

Session 1:sucess

1. How can we reach our goals?
2. It has satisfied my desire so far
3. Pious
4. This will give you a sense of ...
5. Having a bossy character, I always boss them around
6. Be in charge
7. Classy Career
8. a Manifestation of Honor
9. What is his specialty?
10. I hadn't known for it
11. Aesthetic/cosmetic surgery
12. money talks, money matters
13. if I'm not mistaken
14. they seek money
15. It wasn't my field of Interest, it is not my thing
16. they are multitasking
17. Demanding boss/job
18. It pops ... in my mind
19. she hasn't had the chance to follow her dreams
20. Are you happy with who you are
21. It is a tricky question
22. She just keeps nagging around
23. I prefer to skip this question
24. It can plunge me into a deep depression
25. Some criteria (plural form), a criterion(singular form)
26. Postpone = put off
27. Procrastination
28. Take action
29. It is a kind of Achievement for you
30. Lecturer
31. He is a big shot = loaded

32. It is time-consuming
33. She is so humble
34. Having a timetable
35. Being hardworking
36. My biggest Motivation in the world
37. Running a business
38. Social credit
39. Reputation
40. At the end of the day, you count your money
41. Set a goal
42. A Goal should be SMRT(Specific, Measurable, Achievable, Relevant, and Time-bound)
43. It is an acronym/abbreviation
44. Calligraphy
45. I'm talking about a specific case
46. Typical Iranian girls
47. Schedule
48. None of them is superior
49. As long as your accent doesn't block the Comprehension of your speech it is okay
50. It is just fluency that matters
51. They should be able to follow you
52. I'm dead sure
53. Develop a plan
54. You should break down your goals into smaller steps
55. Achievable steps
56. I'm suffering from ADHD
57. You should see a psychiatrist
58. He is taking medicine
59. They didn't know the origin of their problem
60. Transsexual people
61. They get braver to come up
62. They encourage them to reveal their real character
63. That's why....

64. As we are becoming more aware ...
65. It's not a trendy problem
66. You should be committed to your goals
67. Cheating on someone, don't betray your goals
68. Avoid any distractions and stay focused on the task at hand
69. Stay on track
70. Canceling noises and disturbances
71. The things that make you deviate
72. Some things that derail you
73. Religious people
74. Avoid of any addictions
75. Are you addicted to a specific thing? Smoking 6 cigarettes a day
76. I'm a movie buff (crazy about watching movies)
77. He/she is in the buff
78. He is a quitter
79. As I told you before
80. Who is your favorite movie star?
81. Symbol of beauty
82. I disagree with your criteria
83. He is lovely and he is a different creature
84. The way he pronounces his words
85. He made a movie by the name...
86. A drama movie
87. This is the end of your occupation
88. You should keep learning and adapting to new information and challenges
89. seek out mentors who can help you grow and improve
90. There are a lot of messages behind the sentence
91. Attend seminars
92. Outcomes
93. If you pick on the right choices,
94. They give you general knowledge and ideas
95. They just try to turn on the light in your mind

96. they make you interested in the topic.
97. they make you eager to follow it
98. Don't let obstacles hinder you, overcome any obstacle
99. You should hop over the obstacles
100. Resilience
101. An Idiom: Never say die
102. Fall off
103. He has a sweet tooth = he is crazy about sweet
104. Celebrate your achievements and accomplishments even the small ones
105. It means the value of that and appreciates them
106. Surround yourself with positive and effective people
107. They never discourage you and push you forward
108. Prosperity
109. Toxic people
110. They inspire/motivate you
111. I couldn't get any concept of creativity in this picture
112. I wasn't guilty
113. It makes sense
114. Wellbeing =well-fare=connivance
115. take time to relax and de-stress
116. Stop quitting = stop giving up
117. Try to learn from your failures and mistakes and use them as an opportunity to grow
118. Consistency and persistence
119. Medal
120. Think over = ponder=I need to sleep on it = think about consequences and outcomes
121. No preposition is needed
122. Satisfied with = pleased with= fulfilled by
123. Stop Pretending
124. I haven't done it yet
125. It's obvious it goes without saying...= it's crystal clear
126. Reach our goal
127. It makes me feel happy

- 128. Let's call it a day
- 129. Eid al-Adha
- 130. Sheep (plural form)
- 131. Delayed feedback, not instant feedback
- 132. Silence of the lambs
- 133. Fight club
- 134. It is a matter of shame
- 135. It will spoil the movie
- 136. Your expectations
- 137. I enjoyed your class
- 138. How old are you turning?

Session 2:traveling

- 139. My clock runs 2 minutes fast/slow
- 140. Start and wrap up the class
- 141. I haven't made up my mind yet
- 142. You can skip the day and connect it to the weekend
- 143. Statue of Liberty, Eiffel Tower, BigBen Tower
- 144. Traveling aboard/overseas
- 145. I used to hate traveling, I used to prefer to stay home
- 146. It depends on who is with you or who is your companions
- 147. Bachelor party, bachelor night
- 148. Confirmed bachelor
- 149. Real brands # Fake brands
- 150. Whether you can tolerate it or not
- 151. Leaving your comfort zone
- 152. You might face a lot of challenges
- 153. It is rewarding
- 154. Your money will be back but your time never
- 155. Is it worth it?
- 156. Pilgrim trip
- 157. Business trip
- 158. Hookah
- 159. It depends on marital status
- 160. He keeps repeating that
- 161. He tries to exclude him
- 162. I decided to wrap up the story forever
- 163. We have a lot in common = we have similar interests
- 164. It will be welcome
- 165. Once in a blue moon
- 166. They can't keep up with my pace
- 167. This is my preference
- 168. I can't tolerate her

- 169. Nobody asks you to express your opinion
- 170. Optimistic
- 171. You are allowed to take only five things with you
- 172. You have limitations
- 173. Essential
- 174. Road trip, sea trip, rail trip, air trip
- 175. How about others
- 176. Backpacking
- 177. Couchsurfing
- 178. Hitchhiking
- 179. You have to take the risks
- 180. Conservative person
- 181. I thought you might be a/an...
- 182. Generally speaking
- 183. I'm not talking about exceptions
- 184. Literary
- 185. Reasonable
- 186. They are wealthy/ stingy
- 187. The story is getting darker
- 188. No offense
- 189. Thank you for your compliments
- 190. I'm from... Originally
- 191. You are surrounded by a lot of generous people
- 192. I have been in touch with....
- 193. We have a lot of stingy people among our relatives
- 194. prejudice
- 195. Labeling on some Tribes
- 196. A wonderful couple
- 197. If you had a free ticket, what would your choice be?
- 198. The Great Pyramid of Giza
- 199. The Great wall
- 200. I'm not interested in history
- 201. Luxurious and fancy places

202. Ancient places/historical places, remains of an ancient civilization

203. Public figures

204. Are you inspired by your friend's travel stories?

205. Which one is more Persuasive (convincible)?

206. Halo effect

207. biases in thinking and decision-making

208. Adventures

209. Choosing wisely

210. Deciding based on the feeling of the moment

211. I am usually inspired by the movies

212. Comfort and relaxation

213. I want to gain/earn new experiences

214. I like to widen my horizons

215. Enhancing our perspective

216. Enrich myself

217. Try to think out of the box

218. The size of their word is as size as their skulls

219. Things can go wrong when you are in travel

220. Can you think of a horse trip

221. A beach resort

222. We had a car broke

223. A festival of bad luck

224. I haven't gone on any trips Since then

225. Was he an Infant or a toddler?

226. I can't remember vividly

227. Mourning ceremony= funeral

228. It was like a wet blanket

229. It ruined my plans

230. Traveling alone

231. It is a budget trip

232. We are traveling on a tight budget

233. I don't have to tell them What to do and what not to do

234. Mature enough

- 235. The most common mistakes that you made today
- 236. Go on a trip/journey
- 237. Take a trip/journey
- 238. It hasn't been planned yet
- 239. Landmarks
- 240. It is a must-seeing
- 241. It is worth seeing
- 242. When I am on a trip ...
- 243. authentic resources
- 244. Keep the tune
- 245. Married to ...
- 246. He had had high expectations
- 247. Dismayed= startled
- 248. I would love to go...

Session 3:food

- 249. It is so flattering to me
- 250. Don't flatter me
- 251. We are used to eating lunch late
- 252. Canteen
- 253. Cooker=stove
- 254. Chef
- 255. Chief= boss, main reason
- 256. A quick meal
- 257. Do you have dinner as well?
- 258. Turning two meals into one meal
- 259. She teaches in a private school
- 260. Sometimes we buy takeaways
- 261. Sometimes we order takeout
- 262. It is his biggest motivation to be single
- 263. If he had been married, he would not have got such great services
- 264. I used to be a picky eater
- 265. There is no one to spoil /pamper us
- 266. Do you have a private chef?
- 267. Cloth
- 268. I was on a diet
- 269. Did he ruin your reputation?/Did he dirt on your reputation?
- 270. Whenever we get together...
- 271. I can't be a good host for them
- 272. I can't mention any specific type of food
- 273. A slice of sweet, juicy watermelon on these hot summer days is refreshing and hearty.
- 274. You are a foody person.
- 275. Everyone who has eaten my food can admit it
- 276. I am not a big fan of seafood
- 277. I hate shrimp and spinach and celery,I can't stand it
- 278. My mom always asks me about what I like to eat
- 279. My mom is very good at cooking Stuffed chicken

- 280. When I'm at my mother's I usually ask for stuffed chicken
- 281. Water-steamed broccoli or carrots or vegetables
- 282. I don't know what it is good for
- 283. The two (chicken and celery) go together/ they agree together
- 284. Onion is The most consuming item (the most commonly used) in my kitchen
- 285. It is a staple ingredient in any Iranian home
- 286. A joke: Iranians first make a lot of fried onions and then decide what to cook
- 287. Not having rice on the table at a feast can be taken as impolite (rude)
- 288. Vegetarian pizza
- 289. Knead the Dough
- 290. Bacon, red and green peppers, mushrooms and sausage, garlic, steak
- 291. A point: Herbs are different from vegetables
- 292. I don't use garlic too much, unlike onion
- 293. Tell me about the best place you ate pizza ever.
- 294. I am not eager to eat out
- 295. I prefer a home-cooked meal even a scrambled or boiled egg
- 296. It sounds like a luxurious and trendy concept
- 297. Vegan
- 298. Dairy products
- 299. Dairy
- 300. stock of stew
- 301. She is strict and hard
- 302. Vegetarians take supplements such as vitamins and minerals to maintain their health.
- 303. I don't know if being a vegetarian is good for her
- 304. It's not just a phase
- 305. She has been accustomed
- 306. Only one food for the rest of life
- 307. What You never get tired of
- 308. If I were forced to live this lifestyle, I would choose spaghetti.
- 309. Why soda is unhealthy
- 310. He is not allowed to drink coca
- 311. It is a disadvantage of being a parent
- 312. Fizzy(sparkling) drinks.

