

13 I can describe illness and injuries

A Problems from head to toe

Example	Meaning
I had an itchy scalp until I started using this special shampoo.	 scalp the skin covering the part of the head where your hair is. If it itches (or is itchy), you want to scratch it (see picture).
I've got a splitting headache .	a very bad headache.
I suffer from hay fever in the summer.	an allergy affecting the nose, eyes, and throat, caused by pollen from plants.
Why does he get mouth ulcers ?	small sore areas inside the mouth, usually lasting a few days.
He dislocated his shoulder.	put a bone out of its normal position.
That's a nasty rash on your arm.	rash an area of red spots on the skin, caused by an illness or a reaction to sth; nasty = unpleasant (also a nasty accident).
I had an upset stomach this morning. (or I had a stomach upset ...)	a stomach problem causing sickness or diarrhoea (= passing waste from the body too often and in liquid form).
I often get constipated on holiday.	unable to move waste material from the body. constipation N.
My mother's got high blood pressure .	blood pressure the pressure of the blood as it moves round the body. (High and low blood pressure are problem conditions.)
I sprained my ankle ¹ running. He pulled a muscle ² in training.	 sprain sth injure a part of the body (usually the wrist or ankle) by turning it suddenly. SYN twist sth . pull a muscle injure a muscle by stretching it too much.
I've got a blisters on my heel from wearing those new shoes.	a sore swelling on the surface of the skin (here on the back of the foot) often caused by rubbing or burning.

1 Combine words in the box to form nine common illnesses or injuries.

sprain high hay upset nasty dislocated splitting itchy
stomach scalp blood pressure mouth shoulder fever headache
your ankle rash ulcer

2 Complete the sentences with a single word.

- 1 I've got _____ on my hands from working so hard in the garden.
- 2 I sometimes get a _____ on my face if I eat seafood.
- 3 The _____ was caused by something I ate last night.
- 4 I've got a few mosquito bites and they really _____.
- 5 I took tablets for diarrhoea, then I had the opposite problem. I was _____.
- 6 He _____ a muscle in training yesterday.

3 ABOUT YOU Which problems do you think are serious, and how many of them would require a visit to the doctor? Write your answers or ask another student.



B Medicine labels

Tablets must be dissolved in water.

This product can cause lethargy or drowsiness.

For short-term use only.

WARNING
DO NOT EXCEED
THE STATED DOSE

Please read the enclosed leaflet before taking these tablets.

Possible side effects may include stomach disorders.

Discard any remaining solution 60 days after opening the bottle.

If symptoms persist, consult your doctor.

Do not use after expiry date.

spotlight

exceed and related forms

1 do more of sth than is stated in an order or a law.

Do not exceed the stated dose.

You shouldn't exceed the speed limit.

2 be greater than a number, amount, or quality.

The cost won't exceed \$5,000, or The cost won't be in excess of \$5,000.

The film exceeded my expectations.

(= it was better than I had expected)

Glossary

dissolve sth (in sth)	mix a solid with a liquid until it becomes part of it. (If sth is soluble it can be dissolved, e.g. soluble aspirin .)
lethargy	the state of not having any energy to do things. lethargic ADJ.
drowsiness	the state of feeling tired and almost asleep. drowsy ADJ.
short-term	lasting only a short period, e.g. a short-term solution . OPP long-term , e.g. a long-term contract .
dose (or dosage)	the amount of a medicine that you take at any one time.
enclosed	included inside sth else, usually inside a letter or packet.
leaflet	one or several pages of information about sth.
side effect	an extra and usually bad effect that a drug has on you.
disorder	an illness in a part of the body.
discard sth	get rid of sth you no longer want or need.
persist	continue to exist (used especially about sth unpleasant). persistent ADJ.
expiry date	the date after which sth should not be used. expire v.

4 True or false? Write T or F.

- 1 Drugs can have side effects. _____
- 2 Drowsiness means dying under water. _____
- 3 You can read a leaflet. _____
- 4 Lethargy means a lack of energy. _____
- 5 If something persists, it stops. _____
- 6 'In excess of 50' is more than 50. _____
- 7 You can dissolve sugar in water. _____
- 8 If you feel drowsy, you want to sleep. _____

5 Add a word to complete a common phrase.

- 1 Don't exceed the stated _____
- 2 a long-_____ solution
- 3 the expiry _____
- 4 soluble _____
- 5 exceed the speed _____
- 6 common side _____

6 Rewrite the sentences but keep the meaning the same. You only need one word.

- 1 I don't have any energy.
I feel _____.
- 2 He's got something wrong with his stomach.
He's got a stomach _____.
- 3 The information is included with this letter.
The information is _____.
- 4 It was better than I thought it would be.
It exceeded my _____.
- 5 I keep getting headaches.
I've had _____ headaches.
- 6 They threw away the old newspapers.
They _____ the old newspapers.



Remember to test yourself

Review: The body

Unit 7

1 Match the sentence halves.

- | | |
|------------------------------------|---------------|
| 1 The baby had chubby | a attention. |
| 2 His stomach sticks | b hips. |
| 3 He wouldn't pay | c paunch. |
| 4 When she walks she swings her | d beard. |
| 5 He's got freckles all over his | e guidelines. |
| 6 He eats far too much; he's got a | f out. |
| 7 I followed the | g face. |
| 8 He's got a ginger | h cheeks. |

2 One word is incorrect in each sentence. Cross it out and write the correct word at the end.

- Fashion experts always recommend that you ~~pull~~ off your best features. show
- 1 The teacher attracted my ~~attention~~ to several errors in my essay. _____
- 2 Light-coloured walls in a room make an illusion of space. _____
- 3 As a child, I had to wear a brace for a year to loosen my teeth. _____
- 4 Unfortunately, tight shirts only enhance the size of his ~~paunch~~. _____
- 5 I'm not sure of her exact age but she must be going on for ninety. _____
- 6 Vertical stripes can be unflattering, making you look slimmer. _____
- 7 I wish I knew the key for success in life. _____
- 8 Vertical stripes on sleeves can cover the fact that you have plump arms. _____

