



Smoking

Conversation > Intermediate 6



Exercise 1 – Vocabulary

light-headed	Weak and dizzy.
[adjective]	<i>Ex: I feel light-headed whenever I exercise too much.</i>

side effect	A harmful effect of a drug that occurs in addition to the main effect.
[noun]	<i>Ex: If any unusual side effects occur, consult a doctor.</i>

give up	To stop doing or trying to do something.
[phrasal verb]	<i>Ex: I gave up smoking last month.</i>



discomfort	A feeling of being uncomfortable physically or mentally.
[noun]	<i>Ex: I don't know exactly why I am having this kind of emotional discomfort.</i>

good cause	Something worth doing because it helps other people, such as charity.
[noun]	<i>Ex: The concert is for a good cause, you should come.</i>

endure	To experience and bear something difficult, painful, or unpleasant.
[verb]	<i>Ex: We had to endure a nine-hour delay at the airport.</i>



Exercise 2 – Dialogue

Choose one character and read the dialogue aloud with your tutor.

Dave: What's up, James? You seem stressed. What's bothering you?

James: Nothing much. I think it's because I quit smoking. I decided to stop just five days ago.

Dave: Really? What happened since then, James?

James: Since then, I've been feeling irritated and uneasy. I even feel light-headed at times.

Dave: Oh, I think it's great news that you are trying to quit. I mean, smoking is not very good for your health.

James: This isn't easy at all, so I am considering whether I should continue trying.

Dave: I heard it's really hard to quit because there are side effects. What made you decide to stop?

James: Well, it's because of my wife and our future baby. You know she is pregnant.



Dave: Oh, that's sweet of you as a father and husband.

James: Yeah. It's not good for her and the baby. I also don't want to be a bad example to my child.

Dave: I think that is a great motivation for you to quit, so don't give up yet. You can do it for your family!

James: I hope I can endure the side effects. I am not used to all the emotional discomfort that I am feeling.

Dave: You can do it. It's for a good cause and also for your own benefit.

James: I have to quit for them. Wish me luck, Dave!

Dave: The first part is really difficult, but you will get used to it.

James: I hope so. I will do anything for my family.



Exercise 3 – Fill in the Blanks

Choose the correct answers from the answer pool below and fill in the blanks.

Answer Pool

light-headed

side effects

discomfort

give up

good cause

endured

1. She _____ years of hip pain before seeing a surgeon.
2. Seventy percent of the total ticket sales will go to a _____.
3. Please don't _____. It might be too difficult at first, but it'll get easier.
4. I am not used to this feeling of _____. I think I need help.
5. Most people experience no _____ at all while taking this medication.
6. I feel _____. I think I'm about to pass out.



Exercise 4 – Role Play

Take turns with your tutor and act out the scene described below.

Scene: Your friend David has just quit smoking, and he feels nervous as a result. Support your friend in his decision to quit. The teacher can be David.



Exercise 5 – Discussion

Discuss the following questions with your tutor.

1. Why do you think people start smoking in the first place?
2. How would you convince someone to quit smoking?
3. What do you think is the first step to quitting smoking?
4. Do you have any family members or friends who smoke?
5. What do you think of people who smoke?