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
- 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

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- 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

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- 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

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- 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. Diary
- 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

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- 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 dgree
- 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 Mony day
- 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 month
- 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 expectency 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

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- 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.

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- 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 of	genres
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- 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?

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- 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

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- 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

396.

397.

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

I haven't found any solution so far

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

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- 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

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- 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 flys" 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 guiet 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.

Date:1403/04/31

- 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.

Date:1403/04/31

- 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.

- Date:1403/04/31
- 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: Grammer 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."

English Grammar

Conditionals







RESULT



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, If you study, we will cancel the trip. 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

If you had studied, If I hadn't been sick,

you would have passed the exam. 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.

www.grammar.cl

www.woodwardenglish.com

www.vocabulary.cl

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 guit 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

Session 12: Confident

- 1151. The result of Every competition was 10 zero
- 1152. In which field of sport?
- 1153. Iran is the strongest at wrestling in Asia
- 1154. The Semi-final match was tough
- 1155. He was the loser of the game and in three seconds, he won the match.
- 1156. He could reach the final match.
- 1157. In the final, he defeated someone, a guy from Great Britain
- 1158. he got the gold medal
- 1159. She posted some notes, on Instagram in her stories.
- 1160. She noted that she would be an Iranian girl forever.
- 1161. We have lost a lot of great people because of this.
- 1162. Let's not say anything.
- 1163. What do you mean by teammates?
- 1164. The only team that I remember is the ones who go together.
- 1165. He's also forbidden to be here.
- 1166. You try to hide it.
- 1167. I shouldn't have told him about smoking.
- 1168. I wanna show you something
- 1169. We should watch something together.
- 1170. Two matches later...
- 1171. he's gonna actually compete with a guy from Georgia.
- 1172. It's only four countries that do wrestling.
- 1173. It was 10, one, and finally, it became 10, 9
- 1174. Proponent
- 1175. the competition wasn't fair
- 1176. I don't know whether you've seen Hassan's competition or not
- 1177. it wasn't fair either
- 1178. he had problems with his arm and he couldn't wrestle well.
- 1179. What his doctor said was that he was lucky.
- 1180. he has always been made to compete,

- 1181. everybody expects him to actually win a lot of medals.
- 1182. he has always been under pressure.
- 1183. he twisted/ sprained his arms many times
- 1184. he did his best to continue
- 1185. Do you have anyone in close friends who do wrestling?
- 1186. I have a lot of information about soccer and other sports
- 1187. I've been a sports fan since I was a teenager.
- 1188. I have always been following different sports competitions.
- 1189. So we're talking about giving a speech in front of a crowd.
- 1190. Do You believe that you are good at explaining things in teaching?
- 1191. Have you ever taught anyone anything?
- 1192. It is an educational platform.
- 1193. The lectures are hasty and harsh. They don't give you time.
- 1194. the lecturer asked me to give it in English.
- 1195. Had he known that you know how to speak in English?
- 1196. Have you ever done it?
- 1197. what do you study?
- 1198. Crowd: when there are there is a group of people somewhere, instead of a group of people or a lot of people, you can say there was a crowd there.
- 1199. I love the comedies.
- 1200. Do you consider yourself as a confident one?
- 1201. Do the people who are familiar with you mention you as a confident person?
- 1202. Have you identified them as a confident one?
- 1203. when I started my work as a faculty member at the university,
- 1204. Have they ever seen a manifestation? Of confidence in your behavior.
- 1205. I try to be modest, humble, and not arrogant
- 1206. Have you ever heard them say legal knowledge is dangerous?
- 1207. do you know why?
- 1208. Have you ever seen people who have legal knowledge about something
- 1209. they believe that they know a lot and they are like scientists,
- 1210. you start giving presentations, advising people