A Z more words: *stocky, lanky, gaunt, stooped, rugged features, ruddy cheeks*

Unit 8

1 Complete the dialogue.

- A I had an embarrassing time last night; I was in a bar and this guy thought I was (1) ~~f~~ _____ with him.
- B And why was that?
- A Well, he must have thought I (2) ~~f~~ _____ him for some reason.
- B Why? Were you staring at him or (3) ~~f~~ _____ with your hair, or something?
- A Well I was actually looking at the people behind him, but I guess he thought I was trying to make eye (4) ~~c~~ _____ with him. Basically he just jumped to the wrong (5) ~~c~~ _____. Anyway, he came over and started chatting, and he was (6) ~~I~~ _____ towards me, a bit too close, actually. And I realized I was being quite defensive because I noticed that my arms were (7) ~~f~~ _____ across my chest, and I was just (8) ~~g~~ _____ redder and redder with embarrassment.
- B Well, maybe he just (9) ~~m~~ _____ the signals you were giving off. Did you get rid of him?
- A Well, no ... in the end we got talking and I realized he was really nice, so I think I might see him again.

A Z more words: *wink, frown, twitch, pout, grimace, wriggle*

Unit 9

1 Write a logical answer.

- 1 Why might someone have a pronounced limp? _____
- 2 What would make a horse gallop? _____
- 3 Why might you go for a stroll? _____
- 4 Why might you creep downstairs? _____
- 5 Is it good to have constant interruptions at work? _____
- 6 If work is relentless, is it enjoyable? _____
- 7 On a long walk, why might you alternate between walking and running? _____
- 8 What should you do if you feel stiff? _____

A Z more words: *stumble, trudge, shuffle, meander, get a move on, stampede*

Unit 10

1 Complete the sound story from the unit.

It was a dark and stormy night; I shut my eyes . . .

- | | |
|---|--|
| 1 the wind r_____ the windows | 6 there was a s_____ of brakes |
| 2 thunder r_____ in the distance | 7 a car door was s_____ shut |
| 3 the trees r_____ in the wind | 8 footsteps s_____ through the mud |
| 4 I heard the rain s_____ on to the windows | 9 there was a c_____ noise on the stairs |
| 5 a horn b_____ | 10 there was a high-p_____ scream – from me! |

2 Match the things/animals with the correct noise in the box.

- | | |
|---------------------|--------------------|
| 1 lions _____ | 5 car brakes _____ |
| 2 floorboards _____ | 6 dogs _____ |
| 3 wolves _____ | 7 bees _____ |
| 4 windows _____ | 8 doors _____ |

slam	howl
rattle	buzz
roar	bark
creak	screech

A Z more words: *hiss, grunt, whine, squeal, shriek, yap, purr*

Unit 11

1 There is one spelling mistake in each sentence. Find the mistake and correct it.

- 1 It was so dark when we left that I could barely see. _____
- 2 You get breathmaking views from the top of the hill. _____
- 3 I think she's been suffering from blured vision. _____
- 4 They were eyeing us wearily, so they obviously didn't trust us. _____
- 5 There were teals running down her cheeks. _____
- 6 I noticed that she was blinting a lot; perhaps she was nervous. _____
- 7 We stood and gazed at the view; it was spectactular. _____
- 8 I've got some drops to allieriate the pain. _____

A Z more words: *squint, peer, scan, conspicuous, bleary-eyed, distinct*

Unit 12

1 Put these words into the correct columns below.

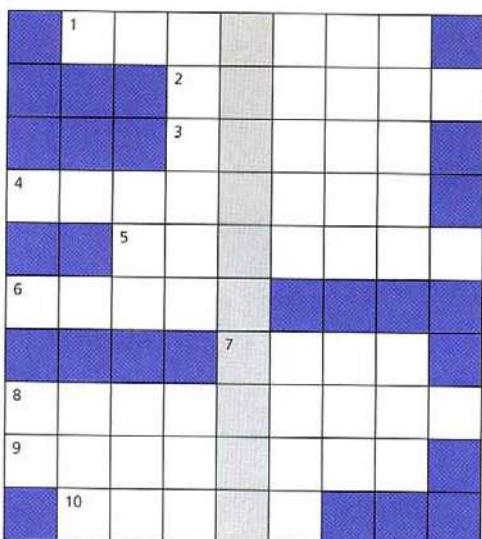
tap stench fragrance vigorous bland squeeze aroma insipid
musty stroke slide pungent pinch peppery

TOUCH	SMELL	TASTE

A Z more words: *slap, nudge, feel around for sth, poke, tickle, flick, scrape*

Unit 13

1 Complete the crossword. The letters in the grey squares spell out a phrase. What is it?



- Some drugs can give you side _____ you don't expect.
- We guarantee that the rise will not be in _____ of 3 per cent.
- I had a terrible headache and an _____ stomach yesterday.
- He _____ his ankle walking in the mountains.
- Go and see your doctor if the symptoms _____ for more than two days.
- If your skin feels _____, avoid scratching it if possible.
- Take care not to exceed the _____ stated on the packet.
- Some medicine can make you feel drowsy or _____.
- Her skin is very soft, so she easily gets _____ on her fingers when playing tennis.
- I have a mouth _____ – it's really sore.

2 Cross out any words which are not possible.

- The *long-term / short-term / soluble* answer to this problem is to have an operation.
- I had a *persistent / twisted / splitting* headache this morning.
- What is the correct *dose / dosage / side effect* for this medicine?
- She exceeded the *speed limit / the expiry date / all my expectations*.
- I have *constipated / an itchy scalp / a nasty rash*.
- A *rash / Drowsiness / Lethargy* indicates a lack of energy.

A Z more words: *dandruff, bowels, gums, runny nose, lump, cramp*

14 I can discuss aspects of character

A Personal qualities

Online dating: find your dream partner

Katarina's profile:

I'm a **spontaneous, happy-go-lucky** sort of person, but I'm pretty **down-to-earth** too. My friends say I'm a real **chatterbox** but maybe that's because I'm truly **passionate** about people, ideas, life, etc. I'll **give anything a go, within reason!**

Katarina describes her ideal match:

I'm **drawn to** men who are **considerate** and happy to show **affection**. A guy with **integrity**, and NOT **pretentious**. As you can imagine, I think **spontaneity** is a positive **attribute** – I love things to be a bit unpredictable.