- 313. Flat drinks
- 314. Still drinks
- 315. Soft drinks
- 316. Alcohol-free drinks
- 317. If you cannot manage to have a balanced diet you will be underweight or overweight
- 318. Calory intake
- 319. Calory deficit
- 320. I need to take care of my weight because I'm overweight
- 321. I'm always on a diet
- 322. I put on weight easily but I lose weight hard and with difficulty
- 323. He is in shape
- 324. You have to squeeze at least 10 oranges to have 1 glass of orange juice
- 325. Fruit juices are too surgery with no fiber
- 326. What meals do you skip?
- 327. When you eat lunch too late you don't have enough room for dinner
- 328. Dinner is not too tempting to me
- 329. 2 slices of toast with some cheese
- 330. Do you weigh all of them?
- 331. I can find it through experience, It comes from my experiences
- 332. Only if I am invited to a party I will have dinner
- 333. I have a jam-packed schedule
- 334. Once I am free for dinner it's too late so I prefer not to eat dinner
- 335. When you eat a lot of surgery things late at night your body won't have enough time to digest and burn the calories
- 336. It will have bad effects on our liver and kidneys
- 337. We are what we eat.
- 338. My mother-in-law is for sure(undoubtedly) the thinnest person I have ever seen in my life
- 339. I told you this introduction to talk with you about something else
- 340. She has the worst lifestyle ever
- 341. Is she diabetic?
- 342. She hasn't taken any blood test
- 343. Small portion
- 344. They have a specific ritual for tea like a party

- 345. They get together after dinner and drink tea with candy and sweet
- 346. Confectionery
- 347. She is something different
- 348. She can not go to bed without sweet
- 349. She lacks iron in her blood
- 350. I can see some suspicious signs in my son
- 351. What kind of diseases does she have?
- 352. She has kind of some disabilities
- 353. Why do you disagree?
- 354. It affects your character and the way you treat
- 355. When you respect your body it can find it and try to be healthy for you
- 356. A typical Romantic dinner
- 357. I didn't pay attention to the candle
- 358. They might be celebrating something
- 359. Those are a wonderful couple
- 360. Double chin
- 361. Cleft chin
- 362. What is your motivation to eat out?
- 363. Celebrating an anniversary, or birthday, gaining an achievement, having a special guest
- 364. Engagement party
- 365. It is not my thing
- 366. If you are living abroad what is the food you would miss the most at home?
- 367. It is full of saturated fat
- 368. I love it from the bottom of my heart
- 369. She always nags
- 370. He must like it
- 371. You are Making speculation
- 372. My mom's cuisine (The way my mom cooks it)
- 373. I can't get enough of eating it even when I am on a diet
- 374. Their cuisine is a disaster
- 375. It must be served with onion and lime
- 376. How do you like it?
- 377. It is my guilty pleasures

- 378. I can't control myself
- 379. He came over to us and brought us local and savory yogurts
- 380. It is really strange
- 381. I put chicken in a frying pan and add some oil
- 382. How do you marinate the chicken or meat
- 383. Olive oil, turmeric, dried lemon, thyme, cinnamon
- 384. I enjoy..../ I hate.....
- 385. We knead dough with fists and fingers
- 386. I have tried it once
- 387. It is famous or well-known for kebab
- 388. Sunny side up
- 389. I slept deprived
- 390. Deprivation
- 391. I haven't made it yet. - Me neither or I have not either
- 392. I tried to stick to my diet = I never cheat= I am committed to my diet
- 393. Whenever I am invited to a party
- 394. It can affect you
- 395. It can hurt your health
- 396. It is mouth-watering = super delicious = yummy
- 397. You never bear a garage

Session 4 :Health

- 398. health
- 399. MS degree or BS degree
- 400. Every other week, every second day
- 401. Most of our classes are on weekends
- 402. I can't make time for it, I'm super busy
- 403. I think how I am alive
- 404. I could not find time for myself
- 405. Tomorrow is my day off
- 406. This is supposed to be Monday
- 407. What do you mean when you say a healthy person?
- 408. What do you think about this one?
- 409. From now on
- 410. We can look at it from different perspectives because it has various aspects
- 411. Mentally healthy and physically healthy
- 412. I can consider myself healthy physical-wise
- 413. How often do you get sick?
- 414. I have a weak/strong immune system genetically
- 415. Terrible condition
- 416. Do you care about medical annual check-ups?
- 417. The older we get, the more important it will be(This will be more important as we get older)
- 418. We usually don't care about routine check-ups as long as we are young and healthy
- 419. It is a cultural issue and wrong at the same time
- 420. Thoughtful, considerate, careful, attentive, cautious, watchful
- 421. I try to do that every 6 months
- 422. Pregnancy
- 423. Ultrasound test, blood test
- 424. I have specific issues related to my body and medical situation.
- 425. I care about my body in advance to prevent future trouble.
- 426. When something is diagnosed at the very first stages it will be curable much more easily
- 427. It's a matter of time in some specific diseases

- 428. What healthy habits do you have or unhealthy habits as well?
- 429. I try to exercise daily, quit bad addictions, drop bad habits
- 430. I will try to cut down on sugary things and sleep enough and well.
- 431. I haven't been able to make/manage it yet
- 432. To avoid salty and fatty(greasy) food
- 433. I look at a glass of soda like a glass of disease
- 434. It can lead to some sickness
- 435. He is a collection of bad habits
- 436. I don't know what is in that coffee.
- 437. It is awesome
- 438. I'm not a sound sleeper
- 439. To prevent diabetes
- 440. It can lead to diabetes
- 441. Having ice cream a lot
- 442. What flavor do you prefer?
- 443. Mero has a good atmosphere
- 444. When my daughter is with me and we are passing by there, she asks me for an ice pack.
- 445. They have a large menu
- 446. Have you ever broken a bone? What happened?
- 447. You have to carry a heavy cast for weeks
- 448. You deserve it, you shouldn't have done that.
- 449. I broke my feet
- 450. He had a broken nose
- 451. I almost passed out and needed a surgery
- 452. I was on the teenage national team
- 453. I could have been a good soccer player
- 454. **Have you ever broken a bone? What happened?**
- 455. What is her specialty? She is a gynecologist
- 456. Do you trust doctors?
- 457. When it comes about severe and chronic diseases you have to trust them
- 458. Hook nose
- 459. They overcharged their patient
- 460. I was under Dr. Farideh's supervision, she is amazing in her field

461. She is the only gynecologist in Ahvaz who I can trust.
462. I check the background at first
463. GP(General Practitioner)
464. Specialist Dr
465. Who is the healthiest person you know?
466. What do they do to stay healthy?
467. What is more important to take care of mental health or physical health?
468. How do you feel when you see blood?
469. Life expectancy is getting shorter.
470. How long do you expect your generation will live on average?
471. Mentally healthy/physicllay healthy
472. Mental health/physically health
473. Catch a cold/get a cold
474. I haven't had any critical issues
475. Trivial=unimportant
476. I usually get a cold twice a year
477. Varity of virus=spcies of a virus
478. Annual
479. Prevent from .../avoid from ...
480. At the very first stages
481. Briskly= rapidly
482. Especially in the past
483. I broke my feet/I hurt my finger/ I cut my hand/ I spraind my ankel
484. I am trying to cut down the addiction to tea
485. I haven't been able to manage it
486. laboratory
487. Im suffering sleep deprevatio
488. Appropriately=properly
489. On Vahabi street
490. Comb,climb,tomb,thumb
491. You shouldn't have done that
492. How old were you?
493. Sikness, illness, ailment

- 494. we check the background
- 495. he has been exercising for 20 years every day
- 496. fatty/greasy food
- 497. he has disabilities
- 498. you misssed a Q letter/ letter Q has been dropped
- 499. she is obssesive on spots
- 500. stainless
- 501. insane/nuts
- 502. insaness/crayziness
- 503. I haven't got any special problem
- 504. They panicked

Session 5 - Shopping

1. I'm crazy about shopping especially clothes.
2. I never get enough of it.
3. If I have money I have to buy something.
4. I believe in shopping till you drop.
5. How do you feel about shopping?
6. It depends on my mood.
7. If I'm on vacation and want to buy souvenirs and see local crafts of that area.
8. It would be a great motivation for me.
9. I'm really tight on time.
10. Whenever I go shopping it makes me feel better like all the ladies.
11. Going shopping is not something you like too much.
12. I'm very interested in electronic gadgets.
13. Are you a real shopaholic? It's kinda an addiction.
14. I always buy things online.
15. Whenever I get to work our receptionist always says I have a package.
16. I'm expecting a package Every single day,
17. It is a staple item in my work list.
18. It bothers my husband, and he believes it is kind of a sickness and I should treat myself.
19. Sometimes I try to control myself but mostly I can't make it.
20. Poor him!
21. Sometimes I consult with him when I want to buy something.
22. I believe not to do so.
23. When I asked him to express his idea ...
24. You avoid consulting with him.
25. It is not a matter of need.
26. Most of the time we don't need anything, but we purchase it. Because we think we will need it in the future. But it will never happen.
27. I won't be using them.
28. If you check out my bank account you will tell me I am insane.
29. Generally speaking...
30. If it comes to electronic gadgets, I should say ...

31. What is your favorite brand? I'm a big fan of ...
32. It is sort of our enemy.
33. I have a lot of great experiences of using that brand,
34. If I have enough budget I will go for Apple devices.
35. I have been an Apple user for 12 Years, it is not easy for me to change.
36. I am going to buy an iWatch next month.
37. I got all of them as a present like a New Year present or birthday present.
38. From who? My lovely husband.
39. I haven't paid for them on my own.
40. For his previous birthday.
41. I haven't received the same thing in reverse.
42. Which series did you buy?
43. I couldn't afford any more expensive model.
44. Lucky him.
45. Are you a good person to go shopping with?
46. Can they count (rely) on you?
47. Can they trust you?
48. It depends on what they want to buy.
49. I'm not a good companion.
50. I am an expert at buying kitchenware, I'm experienced in this field.
51. I am used to exploring before purchasing.
52. It makes me have better choices.
53. It leads me to have better options.
54. I prefer to go shopping with my sister because we have a lot in common.
55. We will be a wonderful couple.
56. She is the only one I love to go shopping with.
57. She always tries to stop me from buying things I don't need.
58. We go shopping with my sister because she needs some things and I'm just supposed to be a companion. We end up getting back home while she has bought nothing and I have a lot of stuffed bags.
59. What has ever been the most expensive thing you buy?
60. It has been a set of jewelry, honestly, I paid for it on my own.
61. Was it worth what you paid for it?

