



# Sadness

Conversation > Intermediate 6



## Exercise 1 – Vocabulary

<b>problem</b>	A situation or event that is hard to deal with; an issue or complication.
[noun]	<i>Ex: I have a <b>problem</b> with my car, so I will be late for work.</i>

<b>grief</b>	A feeling of extreme sadness, especially due to the death of a loved one.
[noun]	<i>Ex: He went through a long period of <b>grief</b> after the death of his mother.</i>

<b>attention</b>	Notice or interest given to someone or something; the mental power of giving notice or thought to someone or something.
[noun]	<i>Ex: The event is attracting a lot of media <b>attention</b>.</i>

<b>divert</b>	To change the direction, destination, or use of something.
[verb]	<i>Ex: You need to <b>divert</b> to things that will make you productive.</i>

<b>relieve</b>	To reduce pain or an unpleasant feeling.
[verb]	<i>Ex: She is hoping that the aspirin will <b>relieve</b> her headache.</i>



## Exercise 2 – Dialogue

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

Doctor: You seem down. What seems to be the problem, Peter?

Peter: I am utterly sad, Doctor. I don't know what to do.

Doctor: What is bothering you? There must be some reason you are so sad.

Peter: Well, my pet hamster died a few days ago. I've been crying every night since then.

Doctor: I am so sorry for your loss, Peter. Death of a pet can cause great grief.



Peter: What should I do, Doctor? Do I need to take medicine?

Doctor: Medicine isn't necessary in this situation, Peter.

Peter: What can I do? I am really hopeless right now... everything hurts!

Doctor: You just need to divert your attention and try to do things that will help relieve your pain.

Peter: I'll try to do that, Doctor. Thank you a lot for your time, take care.



## Exercise 3 – Fill in the Blanks

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

### Answer Pool

diverted  
problem  
relieve  
attention  
grief

1. Taking a break is a good way to \_\_\_\_\_ stress.
2. After sending emails, she turned her \_\_\_\_\_ to more important tasks.
3. The aircraft was scheduled to land in Osaka but was \_\_\_\_\_ to Tokyo.
4. It seems impossible to find a solution to that \_\_\_\_\_.
5. She didn't show any sign of \_\_\_\_\_ at the funeral.



## Exercise 4 – Role Play

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

**Scene:** You have just lost a pet. Tell your friend Marry how you feel. The teacher can be Marry.



## Exercise 5 – Discussion

*Discuss the following questions with your tutor.*

1. How do you deal with sadness?
2. What usually makes you sad? Why?
3. Have you tried to help someone who was sad? If so, how?
4. Do you think that diverting attention to something else can help you when you're sad? If so, how?
5. What kind of music do you like to listen to when you are sad?