Glossary

spontaneous	acting in an open and natural way, without worrying about what you say or do. spontaneity N.
happy-go-lucky	not caring or worrying about the future.
down-to-earth	sensible and realistic in things you say or think.
chatterbox	INF a person who talks a lot. chatty ADJ.
passionate	very enthusiastic or interested in sth. passion (for sth) N.
give sth a go	be prepared to try sth. SYN have a go, give sth a try .
within reason	according to what is practical, possible, or sensible.
be drawn to sth/sb	be attracted to sb/sth.
considerate	always thinking about other people's wishes and feelings. SYN thoughtful . OPP inconsiderate .
affection	the feeling of liking or caring about sth/sb. affectionate ADJ.
integrity	the quality of being honest and having strong moral principles.
pretentious	trying to appear important, intelligent, etc. to impress others.
attribute	a quality or feature of sb/sth.

1 Correct the mistakes.

- I've never been drawn by people just because they're affectionate.
to _____
- 1 My cousin's a very lucky-go-happy person.

- 2 You can wear what you like to school, with reason. _____
- 3 I'd love to have a go for skydiving. _____
- 4 She's very kind and inconsiderate; she's always helping people. _____
- 5 My father had a lifelong passionate for classical music. _____
- 6 She's good fun but she's a real chatty!

- 7 He's a great boss – really down-the-earth.

2 Complete the sentences.

- 1 Integrity is usually considered to be a positive _____.
- 2 Marisa was very cold and strict with her children and showed them little _____.
- 3 If you want to try skiing, why don't you just give it a _____?
- 4 She's always using foreign words when she speaks – I just find that very _____.
- 5 He loves to do things without any planning – he's very _____.
- 6 I've never trusted Morgan; he's got no principles. He lacks _____.



Remember to test yourself

B Character in a work context



- A **What did you make of** the two candidates for the job?
B I thought Joe Pascoe was a **real character** – **quick-witted**, and **shrewd**.
A Shrewd, yes, and I'd say pretty **ruthless** too. But I didn't **take to** him personally. I thought he **came across as** rather **pushy** and a bit **conceited**. Catherine actually **struck me as** being more suitable for this job.
B She certainly seemed very **conscientious** and **trustworthy**, but I wonder whether she's got the necessary **charisma**, or whether she's **assertive** enough for this role.
A Maybe not. But she's not the kind of person who'd **get up people's noses**, which Joe might.

Glossary

What do you make of sb/sth?	= What's your impression of sb/sth?
character	INF An interesting or unusual person can be called a character (or a real character).
quick-witted	able to think quickly; intelligent. good at judging people and situations. SYN astute .
shrewd	determined to get what you want and not caring about others.
ruthless	start liking sb/sth.
take to sb/sth	make a particular impression.
come across (as)	INF trying hard to get what you want, especially in a rude manner.
pushy	
conceited	DISAPPROVING thinking you are very important, clever, etc.
strike sb (as sth)	give sb a particular impression.
conscientious	taking care to do things carefully and correctly.
trustworthy	able to be relied on as good, honest, etc.
charisma	a quality that makes other people like you and be attracted to you.
assertive	charismatic ADJ. behaving confidently so that people take notice of what you say.
get up sb's nose	INF annoy sb very much.

3 Positive or negative? Write P or N.

- 1 She gets up my nose. _____
- 2 He's pretty trustworthy. _____
- 3 She strikes me as shrewd. _____
- 4 He's very quick-witted. _____
- 5 He comes across as quite pushy. _____

- 6 She's pretty ruthless. _____
- 7 He's a real character. _____
- 8 He's not very astute. _____
- 9 I'd say she was conscientious. _____
- 10 She's very charismatic. _____

4 Complete the text.

There's a new guy living next door to us and I didn't know what to (1) m_____ of him at first. He wasn't very friendly and he walked about as if he was 'Mr-Know-It-All', so he (2) s_____ me as rather (3) c_____. I just didn't (4) t_____ to him at all. He took my parking space several times, which really got up my (5) n_____. So, last night, I decided to be (6) a_____ and challenge him about it. He was fine and apologized! I was really quite surprised.

5 ABOUT YOU Complete the questions, then write your answers or ask another student.

- 1 Do you consider yourself to be c____ nsc____ nt____ s? _____
- 2 How ss____ rt____ v____ are you if things don't go your way? _____
- 3 Do you think you're shr____ d with money? _____
- 4 Do you have the capacity to be r____ thl____ ss if necessary? _____
- 5 How tr____ stw____ rthy do you consider yourself to be? _____



C Judging character

HOW SOMEONE appears **on the surface** may not be a true picture of what they're really like. A person who seems **aloof** and **stand-offish** may just be shy and **diffident**. As they say: **don't judge a book by its cover**. Other personality traits can

Don't judge a book by its cover

be **misleading**; a bad quality in one context may be a **virtue** in another, e.g. being **cunning**, or **impulsive**, or **naive**. Then there are qualities considered to be negative, but is it always wrong to be **cruel** or **cynical**? Remember the saying: sometimes you have to be **cruel to be kind**.

Glossary

on the surface	when not looked at or thought about carefully.	virtue	a good or desirable quality. OPP vice . virtuous ADJ.
aloof	not friendly towards others. SYNS distant , stand-offish INF.	cunning	able to do things by being clever, but not always honest. SYN crafty .
diffident	not confident; not wanting to talk about yourself. SYN shy .	impulsive	doing things quickly, without thinking about the results. SYNS impetuous , rash .
don't judge a book by its cover	SAYING don't form an opinion of sth/sb by their appearance only.	naive	lacking experience of life, and trusting others too easily. naivety N.
trait	a feature of sb's character.	be cruel to be kind	SAYING make sb suffer because it will be good for them later.
misleading	giving the wrong idea or impression. SYN deceptive . mislead sb V. SYN deceive sb.		

spotlight *cynical, sceptical*

If you are **cynical**, you believe people do things for themselves rather than for unselfish reasons. **cynicism** N. If you are **sceptical about sth**, you are not confident that it is true or will happen. **scepticism** N.

