stadium.
- 10 Would you **matter** / **mind** if I stayed the night – I've missed the last bus?

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Vocabulary total		20
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### PRONUNCIATION

### 6 Underline the stressed syllable.

Example: ex|pand

- 1 in|ves|ti|gate
- 2 ar|gu|ment
- 3 ex|pre|ssion
- 4 eye|lash|es
- 5 ad|vise

	5
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### 7 Underline the silent letters in the words.

Example: half

- 1 wrist
- 2 thigh
- 3 muscle
- 4 comb
- 5 knee

	5
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Pronunciation total		10
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Grammar, Vocabulary, and Pronunciation total		50
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## 7 Reading and Writing **B**

### READING

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## How Happy Are British People?

If someone asked you how happy the people in your country are, what would you say? The British government recently asked the Office for National Statistics (ONS) to carry out a survey to find out if people in the country are, in general, happy or not. Most Britons report being satisfied with life, with concerns over work and finances overtaken by happiness gained from children, relationships, and where people live.

(— 1 —) The experts predicted that the financial decline would be deep and long. Not only that, but it would leave the public worse off than they were ten years ago. Despite this, the survey paints a picture of the country largely emotionally unaffected by the crisis.

The survey of 4,200 adults is part of the British Prime Minister's £2 million drive to get a better idea of how the country is doing, rather than just focusing on budgets and figures. People were asked various questions about their lives and were asked to give marks out of ten about how they felt about these areas. The ONS's work showed that on average people rated their life satisfaction at 7.4 out of 10. (— 2 —) However, there were also signs of stress in British society. Happiness with people's financial situation had the lowest average score of 6.2 out of 10, followed by work situation, with 6.7 out of 10. When asked specifically about satisfaction with the balance between time spent on paid work and on other areas of life, low scores were also given, with an average of 6.4 out of 10.

The answer to the question, 'Overall, how anxious did you feel yesterday?' caused some worry. More than a quarter rated this 5 out of 10 – where 10 was feeling 'completely anxious'. People were happiest, however, with their personal relationships and mental wellbeing. (— 3 —)

Lord Richard Layard, professor at the London School of Economics, said it was likely that life satisfaction would fall as the situation gets worse. He added that we know from other European countries that this is sensitive to how businesses reach highs and sink to lows. (— 4 —)

The professor, who founded the Action for Happiness group to promote well-being, said policymakers – the people who make important financial decisions – could use the data to lessen the pain of recession. But they would need to first identify how to measure happiness, then work out what makes people 'miserable or happy'. (— 5 —) This could

be used on supporting childcare, parenting, or help for mental health.

Paul Allen of the ONS said another big factor in happiness was health. He said they saw that people who responded when their health was bad reported anxiety. He added that they were trying to build up a picture of how people rate happiness. 'One of the most revealing aspects of the emerging science around happiness is about language. Britons associated happiness with being 'calm, relaxed, and peaceful' rather than 'energized and excited'. So, perhaps it pays in more ways than one to follow the great British belief that it's best to keep calm and carry on!

- A When asked whether things they did in life were worthwhile, people on average gave a score of 7.6.
- B And when things are going badly and times are hard, people start to feel less happy with their lives.
- C However, a lot of young people think that wealth and celebrity will make you happy.
- D Lastly they ought to assess how much happiness one can create by spending taxpayers' cash.
- E The government survey was released just days after economists made one of the most depressing forecasts of recent times about long-term economic growth.
- F These areas of life had the highest average scores, with both scoring at 8.3 out of 10.

Reading total **10**

### WRITING

Write a description for your school blog with the following title:

'My perfect day'.

Write 140–180 words. Include the following information:

- say what a perfect day for you would be and who you would spend it with
- explain why you would choose to do those things
- say why you think the day would be enjoyable

Writing total **10**

Reading and Writing total **20**

## 7 Listening and Speaking **B**

### LISTENING

1 Listen to five women talking about their relationships. Choose from the list (A–F) what each speaker says about their relationships. Use the letters only once. There is one extra letter you do not need to use.

- A He's passionate.
- B He's handsome.
- C He's friendly.
- D He's caring.
- E He's dependable.
- F He's calm.

Speaker 1:

Speaker 2:

Speaker 3:

Speaker 4:

Speaker 5:

5

2 Listen to a health and lifestyle expert talking about ways people can make themselves happy. Underline the correct answer.

- 1 Chris says that if we want to feel better, we should **be around happy people / think positive thoughts / be very self-confident.**
- 2 According to Chris, people need to **sleep only in one place / be relaxed before bedtime / make sure they get enough sleep.**
- 3 Chris recommends that people **spend some time with children / watch something funny / tell jokes** when they're having a bad day.
- 4 Chris says that the simple things in life **satisfy us / are easy for us to do / take up less of our time.**
- 5 Chris mentions **dealing with anger / getting rid of fears / making an effort to get on with others** as a way of developing a positive attitude.