62. I shouldn't have paid for them.
63. As far as it is about purchasing gold you are a winner, it is a kind of investment.
64. Do you regret it?
65. When you want to buy something expensive it is reasonable to explore it, investigate it, check out the reviews, and then make up your mind.
66. When I want to buy something I care about the cost and quality.
67. My car is a Phoenix and it is a cross-over with an elegant black color.
68. It is worth each Penny I paid for.
69. He just saves his money for a greater goal.
70. How much do you shop online?
71. Do you trust online shops?
72. When you want to buy clothes you need to try them on and see if they suit you or look great on you or fit you.
73. Although I should say ...
74. I have to keep them in my closet uselessly or donate them.
75. I like online shopping because you have a wide range of choices, you can compare prices and specifications, and read the reviews.
76. Is it a trustworthy (reliable) online shop?
77. It is easy for me to trust them.
78. Have you ever had a bad experience in online shopping?
79. They have never stolen my money.
80. They delivered me a broken item and they refused to fix the problem.
81. You got a bad impression.
82. You felt worried.
83. What was I talking about?
84. I can't remember more cases vividly.
85. It was really frustrating.
86. The words conflict and fade in my memory.
87. You can find a better deal.
88. You can check different websites to find the best choice you want.
89. When things are on sale it means you can buy them at lower prices.
90. Bargain hunter: a person who is looking for goods that are good value for money, because they are being sold at prices that are lower than usual. They check the market to find the cheapest items

91. They make a lot of profit.
92. I think they are going to cheat me and defraud me.
93. Fraudulent
94. The end-of-year sale (hyphenated adjective),
95. It is a common word: they are taking out and selling their garbage.
96. They just want to get rid of them and also make profits.
97. They just want to make money out of their garbage.
98. After all, it is for their benefit.
99. I usually put it aside.
100. It is every lady's favorite thing.
101. It is not talking about people looking for discounts.
102. Check the market to find the cheapest items.
103. They need to search everywhere and go shopping when things are on sale.
104. They wait for them to promote something and they will have a promotion.
105. Promotion =You pay for one and receive two.
106. It is a great motivation.
107. If you wanted to open your shop what kind of thing would you like to sell?
108. If I had to have a shop, I would sell clothes and be broke because I would take them myself.
109. I have had a dream since I was just a kid to have a bookshop, not a small bookshop but a big one, and sell my book online and physically.
110. I love to have a stationary shop.
111. Where do you go to buy such items?
112. They have a lot of luxurious stuff.
113. When I'm crossing around them I will stop by and check what new items they have to add to my collection.
114. I usually get out with a stuffed bag.
115. A fast food place.
116. I enjoy the process of cooking them.
117. My sister-in-law got married 5 years ago and her husband is a good guy. He used to talk about his dream a lot.
118. One of his favorites was opening a fast-food place.
119. You might not believe but next week is gonna be the opening of his fast food place.
120. He is going to live his dream.

121. Good for him.
122. He has 3 partners.
123. That's why I asked about ...
124. He always wanted to have his own place.
125. It is on Vahabi Street.
126. It is a crowded area.
127. It is exactly across from the New Market.
128. You can tell him you are my student and they will give you a discount.
129. I will give it a try.
130. The people are supposed to be there.
131. They will have an opening ceremony.
132. It was supposed to be before, but they set behind their schedule, so they postponed it.
133. They put off it.
134. His family are business people.
135. It was a sarcasm. No, it wasn't sarcastic.
136. They know how to work with their money and manage them and invest their money.
137. You can bring your dream to reality.
138. You can turn your dream into true.
139. He can't afford to fund (establish or set up or build up) a jewelry shop.
140. You gave him the suggestion,
141. Have you been shopping abroad?
142. When I was there, I bought something as a souvenir.
143. It goes without saying.
144. Turkey is better, price-wise and variety-wise
145. Design stores can find products from different and famous brands.
146. I always try to find designer shows.
147. You are not in the picture today.
148. Do you usually buy designer stuff?
149. I do not know if it is worth it because it is really expensive.
150. They charge you more than the original brand.
151. How do you know they are real brands? It's obvious
152. It is easy to identify the real ones from the fake ones.
153. Some of them are high copies.

154. You are an experienced and skillful shopper.
155. When she wants to buy us something from different stores in Milan she sends us pictures and asks me to choose from the picture.
156. What is worth to be bought from a designer store?
157. You should buy the best item in the market.
158. What is your favorite brand of shoes?
159. Having a good style
160. Sneakers/ trainer
161. I care about quality, comfort, and convenience.
162. Until your feet are killing you
163. When I'm on vacation
164. Which is made by locals
165. I spend too much money on clothes.
166. I usually spend too much time watching TV.
167. It is a problematic area for English learners.
168. It makes me feel bad.
169. When you talk fast you might make such mistakes.
170. I enjoy shopping
171. I'm a big fan of...
172. Don't go crazy
173. He went crazy and wanted to kill me.
174. It's not real. It's just an imaginary situation.
175. My husband is one of the most peaceful people I have ever seen in my life.
176. He is too quiet
177. My hair is going gray, his eyes are going blind, His ears are going deaf.
178. Every week
179. The two can be used interchangeably.
180. We can use them instead of each other.
181. The expression "Do the shopping" is different from going shopping.
182. Doing the shopping is about buying groceries and daily stuff for the refrigerator but going shopping is something fun.
183. Compulsory= mandatory= obligated
184. They have the same roots.

185. Workaholic, chocoholic, alcoholic
186. Unwanted items
187. I have bought a pile of stuff, but I haven't used them.
188. Count me out
189. I don't know if you play Shelem or not.
190. There are four of you.
191. What else can we use instead of kitchen tools?
192. Having mutual interest
193. I have a lot of friends, who I can count on.
194. I have a lot of friends. Whom I can count
195. Reasonable# unreasonable
196. Rational# irrational
197. I always pay attention to...
198. I prefer to try them on (clothes)
199. I prefer to try them out (electronic devices and...)
200. You are acting up great.
201. It fits you
202. Although I'm tired, I go out with my friends after class.
203. I don't know this part. However, I've read it several times.
204. It has happened to me twice.
205. You are not allowed to use but
206. A slip of the tongue
207. It is on the tip of my tongue.
208. An avid reader
209. A productive and fruitful day
210. I need to marry a wealthy Lady.
211. Break a leg
212. Priceless = invaluable you can't put a value on it.
213. It's a trilogy
214. It is a hay fever
215. I can't breathe well when I am exposed to an air-conditioner it happens to me every.

Session 6 - Movies

- 216. Different genres
- 217. What is your favorite genre?
- 218. I'm a big fan of mysterious movies
- 219. Romantic movies or romances
- 220. Sometimes I feel like watching a comedy movie when I want a laugh
- 221. Fantasy, **Epic**, heroic movies
- 222. You can put some movies into different categories or genres
- 223. You can consider them as multi-genre movies
- 224. **Movies with the World War 2 theme**
- 225. **Historical themed movies**
- 226. The Pianist movie is **remarkable**
- 227. What is your favorite movie of all time?
- 228. If you were supposed to choose just 5 top movies what those would be?
- 229. The **scenarist** is a genius
- 230. Zimmer is the musician of the movie
- 231. It is nothing in comparison with the Inception movie
- 232. That movie **came out(released)** 2 years ago
- 233. It is a **conceptual** movie and you have to watch it several times to understand what it is going to say
- 234. It was about a guy who had lost his memory and It is a dark movie
- 235. A **trilogy** directed by...
- 236. They are masters of pieces
- 237. If you had to go for one what it would be? I would go for...
- 238. **Beyond any imagination**
- 239. **Stunning** performances
- 240. Amazing special effects
- 241. Although it was full of strange special effects everything was tangible and seemed rational
- 242. You were able to distinguish between reality and virtuality
- 243. It's like a documentary show
- 244. Its concept is about Time, the way he looks at the time concept is really creative captivating, and interesting to me

245. The story was strange with a new idea and somewhat scary
246. I can mention the Titanic as my favorite movie
247. They have a weak/strong story/tale
248. They can't keep/leave you on the edge of your seat
249. They can't attract movie freaks
250. I'm not too fond of movies with a storyline of betrayal and cheating
251. The movie is painful(harrowing)
252. I hated him
253. He was infamous at that time
254. you have to admit he is handsome
255. what is the worst movie you have ever seen?
256. It was horrible and not worth watching
257. I don't know how to express my feeling
258. What the hell it was about?
259. I usually read the critic's reviews and check the IMDB score and the reward of the movies to pick out a movie to see
260. It was a blockbuster and one of the best sellers at that time
261. It was a hijacking story in that movie
262. It was a devastating movie
263. It was about poverty, drug addiction, and all social concerns
264. What is the most beautiful actress in your idea?
265. I can mention Kate, Nicol, ...
266. Can you deny she is the best?
267. I think beauty criteria are different from one to another
268. It has a high score on IMDB and in the list of 100 movies you have to see before you die
269. pride and prejudice
270. The movie that impressed me badly was "Requiem for a Dream"
271. it's an Oscar winner
272. The personality was compelling
273. She is gorgeous and prestigious
274. The artists are getting married and divorced all the time
275. She got to know Ali and more intimate with him from that movie and got married to him
276. She passed away recently

277. he is one of the best colleagues of us
278. What is the most handsome actor in the world?
279. I didn't have enough room for a picture of others
280. He is handsome even without a beard but a beard makes him **drop-dead** and manly
281. He has a **permanent frown** on his face
282. It has a complicated biography if you have read it
283. Have you ever chosen a movie to watch because its actors are handsome or beautiful
284. **Animated** movie
285. Are they just for kids?
286. It is a **twisty** movie
287. It opens your eyes to new issues
288. Actually, I have a new challenge with him, I can't manage the amount of information he is receiving from around.
289. He can sense everything **Purely**
290. I believe it is too early for him to digest some complicated information
291. Where does he get his information from?
292. She always pays attention to every single word she **articulates**
293. It's not **on purpose**
294. He uses some sentences that are not suitable for me
295. It makes me afraid and anxious
296. I can see that on his face
297. I want to let him understand Farsi completely
298. It's much better
299. He knows how to use an adverb
300. What is the most romantic?
301. I can **approve** it
302. How could you be the best player when you can't lie?
303. I can easily identify how the mafia is
304. I can analyze games easily
305. Please don't **disclose/betray me to others** if you identify me.
306. It is about racism
307. Do you know what is why they named it Green Book?
308. What is the **story behind it?**