My brother is very cynical about politicians and their motives. I'm very sceptical about the results of this survey.

6 Replace the underlined word with another word that has a similar meaning.

- 1 Don't be deceived by her sweet smile; she's really tough. _____
- 2 I don't know why he's so aloof, but he certainly isn't very friendly. _____
- 3 Simon is usually rather shy in company. _____
- 4 Jumping off that wall was such an impetuous thing to do. _____
- 5 You have to keep an eye on Will because he's very crafty. _____
- 6 His charm is misleading because he can be ruthless if necessary. _____

7 Complete the sentences with a suitable word.

- 1 Most people believe that honesty is a _____ and jealousy is a _____ .
- 2 He told me he'd win the race but I'm a bit _____. I don't think he's good enough.
- 3 He says he loves her. I'm a bit _____ ; I think he just wants her money.
- 4 I felt bad not giving my dog any food when he was ill, but you have to be _____ to be kind.
- 5 On the _____ she seemed quite cold, but you can't judge a book by its _____. .
- 6 Cynicism is one of his less appealing character _____. .
- 7 Ella's problem is _____ ; she trusts people too easily and then gets hurt.



Remember to test yourself

15 I can talk about feelings

A Strong feelings and reactions

Word/Phrase	Example	Meaning
ecstatic	<i>I was ecstatic about my new job.</i>	very happy. SYNS euphoric , elated , over the moon INF.
jubilant	<i>The jubilant fans were cheering as they left the stadium.</i>	feeling extremely happy because of a success.
in tears	<i>She was in tears by the time we got to the hospital.</i>	crying (close to tears = nearly crying).
devastated	<i>I was devastated when she left me.</i>	very upset. SYN heartbroken .
lose your temper hit the roof INF	<i>He completely lost his temper. He'll hit the roof when he sees it.</i>	become very angry. SYN go mad INF.
gutted INF	<i>I was gutted when we lost the match.</i>	very disappointed.
hysterical	<i>When the little girl collapsed, her mother became hysterical. The kids at the party were hysterical.</i>	being in a state of extreme distress or excitement and crying, laughing, or shouting, etc.
stunned	<i>I was stunned when they gave me the prize.</i>	shocked and surprised. SYN gobsmacked INF.
appalled	<i>I was appalled by the conditions they had to live in.</i>	shocked because sth is very unpleasant. SYN horrified .

- 1 Are these positive or negative? Write P or N.

- 1 ecstatic _____ 5 euphoric _____
2 gutted _____ 6 appalled _____
3 horrified _____ 7 elated _____
4 jubilant _____ 8 desperate _____

spotlight **desperate and related forms**

Desperate means extremely anxious. *Without food or money, Karen was **desperate**. Jumping into the freezing water was an act of sheer (= absolute) **desperation** N. He was **desperately unhappy** ADV (= extremely unhappy).*

- 2 Find six phrases in the box.

lose over desperately close unhappy hit your temper mad
go to tears the roof the moon

- 3 Complete the dialogues by repeating what the speaker says in a different way.

- 1 I should think she was gobsmacked. ~ She was – absolutely _____.
- 2 Did he get very angry? ~ Yes, I'm afraid he lost _____.
- 3 Had he given up hope of being rescued? ~ Yes. It was an act of _____.
- 4 Was he terribly upset? ~ Yes, he was absolutely _____.
- 5 He must've gone mad. ~ He did. He hit _____.
- 6 I bet they were over the moon. ~ Yes, they were absolutely _____.
- 7 She was really emotional, wasn't she? ~ Yes, she was in _____.
- 8 Were the children overexcited? ~ Yes, they were _____.



B Expressing your emotions

ARE YOU the kind of person who **bottles up their emotions**? Or do you **wear your heart on your sleeve**? As a journalist, I'm aware that if you **disclose** too much about yourself, you could make yourself rather **vulnerable**. And if I'm honest, as a man I feel a bit **uneasy** when people **pour out** their **innermost thoughts** to me. My own **instinct** is to be quite **guarded** and not **give away** too much about how I feel. On the other hand, psychologists say it's unhealthy to **suppress your feelings**. It can lead to severe anxiety and depression if you don't learn how to release your **pent-up** emotions. •

spotlight

Other expressions with *heart*

I started a business degree, but my heart wasn't really in it. (= I wasn't interested in or enthusiastic about it.)
I didn't have the heart to tell her she'd failed. (= I was unable to tell her that she'd failed, because I knew she'd be upset.)

My heart told me to help him.
(= Emotionally, I felt I should help him.)

Glossary

bottle sth up	stop yourself showing negative emotions or feelings, especially over a long time (bottle up your emotions).
wear your heart on your sleeve	make your feelings obvious to others.
disclose sth (to sb)	give sb information about sth, especially sth that has been secret. SYN reveal sth . (Related nouns are disclosure and revelation .)
vulnerable	weak and easily hurt, physically or emotionally.
uneasy	slightly nervous, embarrassed, or worried. SYN uncomfortable .
pour sth out	express all your feelings, often because you are unhappy.
innermost thoughts	the thoughts which are most personal and private.
instinct	a way of behaving that results from responses you were born with rather than responses you have learned. instinctive ADJ.
guarded	careful not to give too much information. SYN cautious .
give sth away	tell people secret information.
suppress your feelings	stop yourself from having or expressing feelings.
pent-up	(of emotions, energy, etc.) held back; not shown or expressed.

4 Replace the underlined word(s) with a word that has a similar meaning.

- 1 I felt uncomfortable when he talked about his marriage problems. _____
- 2 He wouldn't disclose information if he thought it was secret. _____
- 3 I think it's dangerous to bottle up your feelings. _____
- 4 It's a difficult time for him and he's very weak and easily hurt. _____
- 5 She's a bit cautious if you ask about her private life. _____
- 6 He's happy to tell anyone his most personal and private thoughts. _____

5 Complete the sentences.

- 1 I knew he would be upset and I'm afraid I didn't have the _____ to tell him.
- 2 She took part in the dancing competition, but you could tell her heart _____. _____
- 3 The wedding date was meant to be a secret, but I'm afraid he _____ it _____. _____
- 4 Maxine's problem is that she wears her heart _____, whereas Gavin's the opposite: he has all these _____ emotions which he can't express.
- 5 I should consider this more carefully, but my _____ says it's the right thing to do.