- 1211. you can get a position that You don't deserve that
- 1212. people with high confidence ...
- 1213. the only attribute you must have.
- 1214. I think the important thing that you need to get higher position is good reporting, and good explanation.
- 1215. They are not that capable.
- 1216. they know how to talk about the things they have done.
- 1217. In our new and modern society, it's an important and handy skill
- 1218. I do agree with you.
- 1219. you believe that you are confident.
- 1220. I wish I was confident but I can't call myself a confident one.
- 1221. Is there anything that prevents you from calling yourself confident?
- 1222. Because I believe I know a little, If I knew more, I would be more confident
- 1223. as a teacher, it is something necessary and essential to be confident.
- 1224. This question is super important.
- 1225. Who has had the most influential role in your self-confidence or lack of it?
- 1226. If you don't have self-confidence if you feel this shortage in your personality, whose duty is it?
- 1227. It depends on different aspects of different things.
- 1228. it depends on the way you have been brought up in your family, the way they had treated you in school, and so forth
- 1229. he has had the most influential role in this self-confidence.
- 1230. I didn't pay much attention to school and the homework and getting the top marks.
- 1231. I used to have a teacher in primary school, I think he discovered me.
- 1232. He told me, you were very talented at that time.
- 1233. It encourages me to go for a good mark
- 1234. I always was on the top three list in our class.
- 1235. as bitter as poison. It was really difficult to drink it, but I did it.
- 1236. It is a little more tastable, tolerable
- 1237. A sugar cube.

- 1238. So you believe that you are guilty.
- 1239. I believe anything that happens to anyone is their own fault.
- 1240. I was seeking.
- 1241. So you just want to question the role of family in kids' behavior and personality.
- 1242. It can be influential, but not that much influential.
- 1243. it is influential when they are too young but after 20, It's your own decision.
- 1244. when they grow up, they become responsible.
- 1245. You cannot always say what my parents did badly when I was a child made me unconfident.
- 1246. So when is your turn to become responsible for your own behavior?
- 1247. Our parents did their best for us.
- 1248. It was the maximum capability that they had.
- 1249. If we are low on confidence, surely it is not what they want to gain.
- 1250. A good guy to his parents.
- 1251. We shouldn't let him fool us.
- 1252. he never criticizes his parents.
- 1253. I have never heard anything about his expectations from his parents.
- 1254. I used all the special cases for school to pass my exams.
- 1255. I went to university and I was below zero, I found myself not knowing anything
- 1256. It was a tipping point for me
- 1257. I started to realize my own problem and solve it.
- 1258. I finished school in three and a half years.
- 1259. I can understand you well.
- 1260. I was an excellent student as a high schooler, as an elementary school student, and as a middle school student.
- 1261. I don't know whether I've told you or not, but I studied something else at Ahvaz University.
- 1262. I was very bad at English. I couldn't speak English, but I could answer English questions.

- 1263. I was 21 when I decided to quit, and I started studying English.
- 1264. When I was 22 I knew nothing about English.
- 1265. I got a very bad average, so I started studying a lot.
- 1266. It's a lot of pressure.
- 1267. persistency and consistency are the most important things here.
- 1268. I remember it was the last semester. One of my classmates told me, by far you are the best student in the class.
- 1269. I believe I was the best student because my average was 14 in the first semester, and when I graduated, my average was 18.5
- 1270. It feels really great. I haven't failed any course.
- 1271. keeping the moment on
- 1272. I started teaching when I was in the fourth semester, I was a sophomore in my bachelor's.
- 1273. It was the end of the second year
- 1274. I remember I had a lot of problems with speaking and pronunciation.
- 1275. But the answer to this question is my father.
- 1276. My father is the most supportive person I have ever seen in my life.
- 1277. if I am confident, it completely comes from my dad.
- 1278. I can say 100% because I remember, even in driving, socializing with others.
- 1279. My mother has the least influential role in my self-confidence.
- 1280. We always have sexual discrimination in our society.
- 1281. She has always tried to prevent us from doing prevented.
- 1282. She has always tried to prevent us from doing the things that she believed were risky.
- 1283. My dad was the opposite. On the flip side.
- 1284. he was always trying to push us forward.
- 1285. I never forget when my sister wanted to move to Italy, the only reaction of my mother was crying.
- 1286. It was the only thing that she did during that time. she was crying the whole time.
- 1287. she's been living there for three years for education.