309. The green book has been a guidebook with a green cover for road trippers blacks to know what public places they were allowed to enter or not
310. It is the **origin** of the name of that movie
311. Nazi, Jews, Jewish
312. How do you choose which movie to watch? By genre? By director? By the main star?
313. The IMDB score can be a good **yardstick**
314. It's not that accurate but it can be a **measure**
315. Some movies with high IMDB scores don't **meet my taste**
316. I'm speaking of my experiences
317. Who do you watch movies with?
318. We are short in free time and it is not the same time
319. Do you watch movies with subtitles or **dubbed**?
320. I feel safer
321. I am the worst person everybody can choose to watch a movie with.
322. I fall asleep whenever I am watching a movie
323. My kids suggest watching a movie on the weekend
324. He doesn't care to stop it
325. Who were in it?
326. I wouldn't say I like such a storyline.
327. Female couple/gay couple
328. I can say I am not a rigid person, I always try out of the box and understand people with different ideas and **sexual tendencies**
329. I always try to **widen my horizons**
330. I can't stand them/ I can't get along with them
331. It's a policy and They want to normalize this stuff in society
332. I prefer to prevent him from this type of cartoon
333. **Dubbed movies** are like artificial things you can't touch them
334. It can't **convey** the purpose, sense, and feeling of a movie
335. Motives are rated based on **age-appropriateness**
336. It is **informative** and warning for you as a parent
337. Considering the curiosity of kids it is not effective at all
338. **On the contrary**, it can provoke/ Arouse them to go over it
339. When they are independent it is quite useless

340. When a VPN is available you can access everything
341. It can have **an adverse impact** and harmful consequence
342. It would help if you made them out of access to
343. You can't set any **boundaries**
344. They want to discover and detect everything
345. They can make money out of their channels and subscribers
346. Criminal channels teach children if they want to **commit crimes**
347. With unlimited access to these channels, they might learn
348. Mysteries
349. When something is Conceptual it is hard to **digest**
350. **Sophisticated** notions
- 351. Grumpy= bad temper**
352. I don't like ... Me neither
353. I didn't used to ... neither did I
- 354. Leak**
355. They couldn't enter the room
- 356. Authentic**
357. I believe It is **overrated**
- 358. Tangible**
359. Curiosity kills the cat
360. Mind your own business
361. Keep your nose out of my life.
362. Trivial = unimportant=**invital** # vital
363. Our **supreme**
364. Great Britain
365. They have different **attitudes**
366. Time flys as fast as winds

Session 7 – Sleep

- 367. It is a good **justification**
- 368. He had a tough day
- 369. I think it is a **myth**. I don't know if it might be correct or **scientific**
- 370. It might have **pieces of evidence**
- 371. How does work too much? I have to **work around the clock**
- 372. I can't just **sit around** and do nothing
- 373. I don't **approve** it
- 374. I can't **justify** it
- 375. It's kinda an **obsession** for me
- 376. How do you consider the people who don't do anything?
- 377. Can you **get along** with lazy ones?
- 378. You might not believe but I can't even tolerate them
- 379. I just like to punch them in the face
- 380. I mean the people you have to **be in touch** with them
- 381. He went to bed at 10:30
- 382. I was busy with making slides for my class
- 383. He wanted me to make him an egg
- 384. I **felt guilty**
- 385. He woke up **out of hunger**
- 386. He **tried to feed him** and they decided not to sleep anymore
- 387. He kept calling me.
- 388. I have to pick him up after class
- 389. Will he sleep late?
- 390. This is his **habit of** going to bed early
- 391. Is he used to sleeping in?
- 392. It is normal for **employed women**
- 393. When I get home I just try to relax
- 394. I have a **second job** and I have to work around the clock
- 395. There is no time I can find myself free
- 396. I haven't found any solution **so far**
- 397. I **criticize them**

398. The weather is great for going out and watching birds
399. The temperature is about 50 degrees in centigrade
400. I have to work from **dawn to dusk**
401. I used to have a **part-time job**
402. This is not the only job that I've had
403. Are you **an early bird(morning person)** or a **night owl(night person)**?
404. I have to **stay up late** every night and take care of a lot of things and I can't sleep early
405. It takes me too much time
406. I consider myself a night person and an early person at the same time.
407. Sometimes I am exhausted but I don't like to sleep and **resist not to sleep**
408. I really enjoy being **awake** at night
409. I don't want to take pill to sleep
410. I don't know whether you have ever taken it or not.
411. He makes me take this medicine
412. Does This medicine have an **herbal** or chemical base?
413. I have many projects to do
414. This habit has been lasting for me and I have been a night person **since then**
415. I am not **sleepy** at all
416. I always plan for the weekend **to sleep in** but I wake up **spontaneously** so early
417. When it comes to Friday **nobody is allowed** to wake me up before 1 pm
418. I prefer to sleep and wake up early
419. She would like to text you and chat with you.
420. You barely find people with these **characteristics**
421. You will be more **productive**
422. If you take this habit you will never **give up**
423. If you see the **positive consequences** of it you **won't drop it**
424. When you wanted me to come here I was a bit **dubious**(uncertain)
425. Some people have high performance at night
426. There are different types of people **in terms of sleeping time**
427. You can group them in various class
- 428. An Early bird catches the worms**
429. It is what he mentions
430. There is something nicer in Farsi

431. When everywhere is quiet and nobody is talking.
432. What doesn't let you sleep?
433. A list of work you have to do and take care of the next day
434. **The worries** about my kids and their futures
435. **Ambiguity noun**
436. **ambiguous adj= vague**
437. I am not generally speaking
438. Financial issues are **the main concerns**
439. I am always worried about **Meeting the deadlines**
440. Are there any things to worry about these days that made you **sleep-deprived**?
441. I can sleep well when I am **exhausted**
442. Especially when you are **mentally tired** and you are **burned out**
443. I don't have trouble sleeping
444. If I have too much coffee, it makes me **unsettled** and I won't sleep well, and deep
445. It makes me stay up late
446. Do you have any **unusual sleep habits**?
447. I can't share my blanket with anyone
448. I am used to **rolling myself inside my blanket**
449. Nobody is allowed to ask me to share my blanket with
450. I must put a cover on me at sleep time **regardless** of what the temperature is, Even a light and thin sheet
451. **I should sleep on my face, not my back**
452. **The hardest days** of my life were when I was pregnant
453. I can't stand any light in my bedroom, I like it totally dark
454. I prefer light and soft and thin pillow
455. I can sleep when the door is behind me. I have to be against the door
456. 90% percent of people, I mean **the vast majority** of them, unconsciously do that
457. Where do **the statistics** come from?
458. Is there some paper and facts about that?
459. We have a small community right now.
460. I can't sleep in a room with a closed door
461. It comes from security, in this way, you will feel safe
462. You can **rescue yourself** more quickly if there is a danger around you

463. When people lived in **the caves** they used to do that to be safe from wild animal
464. This story has **historical origins**
465. I must hug my pillow and put one of my hands under the pillow
466. It helps me to relax my neck and shoulders
467. How do you behave when your family is asleep?
468. There was a blackout/electricity went out.
469. I am very **considerate and thoughtful**
470. When I was in the **dormitory** nobody cares
471. Does she care **in return**?
472. I try not to make any noise and walk **barefoot on tip-toe**
473. **Do you dare** to watch a movie without headphones in front of your family
474. Let me tell you why.
475. **He sleeps like a log** and never wakes up and he is a **heavy sleeper**
476. Since I can wake up easily, Everybody should care about what they do.
477. My mother was really cruel
478. How often does it happen to you?
479. Do you usually **yawn** at work?
480. When I get my first glass of tea in the morning, I forget about sleep and I'm ready to have **an energetic day**
481. **Does tea work for you?**
482. **If I lack sleep** it will happen
483. **Yawning is inevitable and contiguous**
484. **I can't help yawning**
485. **Short on oxygen**
486. Being in boring meetings makes you yawn
487. I had a **Nightmare**, falling from a tall building
488. **Rapid Eye Movement Sleep(REM)**
489. **Try to keep my balance**
490. like you are in a maze and can't get out of it, **every path ends in a deadlock**
491. it is contentious and endless and never ends
492. **recurrent nightmares**
493. **I feel disoriented and imbalanced**
494. Do you usually **snore**?

495. I slept in a room with someone snoring badly
496. Some sounds are really frightening.
497. There was a **competition** between my Mam and Dad
498. You might not believe
499. You can **fix or lessen the problem** by changing something
500. There are **no known root cause** for the problem
501. It comes from **exhaustion**.
502. **Respiratory system**
503. Do you usually set an alarm clock?
504. **My alarm didn't go off**
505. I woke up before my alarm went off
506. The ambulance was going off
507. It doesn't matter where it is
508. I always advise him
509. Put your cell phone somewhere out of your access, it makes you get up and go toward it
510. It doesn't work out so far
511. I can even wash my face and then get back to the bed
512. Is it something that you usually experience?
513. I was **wide awake**=it is late but you don't even feel sleepy
514. It might be because of coffee or worries or concerns or some chemical in your blood
515. You are **aware** of it because you **have got many feedbacks** on it
516. Do you remember the last time you **overslept**
517. We have to get to work **at a specific time**, actually, **punctuality** really matters
518. Boss expectation
519. Salary= income in a year
520. Wage=income in a day
521. Monthly income
522. They are paid on a weekly base
523. I must sleep in total darkness **otherwise** I can sleep well
524. What is **the percentage of people** who ...?
525. I can sleep **in any situation and condition**.
526. Some scientific findings and facts approve it
527. She is suffering from **sleep-deprivation**