16 I can talk about relationships

A Difficult relationships



When I married Vince, he already had two daughters from his first marriage, and they **took an instant dislike to** me. They **resented** me being in their home, and either ignored me or were openly **hostile**. The neighbours didn't help either – nice enough **to my face** but not so **complimentary behind my back**. It was a **tough** time, and **inevitably it put a strain on** my relationship with Vince. Fortunately, he **stuck up for me** when the kids were difficult, and **as time went by**, things **settled down** a bit. Now, two years on ...

Glossary

- take an instant dislike to sb** dislike sb as soon as you meet them.
- resent sth** feel anger about sth, often when it seems unfair. **resentment** N.
- hostile** unfriendly and aggressive. **hostility** N.
- to sb's face** If you say sth **to sb's face**, you say it to them directly.
- complimentary (about sb)** saying nice things about sb. (You can also **compliment sb on sth** or **pay sb a compliment**.)
- behind sb's back** If you say or do sth **behind sb's back**, you say or do it without their knowledge, and usually it is bad or unkind.
- inevitably** used for saying that sth is certain to happen. **inevitable** ADJ.
- put a strain on sb/sth** create pressure and anxiety for sb; create tension in a relationship.
- stick up for sb** support and defend sb if they are criticized.
- as time went by** over a period of time.
- settle down** become calmer and more relaxed.

1 Positive or negative? Write P or N.

- She was full of resentment. _____
- He was very complimentary. _____
- She did it behind my back. _____
- She can stick up for herself. _____
- He was hostile. _____
- Things have settled down. _____

2 Complete the words in the text.

Martin had been a top designer, and his boss had always been very (1) c_____ about his work. It was, therefore, a nasty shock when he was made redundant. Martin (2) r_____ the fact that he was chosen because he was the youngest, but he was even more shocked by his wife's (3) h_____. She blamed Martin for not (4) s_____ up for himself, and this fact, on top of the loss of his income, (5) i_____ put a big (6) s_____ on their relationship. They would need to make some (7) t_____ decisions about the future.

spotlight tough

Tough has different meanings.

- difficult: It's a **tough** decision.
He had a **tough** childhood.
- strict: **tough** new driving laws.
- able to deal with difficult situations: She'll be OK – she's **tough**.

3 Complete the sentences.

ABOUT YOU

- Have you ever taken an _____ dislike to someone? Why? _____
- When did you last have to stick _____ for yourself? Why? _____
- When did you last pay someone a _____? What for? _____
- Do you find it difficult to criticize people to their _____? _____
- Do you think your life is getting better as time _____ by? _____

4 ABOUT YOU Write your answers to Exercise 3, or ask another student.



B Successful relationships

Now, two years on, things are looking up. Initially the kids were reluctant to accept me and made things difficult, but I gave up work to spend more time with them, and that's helped to create a closer bond. I've gained their respect in other ways, too – they're prepared to confide in me now, especially the younger one. Vince and I still have our ups and downs – who doesn't? – but I know he appreciates the sacrifices I've made, and the way things are now, I'm feeling optimistic.



Glossary

things USU. PL used to talk about a situation or life in general (e.g. **the way things are**; **make things difficult**; **how are things?**).

look up INF (used about sb's situation or business) start to become better.

initially in the beginning. **initial** ADJ.

reluctant not wanting to do sth.

SYN unwilling, reluctance N.

bond a connection between people based on shared feelings or experiences.

respect (for sb) a feeling of admiration for sb because of their qualities. (You can gain, earn, or win sb's respect.)
respect v.

confide in sb tell sb personal information because you trust them.

ups and downs a mixture of good and bad things in life or a relationship.

appreciate sth recognize sth and welcome it. **appreciation** N.

make a sacrifice give up sth important or valuable in order to do sth that seems more important. **sacrifice** sth v.

spotlight accept

Accept has other meanings apart from saying 'yes' to an offer.

1 allow sb to be part of a group:

They accepted me as one of the family.

2 agree to sth:

The council has accepted the latest proposal.

3 believe that sth is true:

He won't accept that nothing can be changed.

4 admit you did sth wrong:

He accepts responsibility for the accident.

5 Correct the mistake in each sentence.

1 He's fully accepted to our decision. _____

4 The initially problem was money. _____

2 She feels she can confide with me. _____

5 I regret his reluctant to go. _____

3 I think they all respect for him. _____

6 It took time to hold their respect. _____

6 Replace the underlined word/phrase with another word/phrase that has the same meaning.

1 How's life? _____

2 They were very unwilling to leave. _____

3 She recognizes and is grateful for everything you've done. _____

4 In the beginning it was a difficult relationship. _____

5 He is prepared to take responsibility for what happened. _____

6 There is widespread admiration for what he has achieved. _____

7 We've had good times and bad times in our relationship. _____

8 I had a tough time last year but things are improving now. _____

9 I like the situation as it is. _____

10 Because of the special connection parents have with their children, they often give up many important things for them. _____



Remember to test yourself

17 I can talk about people I admire and loathe

A Qualities of personal heroes

My **heroine** was Mother Theresa. I admired her **courage**, her **dignity**, and her **humility**. More than anyone, she **inspired** me to devote my life to looking after people.

I used to **idolize** David Beckham. I admired him for his **dedication**, and the fact that when the press **had a go at** him, he never reacted in a negative way.

I really **looked up to** my grandfather. He was a lifeboat captain for 20 years, and showed remarkable **bravery** on many occasions. One day I hope to **follow in his footsteps**.

Glossary

heroine	Your heroine is a woman you admire for her ability or personal qualities (hero for a man). SYN idol .
courage	the ability to do sth, even though it is dangerous, frightening, or very difficult. courageous ADJ . SYNS bravery N, brave ADJ .
dignity	a calm, controlled manner in a difficult situation. dignified ADJ .
humility	the quality of not believing you are better or more important than others. humble ADJ .
inspire sb	give sb the enthusiasm and desire to do sth. inspiration N . inspirational ADJ .
idolize sb	admire or love sb very much. SYN worship sb .
dedication	the hard work and effort that sb puts into an activity because they care about it. dedicate sth/yourself to sth/sb v . dedicated ADJ .
have a go at sb	INF say unkind things or complain about sb. SYN criticize sb .
look up to sb	admire and respect sb, often sb who is older or in a higher position.
follow in sb's footsteps	do the same work or be as successful as sb before you.

