

## 1. Read the definitions below and fill in the gaps.

- 1) \_\_\_\_\_ (noun) = someone who is quiet and shy, and prefers spending time alone to being with other people  
 2) \_\_\_\_\_ (noun) = someone who is active and confident and prefers spending time with people to being alone

## 2. Discuss the questions below.

- Is it possible to be both introverted and extroverted? If so, how can these seemingly opposing traits co-exist in one person?
- Are there situations where being introverted or extroverted is more advantageous?
- Do you feel more tired after a day full of interacting with people, or after a day of being alone?
- Do you think the modern world is better suited for extroverts or introverts?
- If you compare yourself to your friends and family, are you more intro- / extroverted than the majority of them? How does this affect your relationship?

## 3. Study the sentences below and use the context to match the highlighted words / expressions with their definitions.

1. After a busy week at work, I need some <u>downtime</u> to relax and recharge.	a. to limit or control something.
2. Marie is a really active and outgoing person, so she <u>thrives</u> in fast-paced environments.	b. to stay organized and manage sth effectively.
3. Lately, I've really <u>been into</u> hiking — it's a great way to clear my mind and stay fit.	c. to choose something over another option.
4. It's important to <u>see things through</u> , even when the project gets difficult. Finishing what you start builds discipline.	d. time spent relaxing or not working.
5. Every decision she makes is <u>purposeful</u> — she always thinks about the long-term effects.	e. to grow and develop successfully.
6. He feels like his energy is being <u>sapped</u> by all the meetings and deadlines this week.	f. having energy or motivation taken away.
7. <u>Amid</u> all the noise and chaos, she managed to stay calm and focus on her work.	g. in the middle of or surrounded by.
8. We need to <u>curb</u> our spending if we want to save money for vacation.	h. having a clear aim or reason.
9. He's great at <u>keeping on top of</u> his tasks — his work is always organized and on time.	i. to be interested in or enthusiastic about sth.
10. Instead of watching TV, I <u>opted for</u> reading a book to unwind before bed.	j. to finish sth you have started, even if it's difficult.

# VB LESSONS

Selectively Social

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**4. Use the words from the previous exercise to complete the questions below.  
Once ready, discuss the questions in teams.**



1. How important is \_\_\_\_\_ for your well-being?  
How do you make sure you get enough of it?
2. What are some things you do to \_\_\_\_\_  
negative thoughts or habits?
3. How do you \_\_\_\_\_ of your  
responsibilities without feeling overwhelmed?
4. Do you think it's better to \_\_\_\_\_ a familiar path  
or to try something new and challenging?
5. What are some things that make you feel like  
you're truly \_\_\_\_\_ in your life?

6. What \_\_\_\_\_ you \_\_\_\_\_ right now? How do you make  
sure you have time for your passions?
7. Do you think it's important to lead a \_\_\_\_\_ life? If  
so, what gives your life purpose?
8. How can you help a friend in a difficult life situation  
without \_\_\_\_\_ by the emotional effort?
9. What is a task you always find difficult to \_\_\_\_\_?  
What are the main challenges?
10. Can you stay optimistic \_\_\_\_\_ stressful or generally  
negative world events and issues?

Them: maybe a little lavender would  
help reduce your stress

Me:



**5. The expressions come from an article on the different types of downtime.  
Discuss the questions below when you're done reading.**

1. Are the quiz results accurate for you?
2. Is the advice useful? Would you like to try out some of the suggestions?