528. They are deprived of basic rights
529. He has a **medical condition** about his sleep
530. He has to take some medicine to sleep
531. **Insomnia= not sleeping in ages**
532. **There was a movie named Insomnia by Staring Al-Pacino, Robin Williams**
533. If I'm not mistaken
534. You could obviously see how much he was suffering from insomnia and how much that case affected his career
535. He flew for a long distance and **got jetlag** which made him get insomnia
536. **The problem originated from jetlag**
537. He was a detective and wanted to solve a **murder problem**
538. **The murderer was psycho and talented**
539. **He has committed a murder** and he had to hide it as a secret
540. **he turned himself in** and then **he was arrested** he would relax and manage to sleep
541. he confessed
542. **I haven't experienced** like this yet
543. When you go to bed late and you are supposed to wake up early it makes you not sleep well
544. What if I oversleep or couldn't make it?
545. **It prevents me from a** deep and peaceful sleep
546. Everywhere (no preposition)
547. Justify v. justification n.
548. I'm a real morning person
549. We help each other
550. Sleep in = you like to sleep more, on purpose, on your choice
551. Sleep over= when you sleep over at friends as a guest
552. Alert= aware, conscious
553. Automatically
554. **In** the morning
555. Research (none countable)
556. **At** Night
557. Many **pieces of evidence**
558. The list **of work (noncountable)** that I have to do
559. **artworks**

- 560. What makes you not have enough sleep
- 561. The deadlines are tight and not far off
- 562. I'm tired mentally= out of juice= burned out
- 563. sound-sleeper
- 564. I feel run down, I have no energy
- 565. Vacuum the carpet
- 566. Popular(pronuntiontion)
- 567. Asleep (adj) / sleep (noun, verb)
- 568. Considerate/inconsiderate
- 569. Time vs times
- 570. I try hard not to make any noise.
- 571. Energetic (pronounce)
- 572. Known
- 573. Breathe v. / breath n.
- 574. It affects my salary.
- 575. Cause and effect relationship
- 576. Punctuation
- 577. Scam/scammer

Session 8 – The Internet

578. What do you do when you get up in the morning?
579. The first thing you do in the morning
580. **Going online**
581. Are you waiting for someone to text you?
582. If you want to take care of your health you should drink a glass of water every morning
583. Instead of checking your cell phone and going online
584. I start my day by checking my cellphone at least to see what time it is
585. **Check out the latest news highlights.**
586. Checking if there is a highlight in the news
587. I have heard it around 3 AM
588. I saw it last night before I go to bed
589. After I go for my daily routine
590. Do you believe Donald Tramp's terror was a scenario or **conspiracy** to guarantee his position as the next president of the USA
591. It's not far off and it's possible
592. As Iranians we are pessimistic
593. **Regarding his character** and his passion for this position, it is very likely to be right
594. Everything is possible in the **political world**
595. I think **his rival** is not so strong and will have **an easy competition**
596. Sleepy Joe is nothing **in comparison** with Tramp as he has proved
597. He doesn't need to put himself in such danger/**at such risk**
598. Because the other competitor is Biden
599. The Democrats are trying to persuade Biden to give up his campaign, so they will introduce another one.
600. But he didn't accept **to abandon his campaign** he wants to **keep competing**
601. They want to come up with another alternative and **substitute** him with someone else
602. He is gonna be substituted by vice president Comela Haris
603. Don't you have any idea about the US presidential election?
604. He is out of the political world
605. Who is going to be the next US president?
606. I believe it is going to be Donald Trump,100 percent

607. I think It is more likely and everybody supports him.
608. He is crazy and insane
609. If she accepts to get into the competition it can change the game
610. She is old. Isn't she?
611. He is a walking dead man, the oldest by far
612. He has never **given an impressive speech** as Tramp is used to doing
613. All presidents are expected to give such a speech.
614. He was giving a speech and He was shot in the ear
- 615. He was stabbed in the back**
616. He was killed by the cops
617. He was so young with long blonde hair
618. He has a lot of opponents and great speeches
619. He is tough **in debates**, that's why I said so.
620. Everyone knows **He has a lot of moral disorders**
621. He is a winner at speaking
622. It was my day off
623. My alarm went off and I was supposed to wake up at that time
624. Did you **participate** in the election?
625. Did you vote to...? **I'm afraid so.**
626. Is the stuff checked here?
627. It's like a dim through the darkness, like a little hope
628. **Out of fear of electing him**, I did so
629. To prevent from happening danger
630. I was sleepy I couldn't even open my eyes and leave my bed
631. I woke up and it was 6:00 AM
632. I started calculating the time for taking a shower, ironing my pants, taking a cab to get work
633. I got back to bed and slept for 5 more minutes
634. It was really hearty
635. I was waiting for you to call me and say you are not coming today
636. If it happens again feel free and just let me know
637. I'm not the one who cancels classes
638. I always try to have my classes as they are planned
639. If I cancel a session I have to set up a makeup session

640. Since I don't have time I prefer to have my classes
641. I do not have enough time to hold a makeup session
642. A **Highly disciplined** person
643. How many hours a day do you get online?
644. I'm online all the time, even when I do not have my cell phone it connects to the net and downloads files
645. I mean the time you spend on the internet physically
646. It depends on being on weekends or not
647. On workdays, I spend less time on internet surfing
648. I checked my cell phone to get the online time of it
649. It is an average amount / It is on average
650. Sometimes I feel embarrassed when I check it.
651. I'd rather not check it
652. it depends on the model of your cellphone. you can find it in the settings section
653. do you know what I always do when I'm online
654. I'm somehow addicted to playing Shelem
655. What do you check on Instagram?
656. It doesn't take me too much time. I don't frequently check Instagram
657. How many times do you check it? Once a day
658. Some days I never get time to check it
659. It usually happened and it's not rarely at all
660. **Zero time a day**
661. Mostly before the bedtime
662. Do you have something to share about your story
663. I'm not the kind of person to share too much on social media, It's not my thing, generally
664. I often spend some minutes on Instagram before sleep to check my friend's stories as entertainment
665. Don't you share anything? I'm not a big fan of such things
666. How about sharing your picture? Do you usually share them?
667. Occasionally when I'm on a trip
668. Just for my followers, they expect me
669. **He is a narcissistic**
670. Do you find yourself irritable when you are away from your computer or cellphone
671. When you can't control yourself and you feel frustrated

672. I always feel frustrated it doesn't matter whether my cell phone is close or away from me
673. In such a situation I used to feel grumpy
674. How long can you live without your cell phone?
675. I feel quite disoriented
676. I need to make sure I have my phone next to me all the time
677. Do you watch movies on the phone?
678. I have a tablet as another gadget to watch movie
679. I share my phone screen on tv
680. It's not joyful at all
681. You can watch movies in private just by yourself
682. How could you see the subtitles?
683. I prefer to watch movies on a big screen to enjoy more
684. They need to be in touch with others
685. They need to know what is happening in the world
686. They need to know what is going on
687. That's why they feel frustrated, **irritated and isolated**
688. Why do you think it is contagious
689. It is **a common disease** and they get it from each other
690. Everybody is suffering from it, especially these days
691. You feel isolated when you are away from your cell phone and the internet
692. This is kind of a bad thing but this is what it is
693. I don't know how to entertain myself when my phone **is out of charge**
694. **My battery is running low** and I have to plug it in
695. When my cell phone is not with me I can't find any way to be happy with
696. In such cases, I switch to my laptop or other electronic devices
697. It is not only necessary to entertain but also to keep doing my work
698. This family seems to be together but they are not
699. It is a typical family, everyone is with their gadgets
700. They don't enjoy their quality time together
701. They don't have time to hang out together
702. They even send and share things instead of talking about them directly
703. Are you such a person?
704. Sometimes we are in the Same room but send each other posts and so on

705. If something is interesting we can watch it together, Why do we share?
706. Because it is an easier way to get the point and we will be free to get into other posts
707. Do you follow anyone as **your favorite influencer**? Do you follow someone special?
708. I am following some influencers. **I can't mention anyone**
709. Do you know why I hate her?
710. She is **shallow-minded**, she is not a deep person
711. She never goes into depth about issues
712. She always wants to be **sentimental and emotional**, She never thinks deeply
713. She was on a talk show and told her biography and it was so impressive
714. Watching It can change your mind
715. Her personality is disgusting to me and **it's not my style**
716. I hate the way she behaves
717. I don't know whether you have seen the video that was shared on Instagram a couple months ago
718. She was with some people in a ceremony at the Norway embassy I guess she was invited there
719. It was a formal place all guests were officials
720. It was an official meeting and out of the blue she started singing
721. It was really embarrassing
722. The others were thinking "What the hell are you doing?"
723. I was suffering from **secondhanded embarrassment**
724. I started hating her
725. The host mentioned It was **an unplanned event**.
726. They were invited as usual guests and suddenly they started singing **a folkloric song**
727. She is an actress and she always wants to be in the headlines
728. She doesn't believe she is just an actress
729. She believes she can be a leader
730. If a person thinks about being a leader I expect her to be mature enough and more logical and reasonable
731. Do you spend more time with your family or with your computer?
732. Let's forget about the time you have to spend with your computer and the internet for your job
733. Which one is your preference?
734. Definitely, I spend more time with my computer, like others in my family

735. They spend their quality time with their cellphone
736. **It's not your preference.** Is it?
737. No. But it's like that and I can not change it
738. It **is inevitable**
739. **When I was younger I used to prefer spending more time with my cell phone but now I believe my family is more important**
740. Having **meaningful time** with my family is really valuable
741. Do you enjoy spending time with your family?
742. We have a constant tea time around 5 o'clock
743. It is **like a sacred ritual** and it is traditional like a **custom**
744. It doesn't matter where we are, we have to get together for that reason
745. We should give them **applause**
746. Before we got married Mostafa and I were in a relationship for many years
747. Before our marriage, I remember when we were chatting with each other he would always tell me he had to leave when I asked him about the reason he would tell me they were gonna drink tea together
748. I used to tell her to just bring a cup of tea and then you can drink when we were chatting together at the same time
749. When we got married I saw it from close
750. They all always get to gather by their sweets and cakes
751. They drink tea late at nights and If someone is sleeping they will wait for him up to drink together
752. They have a predefined time for it
753. I think it is a very good idea to spend at least half an hour with our beloved ones
754. **It is a chance to bond with each other**
755. We are arguing and fighting together but we have to **forget our differences** in the ceremony
756. How many **siblings** do you have?
757. I have one older brother and one younger sister
758. Are they all single?
759. My brother is going to get married. it is in progress
760. He is not going to drink tea with you and attend your ritual
761. **Whenever he is at home he has to participate**
762. We never call anyone, everyone already knows they must be there
763. This is kind of an **obligation** to them