- 1 Complete the sentences with the correct form of the word in CAPITALS.

- 1 He was so _____ . COURAGE
- 2 He's a very _____ man. HUMILITY
- 3 She showed great _____ . BRAVE
- 4 He's an _____ leader. INSPIRATION
- 5 She has such _____ . DIGNIFIED
- 6 I _____ him. IDOL

- 2 Rewrite the sentences starting with the words given. The meaning must stay the same.

- 1 I admired my father. I looked _____ .
- 2 I want to do the same work as him. I want to follow _____ .
- 3 Why did she criticize him? Why did she have _____ ?
- 4 He was dedicated to helping the poor. He dedicated _____ .
- 5 She inspired me. She was _____ .
- 6 Paula worshipped him. He was _____ .

- 3 ABOUT YOU Write your answers or ask another student.

Who do you idolize or look up to? Why? _____

Would you like to follow in anyone's footsteps? _____

Do you know anyone who you would describe as:

courageous or dignified or humble or dedicated? _____



B People we loathe and why we hate them ↗

Pop stars who start off as **rebels** or **idealists** with strong moral **principles**. Then, as soon as they become rich and famous, their **values** change completely. What **hypocrites**!

Snobs. You know, people who **look down on** others, and think they're **vulgar**.

I was **bullied** at school, and since then I've always **despised bullies**.

People who spread **malicious gossip** are just **despicable** in my opinion.

spotlight principles and values

Principles (usu. pl.) are strong beliefs that influence how you behave; **values** are beliefs about what is right and important in life. The words are almost synonymous but are used in different expressions. *Eating meat is against my principles. I won't go there on principle. She has a different set of values.*

Glossary

rebel	a person who opposes people in authority. rebel v. rebellious adj.
idealistic	a person who believes the world can be perfect. idealistic adj.
hypocrite	a person who says they have strong principles but does not act according to these principles. hypocrisy n. hypocritical adj.
snob	a person who thinks they are better than people in lower social classes.
look down on sb	think that you are better than sb.
vulgar	not polite, elegant, or having good taste. SYNS coarse , crude .
be bullied	be hurt or frightened by sb who is bigger and stronger (the person who does the bullying is a bully).
despise sb/sth	hate and have no respect for sb/sth. despicable adj.
malicious	showing hatred and the desire to hurt people's feelings. malice n. SYNS spiteful adj., spite n (e.g. <i>He did it out of malice/spite.</i>)
gossip	stories about other people's private lives, which may be unkind or untrue. gossip v (also spread gossip ; the person who does this is a gossip).

4 Write the related adjective.

1 hypocrite _____

4 malice _____

2 rebel _____

5 spite _____

3 idealist _____

6 despise _____

5 Write a word at the end of the line to describe each of these people.

1 He looks down on other people. He's a _____.

2 She's always talking about others behind their back. She's a _____.

3 She's against anyone in a position of power or authority. She's a _____.

4 He's horrible to anyone he sees as smaller or weaker. He's a _____.

5 She believes everything in the world can be perfect. She's an _____.

6 He tells us it's wrong to swear, then he uses bad language. He's a _____.

7 I'm afraid he's got bad manners and he's very rude. He's _____.

6 ABOUT YOU Write your answers or ask another student.

Being a snob or being a hypocrite – which is worse? _____

Is bullying worse than either of the above? Why/why not? _____

How do you feel about people who spread gossip? _____

Is there anything or anyone that you despise? Why? _____



Remember to test yourself

18 I can talk about behaviour

A Influences on behaviour

Why do we behave the way we do? Is it **nature** or **nurture**? According to behavioural psychologist Michael Woods, various factors have an **impact on** our lives.

Parents **play** a crucial **part**; other **role models** are less influential.

Peer pressure is a significant factor.

Positive **incentives** are effective; **deterrents** aren't.

A **broken home** or **deprived** childhood needn't have a **detrimental effect**.

Glossary

nature	the basic character of a person: <i>Violence isn't in his nature.</i>
nurture	the care and attention given to help sb develop. nurture sb v.
impact (on sth)	an effect or influence on sth.
play a part (in sth)	be involved and influential in developing sth.
role model	a person you admire and learn from.
peer pressure	the influence on your behaviour of people around you of the same age.
incentive (to do sth)	a thing that encourages you to work harder, do sth, etc.
deterrent	a thing that makes you less likely to do sth. deter sb v.
broken home	a family in which the parents are divorced or separated.
deprived	without sufficient food, education, or money. deprivation n.
detrimental effect (on sth)	a very negative effect. OPP beneficial effect .

1 Find six compound words or phrases in the box.

peer nature or play broken deprived a beneficial
home pressure childhood a part nurture? effect

_____ _____ _____
_____ _____ _____
_____ _____ _____

2 Are these positive or negative statements? Write P or N.

- 1 She was nurtured by her parents. _____
- 2 He's considered a role model for boys. _____
- 3 There is a lot of deprivation. _____
- 4 It had a detrimental effect on me. _____
- 5 It proved to be a real incentive. _____
- 6 It was a deterrent to helping others. _____

3 Complete the text.

Dan came from a broken (1) _____, had a fairly (2) _____ childhood, and was stealing by the age of 13 because of peer (3) _____. He also got into fights, although it wasn't in his (4) _____ to be violent. Then he joined a boxing club, which had a real (5) _____ on his life. The owner was Dan's first positive role (6) _____, and he played an important (7) _____ in changing Dan's attitude to life. Dan is now dedicated to boxing. He could be in the England team at the next Olympics, and that is a real (8) _____ for him to train hard.