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Listening total  10

### SPEAKING

1 Answer your partner's questions.

Now make questions and ask your partner.

- 1 What / make / feel happy?
- 2 Is / money / necessary / happiness? Why / Why not?
- 3 What / favourite food? / What / taste like?
- 4 Think of a favourite relative. What / he / she look like?
- 5 When / last argue / someone?

2 Talk about the statement below, saying if you agree or disagree. Give reasons.

'The best way to win an argument is not to start one.'

3 Listen to your partner talking about money. Do you agree with him / her?

Speaking total  20

Listening and Speaking total  30



**Grammar, Vocabulary, and Pronunciation****GRAMMAR**

- 1** 1 must have  
2 could have  
3 should have gone  
4 may have  
5 can't have  
6 shouldn't have  
7 must have

- 2** 1 eat  
2 didn't meet  
3 picked  
4 not go  
5 did

- 3** 1 feel  
2 as if  
3 pineapple  
4 smells  
5 feels  
6 like  
7 though  
8 sounds like

**VOCABULARY**

- 4** 1 remind  
2 noticed  
3 prevent  
4 mind  
5 beat  
6 refuses  
7 risen  
8 laid  
9 robbed  
10 advise

- 5** 1 wrinkles  
2 comb  
3 point  
4 eyebrows  
5 shake  
6 thumb  
7 nose  
8 shoulders  
9 neck  
10 nails

**PRONUNCIATION**

- 6** 1 muscle  
2 comb  
3 knee  
4 wrist  
5 thigh

- 7** 1 eye|lash|es  
2 ad|vise  
3 in|ves|ti|gate  
4 ar|gu|ment  
5 ex|pre|ssion

**Reading and Writing****READING**

- 1** 1 E  
2 A  
3 F  
4 C  
5 B

**WRITING**

Student's own answers.

**Task completion:** The task is fully completed and the answer easy to understand. (4 marks)

**Grammar:** The student uses appropriate structures to achieve the task. Minor errors do not obscure the meaning. (3 marks)

**Vocabulary:** The student uses a sufficient range of words and phrases to communicate the message clearly. (3 marks)

## Listening and Speaking

### LISTENING

- 1 Speaker 1: B  
Speaker 2: D  
Speaker 3: F  
Speaker 4: A  
Speaker 5: E

- 2 1 our own negative thoughts  
2 quality  
3 laughing at ourselves  
4 telling family members a story  
5 a characteristic of all people

### SPEAKING

**Interactive communication and oral production:**

The student communicates effectively with his / her partner, asking and answering simple questions, and where necessary initiating conversation, and responding. The student uses appropriate strategies to complete the task successfully. (10 marks)

**Grammar and Vocabulary:** The student uses a sufficient range of vocabulary and structure to communicate clearly. Minor occasional errors do not impede communication. (5 marks)

**Pronunciation:** The student's intonation, stress, and articulation of sounds make the message clear and comprehensible. (5 marks)

**Grammar, Vocabulary, and Pronunciation****GRAMMAR**

- 1**
- 1 picked
  - 2 not go
  - 3 did
  - 4 eat
  - 5 didn't come
- 2**
- 1 pineapple
  - 2 sounds like
  - 3 like
  - 4 as if
  - 5 feel
  - 6 though
  - 7 smells
  - 8 feels
- 3**
- 1 may have
  - 2 can't have
  - 3 must have
  - 4 could have
  - 5 should have gone
  - 6 must have
  - 7 shouldn't have

**VOCABULARY**

- 4**
- 1 shake
  - 2 thumb
  - 3 nose
  - 4 point
  - 5 nails
  - 6 shoulders
  - 7 neck
  - 8 wrinkles
  - 9 Comb
  - 10 eyebrows
- 5**
- 1 remind
  - 2 refuses
  - 3 risen
  - 4 prevent
  - 5 advise
  - 6 laid
  - 7 robbed
  - 8 beat
  - 9 noticed
  - 10 mind

**PRONUNCIATION**

- 6**
- 1 in|ves|ti|gate
  - 2 ar|gu|ment
  - 3 ex|pre|ssion
  - 4 eye|lash|es
  - 5 ad|vise
- 7**
- 1 wrist
  - 2 thigh
  - 3 muscle
  - 4 comb
  - 5 knee

**Reading and Writing****READING**

- 1**
- 1 E
  - 2 A
  - 3 F
  - 4 B
  - 5 D

**WRITING**

Student's own answers.