764. If someone is absent and not **showing up** we will **get worried** about it
765. **Who has founded this ritual in your family**
766. We just do it. it has been since before and we are just following it
767. It is really interesting to have some things like this
768. You enjoy spending time with your family
769. Do you mean about cheating? Because He is chatting with a lot of girls at the same time
770. As a woman, **she always goes for details and tries to decode something**
771. The problem is something else.
772. It is too late and they prefer to go online instead of going to bed
773. Does it happen to you?
774. **Have you ever made yourself stay up late to be online?**
775. Imagine you really need to get some sleep
776. It happens for watching movies not chatting with others
777. Watching a movie can be a good motivation for me to stay up late even until morning
778. When I play video games it happens normally because I have to get a task done
779. I have to go to work even on Thursdays
780. Thursday is **the busiest day** of the week for me
781. I go to work at 8 am and come back home a half past 9 pm
782. At that time I am **the manifestation of exhaustion** but I try to make myself awake
783. Because I need to enjoy my free time
784. I believe if I go to bed early I will waste my weekend
785. It makes me feel upset and not doing anything specific
786. We lose track of time when we go online when we are online it happens often
787. **After that you blame yourself**
788. **You might be criticized by others**
789. I'm looking for an expression
790. When you say "time flies" It is enjoyable and nobody can criticize you
791. What do we call it?
792. **You can understand how much and how fast time passes.**
793. **It is usually a little bit hard to compensate and make it up**
794. **It happens frequently**
795. It's like plunging into a swamp
796. mirage

797. It's better that I wasn't there
798. I'm sure if you watched it you would enjoy it
799. It is a blockbuster movie and a box-office hit
800. It is kind of a fantasy movie
801. it takes you about 10 hours to watch it
802. Timothy Shalomi is Jewish that's why he plays in the Dune
803. It is obvious from his pale face
804. He was too pale to be a Middle Eastern man
805. When you are somewhere and you can't stand the situation you can say: "time drags"
806. You had been online but you don't want to say that
807. Nobody is allowed to ask me these questions
808. I felt embarrassed because I could have done something more productive
809. It's not important to know the rules you should know the tricks and be able to manage the game and count cards at the same time
810. My roommates in the dormitory taught me how to play but I always failed
811. The game is childish
812. When his brothers get together you might not believe me they wear their pajamas and start playing cards until morning
813. They always change their clothes when we have a reunion
814. If you have any questions about cards you can ask Dezfolis
815. Are you interested in playing cards?
816. Sometimes I give it a shot
817. My mother never touches them
818. We aren't allowed to play cards in front of my grandma
819. I ruined his reputation
820. Do you use the internet to feel better when you are depressed, anxious, or distressed?
821. Is it useful or does it work?
822. It is like a distraction or a short painkiller
823. It is temporary and doesn't work forever
824. It's like a reward to our brain
825. Sometimes we take it as a refuge to escape from our pains
826. The internet reduces our focus
827. You haven't told us about statistics today

828. Let us know about statistics reports related to internet addiction
829. Unfortunately, I don't have any numbers or figures
830. Has anyone ever accused you of being an internet addict?
831. Most of the people are internet addicted because all you need on the internet
832. You can be googling and searching and looking up for pieces of information all of them are okay but when it comes to addiction it will be totally different
833. When using the internet, do you find that you lose track of time and feel surprised when you realize the time spent surfing the web?
834. It means you can leave without your phone and actually you waste your time there
835. It can make us less focused
836. It prevents us from doing something deep
837. You can't concentrate deeply
838. I prefer not to put myself at risk
839. Have you been ashamed of or tried to hide how much time you spend on your internet-connected device?
840. Before I attend this class
841. We were expecting a dim
842. They haven't called us It has been in vain
843. When I go on a trip I share some stories on my page
844. I hate watching movies on my phone
845. I need to use a big screen
846. It was just a waste of time
847. Too many online games
848. It is kind of distractive
849. To put our minds at ease
850. Have you ever been accused of being internet addicted?
851. I am an internet addict
852. I'm an Internet addict.

Session 9 – Regrets

853. He's not in the mood to travel abroad
854. If he is not ready to travel I will give a chance to one of my friends
855. I prefer to travel with him because He is a very nice companion.
856. I always enjoy his companionship when I travel, He is always in.
857. What is the date?it is 21st of July
858. Congratulations on your new watch
859. It is a wise purchased
860. We are talking about something challenging and controversial.
861. Why is it that late?
862. We are going to talk about regrets
863. What mistakes do you expect youngsters to make?
864. What mistake might they make?
865. Not following their dreams.
866. As youngsters, we might make a lot of mistakes.
867. Wasting time, because we don't appreciate our time when we are young
868. When we are young we believe we have a lot of time ahead and no need to shake a leg, manage our time, or plan for our days we think we will be healthy and young forever but soon we will see time has gone and we have no achievement
869. They can identify their golden chances like establishing a new business
870. They might not take advantage of opportunities they might face and lose them.
871. They don't know how much it is invaluable.
872. I am almost 36 do you believe I'm not young anymore?
873. We don't dare to consider you as old.
874. It's my opinion you can have a different view.
875. How old is JLO? She is in her 50s
876. She is in her late 50s, They are special cases.
877. I just want to kill people who said yes he is handsome but he is not my taste.
878. Have you seen his latest series?
879. I haven't started to see that.
880. Is it worth watching?
881. I can remember I saw an interview of him when he was younger and he wasn't that handsome.

882. The older he gets, the more handsome he becomes
883. Did you hear gossip about him?
884. A woman on Instagram disclosed a lot of love and cheating stories about him
885. It coincided with the release date of his movie.
886. She wasn't that famous.
887. I am not sure about the validity of what she said
888. I couldn't trust her because I wondered why you had been quiet all the time.
889. She believed she had been manipulated for 18 years and had been under pressure.
890. Is it possible? I couldn't believe her
891. It wasn't reasonable.
892. How about getting married too early?
893. How old were you when you got married?
894. I was a freshman when I got married.
895. It is considered a crime now but It was customary in small towns.
896. I was between 28 and 29 when I got married.
897. I'm really happy with my marriage I love my husband but I believe it is too early to get married.
898. As a person who loved her partner, I believe it is always early to get married even if you are 60
899. Getting married is a heavy burden because you have to accept a lot of responsibilities.
900. you can't get rid of them especially when you have kids.
901. It will be more difficult, you are an employee and a mother at the same time.
902. I live far from my parents and everything is much more complicated for me.
903. Are you planning to get married?
904. His birthday was the other day
905. As you described a marriage he was never persuaded to try it.
906. I think it is the proper time for me to get married.
907. If you get after 30 you will never marry.
908. If I hadn't gotten married at that age I would have never done so at all.
909. If you are old enough you are enough wise not to get married
910. I will get married if I find the right person.
911. What are your criteria for the right case?
912. I have some standards in my mind.
913. If you wish we can set you up with someone
914. You haven't decided to marry anyone?

915. Don't you have a particular girl in your mind?
916. Do you have a romantic failure in your life?
917. It was neither a total loss nor a success.
918. He doesn't like to reveal himself.
919. I'm spreading rumors.
920. Was she out of your league?
921. People have high expectations and they consider a lot of aspects that are not important when you want to get married.
922. I know money is very important but it is not as important as morality, loyalty commitment, maturity, family background, or cultural commons.
923. No offense but These days people mostly men pay too much attention to appearance
924. Caring about money and having financial issues are a bit reasonable.
925. I can't realize how they can prioritize their criteria in this way.
926. He is our best friend ever.
927. His most important issue is the appearance.
928. When I want to introduce someone...
929. I just want to punch him in the face.
930. He won't get married, never I'm sure.
931. When he says beautiful he means someone with natural beauty not with cosmetic surgery.
932. She prefers someone tall, with white smooth skin, black hair, and eyes.
933. He can propose to her.
934. Did you regret Postponing your education?
935. If you want to be a faculty member
936. Are you a PhD holder? Are you an ML holder?
937. You haven't defended your thesis.
938. I have been a student of Master's for 8 years.
939. I don't mean to brag but I don't believe the knowledge of people who are supposed to judge me.
940. It was that justification, you don't attend your classes.
941. If I want to migrate I have a better certificate and I have the highest position.
942. Have you partied a lot when you were younger?
943. Is there anything he might regret?
944. He might regret not getting a nose job.
945. Is it possible he has no regression?

946. Some people pretend they have no regrets.
947. But that's the point! They just pretend
948. I believe everyone has regrets, It is like the butterfly effect.
949. When you decide about a little thing it might have huge effects **on your destiny**
950. I regret not getting married earlier.
951. I regret I could have been a better mother for my kids.
952. I regret not immigrating earlier.
953. I regret not being a good mother.
954. I haven't spent enough time with my kids.
955. I have always regretted it.
956. I have been at work and out of home most of the time.
957. How about now? Do you have good relationships with them?
958. **Are they rebels?**
959. I have some problems with them which **they are might originate from the relationship** we used to have in their childhood.
960. **They had been deprived of their mother's affection most of the time.**
961. I can understand you well.
962. He has come to turn with it.
963. This is the only thing you regret about
964. In the future, I might regret staying in this position if I don't change anything about my career.
965. You still have 1 year left. Don't worry
966. Have you found her? Not even close
967. It will happen **at the right time.**
968. If you are saving your money when you will marry you are a rich and reliable man.
969. **I just spent every penny I earn**
970. You need **to go thrifty** to save some money before you get married.
971. I have the same problem whenever I get some money I find a way to spend it and **splash it right and left.**
972. **It kicks to live like a wealthy one.**
973. First of the month when you get your income, you can spend with no worries but in the middle of the month, you are totally broke.
974. He asked me whether I wanted to go to work or not.
975. He always asks me why I have to go to work.

976. I answered I had to go to work to make money.
977. He says You should stay home I will go out to make money.
978. I asked him how he wanted to make money.
979. It was a strange answer.
980. He resembles his hand like a card.
981. The decision I regret the most letting my parents leave Ahvaz
982. Did they ask your permission? No, it was their own decision.
983. But I could have dropped them.
984. Have you always been an optimist?
985. The decision I regret the most not having a positive mind
986. You have been always a pessimist.
987. I'm in touch with my friends abroad.
988. I used to regret living in Ahvaz But now I have come to turn with it and consider it as an experience and get along with the difficulties.
989. I used to regret not working earlier and improving my skills.
990. I regret not focusing on a specific field in my studies I could have been more experienced and skillful if I had done so.
991. What is worse regretting doing something or not doing anything?
992. We have to admit we are incomplete and imperfect humans.
993. We are allowed to make mistakes and learn from our failures.
994. It is a natural process of evolving and improving ourselves and enhancing our abilities.
995. If we do nothing out of fear of making mistakes
996. We should not judge ourselves by ignoring those situations that we have done.
997. Do you usually blame yourself or overthink your failure?
998. But if you think wisely you need to have Mercy to yourself and forgive and accept them.
999. Live and learn
1000. Forgive and forget
1001. The older you get, the more you realize it is normal to make mistakes.
1002. You just need not plunge into your mistakes.
1003. It is uncontrollable
1004. What do you usually blame yourself for?
1005. Sometimes you need to get deep on something and then make your resolution but sometimes you should do it.