4 ABOUT YOU Do you agree with the statements at the top of the page? Write your answers or ask another student.



B Teenage behaviour

Getting messy teens to pull their weight

YOU CAN **go on and on** about the state of your teenager's bedroom, but **nagging** doesn't work. Their room may be untidy and **unappealing**, but it's not **life-threatening**, so why **make a fuss**? Instead, **lay down rules** for the rest of the home which you all share. Explain what you **expect** your teenagers to do, and get them to agree to it. **Set an example** by being tidy yourself, but don't **give in** and clear up their **mess**.

spotlight expect

To **expect sth** can mean to think it is right that sth should happen.

It's not fair to expect parents to do everything in the home.

Most parents expect high standards.

What do/can you expect? is an idiom used for saying you are not surprised by something, even though it is unpleasant or disappointing.

Teenagers are often lazy around the home, but what do you expect?

Glossary

messy	dirty or untidy. mess N (sb can make a mess ; sth can be in a mess).
pull your weight	work as hard as everyone else in a job or activity. SYN do your fair share .
go on and on (about sth, at sb)	keep talking (about sth or to sb) in a boring way.
nag	keep complaining about sb's behaviour.
unappealing	not pleasant or attractive. OPP appealing .
life-threatening	likely to cause death (here it is being used humorously).
fuss	If you make a fuss about sth , you become angry and complain about sth which probably isn't important. SYN kick up a fuss INF.
say officially what the rules are.	say officially what the rules are.
lay down rules	behave in a way that others may copy.
set an (or a good/bad) example	agree to do sth that you don't want to do. SYN capitulate (to sb/sth) FML.
give in (to sb/sth)	

5 Use each verb once to complete the expressions.

pull kick up set lay down do make

- | | | | | | |
|---|------------------|---|-------------------|---|-----------------------|
| 1 | _____ an example | 3 | _____ a mess | 5 | _____ your fair share |
| 2 | _____ a fuss | 4 | _____ your weight | 6 | _____ rules |

6 Complete the dialogues in a suitable way.

- | | |
|--|--|
| 1 A Is he likely to die?
B No, it's not life-_____. | 4 A Is the room untidy?
B Yes, it's in _____. |
| 2 A Do they make a fuss about things?
B Yes, they go _____. | 5 A Did you agree to do it?
B Not at first, then I _____ / _____. |
| 3 A Did you tidy up your room?
B Yes, because Mum kept _____. | 6 A It's not an attractive colour.
B No, it's very _____. |

7 ABOUT YOU Write your answers or ask another student.

What do/did your parents expect you to do around the home? _____

Do/Did they set a good example around the home? _____

Do you think you do/did your fair share of the work? _____

Is/Was your bedroom in a mess most of the time? _____



Remember to test yourself

19 I can talk about manners

A Table manners

Dining etiquette



1

In the Philippines, it's **considered good manners** to eat all the food on your plate.

In Afghanistan, wasting food is **frowned upon**, and talking with your mouth full is **viewed as** being **discourteous**.

In China, it's **customary** and **respectful** to pass food to the elderly first. You should never stab **chopsticks¹** into a bowl of rice and leave them pointing **upwards**: this is **regarded as** extremely **disrespectful**. It can also be **offensive** to remove rice from a bowl with a spoon.

Glossary

etiquette	the formal rules of correct or polite behaviour in society.
manners	(pl.) behaviour that is considered polite in a particular society or culture.
frown on/upon sth/sb	(often passive) disapprove of sth/sb.
discourteous	FML having bad manners and not showing respect. OPP courteous . courtesy N.
customary	usually done in a particular place or situation. custom N.
respectful	showing polite behaviour towards sb/sth. OPP disrespectful .
upwards	moving or pointing towards a higher position. OPP downwards .
offensive	rude in a way that makes sb upset or annoyed. OPP inoffensive .

spotlight consider, regard, view, perceive FML

These verbs all mean to think about something in a particular way.

They are commonly used in passive constructions like this:

It is considered (to be) the correct thing to do.

It is regarded/viewed/perceived as the correct thing to do.

1 Correct the spelling mistakes.

- 1 inoffencive _____ 3 etikette _____ 5 downwords _____
2 curteous _____ 4 percieve _____ 6 chopstiks _____

2 Complete the sentences.

ABOUT YOUR COUNTRY

- 1 It is c_____ to eat chicken with your fingers when you're at the table. _____
2 Talking with your mouth full is usually f_____ upon. _____
3 Parents think it's important for children to have good table m_____.
4 Not eating food you are given is generally v_____ as discourteous.
5 It is c_____ very bad manners to eat everything you are given.
6 C_____ related to the serving of food are the same all over the country.
7 It is r_____ as r_____ to offer food to the elderly first.
8 As a guest, it would be o_____ to say the host's food was badly cooked.
9 It is d_____ to start eating before others have been served.
10 It is normal e_____ to put your knife and fork / chopsticks by the side of your plate/bowl when you have finished eating. _____

3 ABOUT YOUR COUNTRY Are the sentences in Exercise 2 true or false, or does it depend on different factors? Write your answers, or ask another student.



B Polite or impolite? 6

- DAN Felicity's manners are **impeccable**, aren't they?
BETH Yes, **exemplary**, but that brother of hers is a bit **cheeky**.
DAN I'd call him **insolent**, actually, or even **downright** rude.
- JO I don't think Julian will **be put out** if you leave the party early.
JIM I just don't want to **put my foot in it**, you know. His family are very **upper class**.
JO Well, you'll just have to **be on your best behaviour**, then!
- KAZ I really **took exception to** Arnold's **remarks**: I thought they were **disgraceful**.
BEN Yes, I couldn't agree more. They really were **in poor taste**.

Glossary

impeccable	perfect (impeccable manners/behaviour/service).
exemplary	FML excellent, and done in a way that others should copy.
cheeky	INF rude, often in an amusing way (often used by adults about children). cheek N (What a cheek! = How rude!).
insolent	extremely rude and disrespectful. insolence N .
downright	used to emphasize sth negative (downright rude/offensive).
be put out	be upset or offended. SYN take offence .
put your foot in it	INF say sth that offends or upsets sb.
upper class	considered to have the highest social status (also middle class, lower class, working class).
be on your best behaviour	behave in the most polite way you can.
take exception to sth	object strongly to sth and be angry about it.
remark	a few words that give your opinion about sth. SYN comment .
disgraceful	very bad or unacceptable. disgrace N (What a disgrace!).
be in poor/bad taste	be offensive and not at all appropriate.