**Task completion:** The task is fully completed and the answer easy to understand. (4 marks)

**Grammar:** The student uses appropriate structures to achieve the task. Minor errors do not obscure the meaning. (3 marks)

**Vocabulary:** The student uses a sufficient range of words and phrases to communicate the message clearly. (3 marks)

## Listening and Speaking

### LISTENING

- 1 Speaker 1: D  
Speaker 2: F  
Speaker 3: C  
Speaker 4: E  
Speaker 5: A

- 2 1 think positive thoughts  
2 be relaxed before bedtime  
3 watch something funny  
4 satisfy us  
5 making an effort to get on with others

### SPEAKING

**Interactive communication and oral production:**

The student communicates effectively with his / her partner, asking and answering simple questions, and where necessary initiating conversation, and responding. The student uses appropriate strategies to complete the task successfully. (10 marks)

**Grammar and Vocabulary:** The student uses a sufficient range of vocabulary and structure to communicate clearly. Minor occasional errors do not impede communication. (5 marks)

**Pronunciation:** The student's intonation, stress, and articulation of sounds make the message clear and comprehensible. (5 marks)

## FILE 7

### Listening 1

**Speaker 1** It's the little things he does for me that I think make him special. For example, one day last week he dropped off an umbrella for me at work because he thought it might rain that evening and he didn't want me to get wet.

That was so sweet! And he does that kind of considerate thing all the time. He's very romantic sometimes, too – you know, in the traditional sense, giving little gifts and so on.

**Speaker 2** My boyfriend has lots of great qualities. He's very good-looking, for a start, and he dresses well too. I think the best thing about him is that he's very relaxed. Unlike me, he doesn't get stressed about things. No matter what happens, he's the same! I wish I could be like that.

**Speaker 3** What do I like about my boyfriend? Oh, lots of things really. He gets on so well with all my friends and family, and that makes life much more pleasant I can tell you. He can mix with people so easily! I'm shy to begin with, and it takes me ages to feel comfortable with new people. But, I just wish he could be a bit more romantic sometimes!

**Speaker 4** I like the fact that he always does what he says he will ... well, when he can, of course! That's important, you know, because who wants to be with someone who constantly lets you down? That's the best thing about him – so, yeah, I am very lucky, I suppose. Oh, and he's handsome too, which doesn't hurt. My friend thinks he looks like a male model!

**Speaker 5** He makes me feel so special, especially when he writes me poems telling me just how much he loves me or sends me flowers at work. I love all that stuff ... and I text him little messages during the day too. He's pretty great all round, but sometimes he loses patience with me if I'm late ... which I often am.

## FILE 7

### Listening 2

**Interviewer** Welcome back and up next is our weekly *Well-being Corner*, and with me now is Chris, our resident health and lifestyle expert, who's going to tell us some simple tricks for making ourselves feel better when we're down. So, Chris, is it really that simple to cheer ourselves up when we're having a bad day?

**Chris** Well, yes, it is actually. The first thing I'd say is that most people have problems with internal dialogue ... that little voice in your head that says to you 'Oh, you'll never be able to do that' or 'You'll fail'. This is very damaging ... we need to watch out for it and not allow it to affect our decisions about things. It's all about being more positive.

**Interviewer** That makes sense I suppose. What else can we do?

**Chris** One of the first things we all need to think about is our sleep.

**Interviewer** Oh? Do you mean we're probably not getting enough sleep?

**Chris** It's more about how we sleep than how much, actually. We should make sure that we're ready for sleep when the time comes to go to bed, and that means spending time winding down beforehand – you know just relaxing, and giving our brain a chance to slow down. People who have trouble getting to sleep should try sleeping in different rooms in the house, or take a hot bath before bedtime.

**Interviewer** Right.

**Chris** Another thing that's important is laughter. You've heard the saying 'laughter is the best medicine' I'm sure?

**Interviewer** Of course ...

**Chris** ... Well, there's a lot of truth in that saying! Laughing really improves our mood so if you're having a bad day, just act silly once in a while, read some jokes, or watch something funny. And even more importantly, learn not to take yourself too seriously either, and see the funny side of the little things in life. Be a child again!

**Interviewer** Uh-uh, yeah, I'd go along with that. All good tips. So, is there anything else?

**Chris** Yes, there's what I call getting back to basics ...

**Interviewer** ... which means?

**Chris** Just doing simple stuff like reconnecting with old friends, taking the dog for a walk, visiting an art gallery, or listening to your favourite music. Enjoy a long, relaxing bath, read a great book, tell your child a story, or ask an older relative to tell you one! It's the simplest things in life that often give us the most pleasure.

**Interviewer** I'm with you on that.

**Chris** And finally there's just one more thing I'd like to add and that's about friendship. It may seem a bit obvious, but allow love into your life. The ability to love and be loved is a most basic human quality. As a society, I think we seem to have become disconnected, and negative emotions like loneliness, guilt, and anger are symptoms of this. So, if you really want to work on making your attitude more positive, find a way to reconnect with people and establish good relationships with them.

**Interviewer** And again, that seems very reasonable. Well Chris, it's been very interesting talking to you, but unfortunately we'll have to end it there. Thanks for joining us.

**Chris** And thank you, it's been a real pleasure!