1006. You have no power to change anything in the past.
1007. Valuable, Invaluable= priceless
1008. I am looking forward to starting watching it.
1009. I dread...
1010. He appears with a beard and without a beard.
1011. He has a clean-shaven face.
1012. He has a five o'clock shadow.
1013. Fleshy nose
1014. I can understand it with my flesh and bones.
1015. I finally saw him in the flesh(in person).
1016. He had been my E-pal or pen pal.
1017. Reasonable
1018. When you are an employee
1019. Men and women
1020. I've got married at 33/ on 2022
1021. I've been married for 25 years/ since 2015
1022. I'm not accustomed to wearing such kinds of shoes I'm much happier and more comfortable with sneakers but sometimes my style doesn't suit me.
1023. I have not got enough time to think about it.
1024. An hour
1025. An umbrella
1026. It used to be common.
1027. I couldn't have talked to her and solved the problem.
1028. Rebellious
1029. Compensate for vs Make it up
1030. Pessimist, Pessimistic
1031. Skeptical

Session 10:Grammar of Conditional Sentences

Type 0:

It's used to express facts and general truths.

The structure is: *If* + [present simple], ... [present simple].

For example, "If you heat ice, it melts."

Type 1:

It's used to talk about real and possible situations in the future

The structure is: *If* + [present simple], ... *will* + [infinitive].

For example, "If it rains, I will stay at home."

Type 2:

it is a bit different. It's used to talk about unreal or improbable situations in the present or future.

The structure is: *If* + [past simple], ... *would* + [infinitive].

For example, "If I won the lottery, I would buy a house."

Type 3:

it is a bit more complex. It's used to talk about unreal situations in the past. We often use the third conditional to describe regrets.

The structure is: *If* + [past perfect], ... *would have* + [past participle].

For example, "If I had studied harder, I would have passed the exam."

Conditionals

CONDITION

+

RESULT

ZERO conditional

If you stand in the rain, you get wet.
If you heat ice, it melts.

PRESENT SIMPLE

+

PRESENT SIMPLE

USES: Facts which are generally true or scientific facts.
The condition always has the same result.

FIRST conditional

If it rains, we will cancel the trip.
If you study, you will pass the exam.

PRESENT SIMPLE

+

WILL / WON'T + VERB

USES: A possible situation in the future.
Predicting a likely result in the future (if the condition happens).

SECOND conditional

If I won the lottery, I would travel a lot.
If they sold their house, they would be rich.

PAST SIMPLE

+

WOULD + VERB

USES: Hypothetical or unlikely situations.
Unreal or improbable situation now or in the future.

THIRD conditional

If you had studied, you would have passed the exam.
If I hadn't been sick, I would have gone to your party.

PAST PERFECT

+

WOULD HAVE + PAST PARTICIPLE

USES: The person is imagining a different past.
Imaginary situation that did not happen in the past.

Session 11:Restrictinons and limitations

- 1032. Do you have any red lines in your life that nobody is allowed to exceed/cross?
- 1033. It would help if you defined some rules for your life.
- 1034. I believe it is something essential
- 1035. Otherwise, you won't be able to manage your communications and relationships
- 1036. I think you are mentioning your values
- 1037. I don't let myself lie, actually nobody is allowed to lie.
- 1038. Rules are different from values.
- 1039. Rule means a thing we make ourselves consider and don't violate it
- 1040. I commit myself to reading a book a month
- 1041. I'm not allowed to have any classes on Fridays
- 1042. I have a rule about doing some exercise every day of the week, regularly
- 1043. I'm going to the gym after your class
- 1044. What kind of workout?
- 1045. I don't know if you are familiar with that.
- 1046. It is not too common, former Pilates in a private gym.
- 1047. I used to do Pilates at a gym, but I had to quit because of pandemic
- 1048. I decided to make time for that
- 1049. It would be best if you committed yourself
- 1050. The only gym of this type in Ahvaz is located in Tahshrifat Building
- 1051. It needs to be held as a private class, with 2 people in each class.
- 1052. It will take me an hour.
- 1053. I should make a rule for myself and do exercise 2 times a week
- 1054. You have some boundaries for yourself
- 1055. You make everybody respect your privacy otherwise, they will be excluded from your circle
- 1056. Nobody is allowed to tell me what I should do or what I shouldn't do.
- 1057. The others can talk about their opinions and tell me what I should do
- 1058. it is not prohibited I can simply ignore them, and I am able not to care about them.
- 1059. I believe you can just control yourself and your feelings, not people
- 1060. I disagree with this word which says every idea should be respected
- 1061. Not every idea deserves to be respected.

1062. What is a limitation or a restriction?
1063. Tell me the definition of ...?
1064. It defines a restricted zone with some constraints
1065. What is your reaction when people set boundaries and don't allow you to cross these lines?
1066. How will you react, if they want to confine you?
1067. If those are supposed to be my children, I can't deal with it.
1068. When they define such strong and solid boundaries it is unacceptable for me.
1069. Can you mention some boundaries that your children define?
1070. Like locking their room door or eating in their bedroom and not attending at the dining table
1071. Do you let them do that? They don't need my permission and I don't intervene
1072. He might not have a thing to hide.
1073. This is your own privacy? Everyone is not welcoming
1074. Don't they give you advice or preach to you?
1075. I respect them.
1076. They pretend they don't realize it.
1077. My brother used to smoke for a long time and he was too young when he started to smoke and he was a heavy smoker.
1078. It must have been bitter to them.
1079. My father is athletic, he goes walking every single day, and he is in shape, he cares about his health and he has a healthy lifestyle
1080. Has he quit now?
1081. How long have you been smoking? When did you start to smoke?
1082. I started smoking when I had to stay in the dorm. Now you have to cut down on it.
1083. We have a specific spot for smokers, it is outdoors.
1084. If you were in charge of putting restrictions, what you put restrictions on?
1085. Let's say you are a president and can lift or put restrictions on some things.
1086. I try to make and finalize restrictions by consulting and communicating with others, asking for their opinions, and gathering and analyzing them before putting them.
1087. I want you to imagine you are a real dictator
1088. I believe most people abuse such activity to attract their managers to get advantages or a bonus from them or to deceive them
1089. It would be forbidden to do religious stuff at work
1090. Actually that why we cannot be qualified for some job opportunities

1091. Some managers want people who have the same tastes as them
1092. Do you have any opinion on filters and Censorship?
1093. When we have an age classification for media so there is no need for censorship
1094. I'm talking about precisely this topic.
1095. You are disrespecting the rights
1096. If we have some age classifications and rules for them we can overcome the issues
1097. When you confine and limit adults it means you believe they aren't mature enough to make decisions about what they want to do
1098. It's kind of insulting because you're are questioning their favorites and you believe they aren't wise enough to decide what they want to watch
1099. How they can get the authority to define others' rights control us and set boundaries for us
In psychology, they are called Helicopters parents
1100. They always supervise their children closely or from a distance
1101. It's a kind of harassment
1102. There are different ways to train children how to behave in society
1103. You need to take care of your teenagers but you have to do it subtle and don't publicize it
1104. Otherwise, you will have a heart attack in no time
1105. When you are talking about controlling kids it means if you are not able to teach them and not educated enough to define how to behave and are not capable enough to train them then the only thing that comes to mind is to confine them
1106. You are just allowed to share your experiences with your kids
1107. We are not supposed to experience everything
1108. Sharing experiences is different from putting restrictions on their life
1109. Sharing is caring
1110. You just share your experiences and they have the right to take them or leave them
1111. You should let them learn from your experiences or not
1112. Are they educated?
1113. They say a prayer and go fast but never make me pray
1114. Let me ask you another question
1115. You have some religious beliefs
1116. Have you ever made them say a prayer?
1117. I never pushed them to do these things I believe they should do them on their choice and their beliefs

1118. They like to go fast because it is pleasing to them and they have a lot of great memories
It will have adverse effects and you will gain reverse results
1119. Have you been disrespected by anyone?
1120. I have been hidden from the list
1121. I experienced some kind of weird sense of being excluded
1122. My nearest feeling of being disrespected
1123. She didn't explain it
1124. I felt uncomfortable
1125. They didn't talk frankly
1126. They take it seriously and make a big deal
1127. they make a mountain out of a molehill
1128. you never feel safe around this kind of people
1129. you have to take care about what you say and how you act and ... but finally, they will take something
wrong and will be mad because they misunderstand you
1130. They have high expectations
1131. I want you to put yourself in my shoes
1132. It makes me feel a bit uneasy but I can manage to ignore it
1133. In such cases, I will feel uncomfortable because they have ignored me
1134. They are primitive and rudimentary and everyone should know them
1135. I know it but I can't implement it in my life
1136. I can't agree more
1137. They will let you down
1138. If you want to live without their interference and judgment you should cut down the number of your
expectations
1139. You have got a point
1140. Most of the anger and bad feelings are originating from our expectations
1141. I believe it but I can't put it into practice
1142. As Seneca said if you want to be happy just cut down your expectations
1143. As a working mother, I need my parent's support
1144. A chance of a job offer
1145. When I was there it was a disaster
1146. I gave her a hand to clean around the home and organize everything
1147. When it rains it pours

1148. This is the way I live

1149. I was angry with my parents

1150. It was a dire situation

No of Session: 12

Date:1403/05/14

1151. It will be here soon ...

1152. It will be here soon...

1153. ...

1154. ...

1155.