4 Cross out any words in italics which are not possible. All three may be possible.

- 1 He was *put out* / *put his foot in it* / *on his best behaviour*.
- 2 She made a *rude* / *an insolent* / *a cheeky* remark.
- 3 What she said was *poor* / *bad* / *cheek* taste.
- 4 Unfortunately she took *exception* / *offence* / *her foot in it*.
- 5 His behaviour is *impeccable* / *disgraceful* / *exemplary*.
- 6 I thought they were *downright rude* / *comments* / *disgrace*.
- 7 Is he *upper* / *working* / *middle class*?
- 8 What a *cheek* / *a disgrace* / *an insolence*!

5 Complete the texts.

I have a very unusual friend called Erwin who considers himself to be very upper (1) _____. He is incredibly polite and has exemplary (2) _____, and I always feel rather uncomfortable with him, because I feel I have to be on my best (3) _____ all the time. I'm very nervous about putting my (4) _____ in it, especially if I go to his place for dinner. If I get there even five minutes late, he seems to be quite (5) _____ out.

I've taken a strong dislike to one of the guys who work for me. He's quite insolent; in fact, I'd say he's (6) _____ rude, actually. The other day he made an offensive (7) _____ about my appearance, which frankly is none of his business, and I really took (8) _____ to it. Calling me 'carrot top' because of my red hair was in very poor (9) _____, I felt.



Remember to test yourself

Review: You and other people

Unit 14

1 Complete the table.

NOUN	ADJECTIVE	NOUN	ADJECTIVE
	cynical		naive
	sceptical		spontaneous
affection		passion	
	charismatic	virtue	

2 Rewrite the sentences using the word or a form of the word in capitals. Keep the meaning the same.

- 1 What was your impression of him? MAKE _____
- 2 I think you ought to have a try. GIVE _____
- 3 I'll do anything if it's practical and sensible. REASON _____
- 4 He doesn't believe the figures. SCEPTICAL _____
- 5 I started liking him after a while. TAKE _____
- 6 I think he's very bright. STRIKE _____
- 7 He really annoyed me. NOSE _____
- 8 He's interesting and rather unusual. CHARACTER _____
- 9 I haven't thought about it much but it seemed sensible. SURFACE _____
- 10 Don't base your opinion only on appearance. BOOK _____

A Z more words: *bubbly, gullible, taciturn, gregarious, sly, two-faced*

Unit 15

1 Complete each sentence with two words or phrases from the word pool with a similar meaning.

devastated stunned ✓ suppress ecstatic hit the roof uneasy
cautious gobsmacked ✓ disclose went mad over the moon guarded
uncomfortable reveal bottle up heartbroken

- We were stunned / gobsmacked when he suddenly appeared after ten years.
- 1 The police refused to _____ / _____ the identity of the man arrested.
 - 2 I always feel _____ / _____ in his company; he's just a bit strange.
 - 3 I was _____ / _____ when my boyfriend left me for another woman. It took me months to get over it.
 - 4 Marisa was _____ / _____ about becoming a mother; in fact we were all delighted.
 - 5 Andrea was late for work again and her boss just _____ / _____. She'd better watch out or she might get the sack.
 - 6 It's never a good idea to _____ / _____ your feelings for too long.

- 7 The sales figures looked promising, but the boss's response was quite _____ /
_____. He never wants to appear too positive.

A Z more words: *distraught, grief-stricken, beside yourself (with sth), go bananas, dumbfounded, on top of the world*

Unit 16

1 One word is missing in each line. Where does it go? Write it at the end of the line.

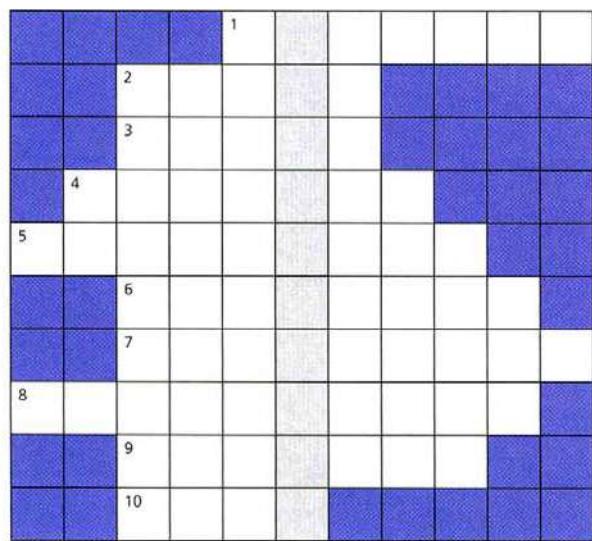
Starting a new job isn't easy, and you're always going to have some and downs. Unfortunately one colleague took an instant to me, which made me very upset. I was sure he was talking about me my back, and even though I did everything to his respect, nevertheless it was a stressful period, and it really put a strain me. After a while, I thought the best thing was to try and in my boss, who explained that the colleague was hostile because he the fact that I had got the position that he had wanted. I had a really decision – whether to talk to him about it directly or not – and in the end I decided to stick for myself and talk to him. Initially he was a bit surprised, but as time has gone, our relationship has improved a lot, and I definitely feel that are looking up. I feel happy to carry on now.

ups
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

A Z more words: *love-hate relationship, inseparable, animosity, incompatible, irreconcilable (differences), cut (all ties with sb)*

Unit 17

1 Complete the crossword. The letters in the grey squares spell another word. What is it?



- 1 admire someone very much.
- 2 fight against or refuse to obey an authority.
- 3 vulgar; coarse.
- 4 give someone the enthusiasm and desire to do something.
- 5 have a go at someone.
- 6 a person who believes that the world can be perfect.
- 7 If you follow in someone's _____, you want to be as successful as they are.
- 8 If something is against your _____, it is against your very strong beliefs.
- 9 a woman you admire very much for her qualities or ability.
- 10 If you look _____ on someone, you think you are better than they are.

A Z more words: *think the world of sb / think highly of sb, sycophantic, repulsive, creepy, foul-mouthed*