Session 14 :Punishment

- 1156. What images bring into your mind when you hear the word punishment?
- 1157. It was a familiar notion in school
- 1158. It reminds me of my school days
- 1159. These are the words that come to my mind
- 1160. Have your parents ever punished you?
- 1161. When they Stop talking with us or crossing with us that means they are punishing us
- 1162. It has rarely happened in my family
- 1163. You have a close-knit family
- 1164. I complained to her about the food
- 1165. When you go on a trip do you miss your workplace or your colleagues?
- 1166. You were really missed at the class
- 1167. I mean it
- 1168. Are you the only child in your family?
- 1169. Because you always try to satisfy them
- 1170. I just try to take care of them
- 1171. You are a great son to your parents
- 1172. It is typical in every family, always one child is more responsible than the others
- 1173. One child cares more
- 1174. How about you? Are you the child?
- 1175. I am currently far away from my family.
- 1176. They do not need anyone to do anything for them because they are independent
- 1177. The worst thing is they can't stay at home
- 1178. They are always out and not easy for them to stay at home
- 1179. They always go shopping and walking
- 1180. He takes a lot of business trip
- 1181. We are proud of you
- 1182. What were you punished for as a child?
- 1183. writing a lot of scripts was boring for me when I was in elementary school
- 1184. I couldn't manage to do it
- 1185. Sometimes I neglected to do my homework which usually made me punished
- 1186.

- 1187. It could lead to my punishment
- 1188. So was it the only thing that you got punished for?
- 1189. I was a good girl and well-behaved girl in my family
- 1190. I don't remember too much
- 1191. Do not you have good memories?
- 1192. Once I fought and pushed a kid and hurt him, and then I got punished
- 1193. I haven't been a naughty child in my life
- 1194. I have never let my parents down
- 1195. We have to reveal and disclose ourselves
- 1196. He is not a smoker, he is an athlete.
- 1197. One day one of my cousins came over to play with me
- 1198. He was my age
- 1199. They started arguing with each other
- 1200. without telling anyone, Without my permission
- 1201. My mother was getting a nap
- 1202. She hit me
- 1203. When I was just a kid my mother came home and found it a mess and shouted at me
- 1204. She supposed I was responsible for the cleanliness of the home
- 1205. She expected me to keep it organized
- 1206. I wasn't guilty but I had to respond and justify
- 1207. I had to have an excuse to explain it
- 1208. She didn't let me enter the building
- 1209. I'm just exaggerating
- 1210. I was a spoiled girl because of my father
- 1211. I hadn't done anything. I was innocent.
- 1212. That was the point
- 1213. It was a disaster for us
- 1214. Your mother felt responsible for your guest
- 1215. when she found him missing she was shocked
- 1216. She found the first one nearby and punished her
- 1217. The easiest one to be blamed
- 1218. She made a lesson for others
- 1219. This is the way is done in prison, they hit the biggest one to threaten others

- 1220. Do you think punishment is a good way to teach someone?
- 1221. For kids story is different
- 1222. It can have mental effects on them
- 1223. I punished my son by telling him I was not going to take him out
- 1224. I'm aware it is totally wrong
- 1225. They are not mature enough to distinguish between good and bad or to make differences between them
- 1226. When you punish them you just make them afraid
- 1227. The ways of Children's punishments should be appropriate for their age.
- 1228. There are some punishing and rewarding systems in psychology
- 1229. You have to punish and reward your kids to train them
- 1230. How can I punish them when they do something wrong?
- 1231. I can confess he is not as naughty as a 3-year-old boy
- 1232. I'm not worried about him getting injured
- 1233. He is always a careful and thoughtful boy
- 1234. He cares about his body
- 1235. He always tries to stay within a safe margin
- 1236. He does not take any risks
- 1237. He is always worried about everything
- 1238. I am busy these days with removing diapers from his life
- 1239. I have not been successful yet, he does not obey
- 1240. I don't mean to make you worry but it's kind of late
- 1241. Sometimes he decides to wet his diaper
- 1242. Who does he get it from?
- 1243. A catchphrase
- 1244. You should be looking for the causes of that
- 1245. It will lead to worse results
- 1246. You have to visit a consultant
- 1247. I am speaking from my experiences
- 1248. Punishment doesn't need to be physically
- 1249. It is a simulation of the way our brain works and learns
- 1250. All of The models in AI are based on punishing and rewarding methods
- 1251. It's good for him to be punished

- 1252. Maybe some kind of gentle punishment
- 1253. You'd better go for a mental punishment at first
- 1254. If you tell him about the disadvantages of removing the diaper you will be able to talk him into going to the bathroom
- 1255. He has a remarkable memory
- 1256. It's kind of weird
- 1257. I'm teaching him in the capitals of countries around the world
- 1258. It was my hobby when I was in elementary school, memorizing the capital and the currency of the countries
- 1259. I used to entertain myself
- 1260. He taught him more things
- 1261. He always tries to make relationships between things
- 1262. If I wanted to be overthinking too much I couldn't be a working mom
- 1263. What is the worst way to punish a child?
- 1264. I'm confident enough
- 1265. Publishing kids in front of others is devastating
- 1266. Comparing your kids with others has bad long-term effects
- 1267. If you want to destroy your child's personality start to compare them to others
- 1268. It can ruin their futures and they will lose their confidence
- 1269. I didn't mean to be insulting
- 1270. It was a family gathering and they fought each other
- 1271. He was too old to be punished in front of others
- 1272. I was really sorry for him and he left his own home
- 1273. He would hate them because he felt embarrassed in front of them
- 1274. He is a big man but his not still mature enough
- 1275. It was predictable, it's not surprising
- 1276. We had been expecting this problem
- 1277. They don't respect him
- 1278. Another bad way to punish your kids is by excluding them like you are not allowed to play with us
- 1279. I'm not your mom anymore
- 1280. I love you so much but you made me angry
- 1281. Stop frowning, just laugh

1282. You have to teach them not to be so sentimental because people may take advantage of their emotions and they will do anything to please others.
1283. He has some special habits
1284. As I have been away from him, I don't know how and where he has got it
1285. He always does some strange things
1286. Sometimes he overdoses a thing
1287. I don't know how he becomes like this
1288. They are not educated enough to treat kids
1289. You are the apple of your parent's eye
1290. You are naïve
1291. The notion of Capital punishment
1292. When someone commits something really bad
1293. Like murder or smuggling, they might be sentenced to two different punishments one is capital punishment and the other is imprisonment for life
1294. Imprisonment means staying in prison for whole your life
1295. Execution for drug dealers and raper
1296. By any standards, they shouldn't be alive
1297. They don't deserve to be alive
1298. If a human being tries to kill the rappers they will be executed
1299. How can they improve that
1300. Forensic or legal medicine
1301. For some crimes, capital punishment is the smallest
1302. Sometimes the sentence is 2 or 3 death
1303. So they are allowed to execute the criminals for the second time if they are not killed by first time
1304. Self-punishment
1305. Have you ever punished yourself and how?
1306. How would you do that?
1307. It helps me to improve my concentration
1308. It suits me because all my themes are green, I love green as well
1309. Not buying anything for the month, I swear to God It will work
1310. She is so cheeky and stubborn and rebel
1311. She always talks back to me
1312. There is some psychological evidence for it

- 1313. I am used to tapping my fingers on the desk when I'm thinking
- 1314. I am used to grinding my teeth when I'm angry
- 1315. If you were not allowed to punish others, what would be other solutions
- 1316. Does it work out?
- 1317. If there is no punishment, in that case rewarding makes no sense
- 1318. They are meaningful when they are compared together
- 1319. For a balanced training system, we need both of them at the same time
- 1320. We can wrap up it in this way, punishment is a necessity
- 1321. They need to be punished actually it is good for them
- 1322. One kick from the back, one step forward
- 1323. Have you just provided it
- 1324. It's a quota from someone
- 1325. It might work for you but I can't be a good therapist for myself
- 1326. I'm not **either**
- 1327. I'm aggressive about myself
- 1328. I have not been able to manage it yet
- 1329. I always blamed myself
- 1330. When I do some things with low quality I always blame myself
- 1331. I'm a perfectionist and I want everything in the best
- 1332. Being a perfectionist is really difficult it makes you nervous, uncomfortable and stressful
- 1333. I need to make sure everything is perfect
- 1334. Sometimes you end up giving up
- 1335. Do you remember this approach
- 1336. You either force yourself to do something perfectly, or you decline to do it.
- 1337. An all-nothing approach
- 1338. I should go on a diet and go to the gym and have a healthy lifestyle but I do not have time to go to the gym, then I eat everything and don't care about my lifestyle
- 1339. We have no perfection in our world
- 1340. Everything has some flaws we have to admit it but we have to put it into practice
- 1341. I am aware of it but when it comes to doing it practically I'm the same person
- 1342. I don't know how you say that
- 1343. I can talk well but in practice, I'm an ordinary person
- 1344. I don't care what the people talk behind my back

- 1345. When I try to put it into practice I will get disappointing results
- 1346. I believe ignoring what others think about us is completely wrong
- 1347. You should care because it makes your reputation and your mind care unconsciously you can't trick your mind
- 1348. It should not be your priority and be an obsession for you
- 1349. You should not overthink about it
- 1350. It can affect your reputation
- 1351. We are social creatures
- 1352. It's essential to make a balance between our expectations and others' ideas
- 1353. You should care to prevent yourself from doing some disappointing work
- 1354. If someone comes and tells me about my hygiene
- 1355. I believe when you ask someone about their ideas, they are allowed to express their thoughts and it is sensible but If you don't ask them it won't make sense to share their ideas
- 1356. What about talking behind your back?
- 1357. Such cases are not very important to me to care about
- 1358. If someone criticizes me face-to-face it will be reasonable
- 1359. Familiar concept
- 1360. Close-knit family = intimate family
- 1361. One of my students
- 1362. We had to do a lot of homework
- 1363. Do Homework assignments
- 1364. Transcript a text or make a script
- 1365. Responsible for...
- 1366. Unguilty
- 1367. I have to respond
- 1368. Response
- 1369. Justify=explain=make it clear
- 1370. Stop fighting with them and Don't spoil the joy of the party
- 1371. Don't spoil your appetite
- 1372. A Disastrous situation = a disaster
- 1373. The brain does the same or functions in the same
- 1374. My purpose is to make you sensitive about your grammar and vocabulary
- 1375. Prison = jail

- 1376. Threaten
- 1377. Making it worse = worsens = deteriorates
- 1378. I entertained myself
- 1379. Scraw up
- 1380. Getting angry
- 1381. Nobby
- 1382. Naive = inexperienced
- 1383. You are a newcomer = you are green here = newbie
- 1384. Stoborn
- 1385. Make a motivation
- 1386. It can lead to a loss their motivation
- 1387. The consequences
- 1388. Fame
- 1389. Have you heard about Dr. Sahebi's scandal story
- 1390. I have read the choice theory book which is a translated book by him
- 1391. Reading books don't make you wisdom

Corporation

1392. It's coming soon ...