- 1288. My parents are very skeptical about this case
- 1289. What does she want to do there?
- 1290. Where does she want to go?
- 1291. Italy, if she manages to pass the exam.
- 1292. What does she want to study there? she wants to become a dentist.
- 1293. As her brother, you should support her.
- 1294. I will do that, but it's about my family, they prefer not to see her move on.
- 1295. When you are a Girl, everything is harder for you.
- 1296. let's say they are really brave and strong spiritually, adventurous.
- 1297. I'm such a coward.
- 1298. She's not as confident as I am, but she's really independent.
- 1299. They are not on others' help.
- 1300. try to take risks in your life
- 1301. They are not afraid of making mistakes because they believe that they can learn from their mistakes.
- 1302. For me as a First child, all the time in my life, I escaped of making mistakes.
- 1303. actually, I can say we, firstborn children, always try to satisfy their parents, and they just want us to please them.
- 1304. There is some psychological evidence to support this idea
- 1305. They just want to do things that parents want them to do.
- 1306. They can ignore their own desires to make their parents happy.
- 1307. I'm speaking of my experiments, it's an experimental idea.
- 1308. you are the middle child, right? You are not the baby of the family?
- 1309. the mediator
- 1310. the middle ones are the poorest in every family.
- 1311. My brother is the middle child, and my father has always been supporting me and my sister.
- 1312. He was between us, He's been always under pressure.
- 1313. So let's look at this one.
- 1314. Do confident and successful people intimidate you?
- 1315. What is the meaning of intimidate? Make you frightened

- 1316. when somebody scares you, you can say it intimidates or threatens me.
- 1317. It is frightening actually, it's not a good feeling.
- 1318. You feel jealous and you just don't want to be close to such people.
- 1319. Is it true about you?
- 1320. I prefer to be familiar with such people.
- 1321. I would love to learn a way that they are successful.
- 1322. They are not scary for you.
- 1323. The Successful Ones, the rich ones, which ones do you hate them?
- 1324. Ordinary people always curse the ones who have a lot of money because they think their wealth is unfair.
- 1325. They believe they have earned money in unfair ways.
- 1326. It's not a general rule.
- 1327. they can be such an inspiration for you.
- 1328. It is a very good idea to work and be close to them.
- 1329. As a leader. Jealousy is nice for you.
- 1330. If you want to progress, to improve, you should feel jealous.
- 1331. It's better to call this characteristic, ambitious.
- 1332. you should see people who are higher than you to try to get a promotion.
- 1333. Can try to be someone better?
- 1334. Have you ever bought something in order to hide your faults and deficiencies?
- 1335. Do you buy them in order to hide some of your shortages?
- 1336. you can show them off.
- 1337. I'm talking about phones, clothes, sneakers, watches, Song glasses, things like that.
- 1338. Do you care about the quality?
- 1339. how you can keep up with the Joneses.
- 1340. When you try to keep up with the Joneses, It means your friend has bought a new cell phone, and you buy a new cell phone in order that you are worried about being left behind.
- 1341. I was waiting for you to say that it is for women and girls.

- 1342. I'm not talking about only things that you can buy. It might be regarding a business.
- 1343. I believe every single person has this feeling.
- 1344. it is motivational to push you forward.
- 1345. when you feel insecure inside, what do you do to feel better?
- 1346. I remember when I was younger, I used to wear something more beautiful when I was worried about something when I was stressed when I had some concerns
- 1347. I tried to hide them by wearing something beautiful.
- 1348. You try to show your knowledge in a specific field Like laptops to hide your insecurity.
- 1349. You can take advantage of this information.
- 1350. I avoid asking questions, so I don't look dumb.
- 1351. Is it true for you?
- 1352. He's exactly like the spider. Look at his movements.
- 1353. They have bulky and neat muscles and they have no fat.
- 1354. he has been given 30 seconds to get a score
- 1355. One score will be given to the red one.
- 1356. Do you remember the guy who has a technique?
- 1357. I don't remember the name of the technique, but it was a flying squirrel.
- 1358. It doesn't suit him to be that strong.
- 1359. As they're too light, it is easier for them to get the scores from each other.
- 1360. They can apply different techniques to each other.
- 1361. it's really difficult to compensate.
- 1362. People in Mazandaran are disappointed right now.
- 1363. Don't let them down.
- 1364. It is a guard to protect his teeth.
- 1365. you believe that some questions must not be asked because they don't show you as a dumb one.
- 1366. What questions have this function?
- 1367. the ones that already have an obvious answer.

- 1368. they are not afraid of asking questions because they don't let themselves do something annoying. They prefer to put themselves at ease by asking.
- 1369. They don't bother themselves thinking.
- 1370. This is my right to ask them the questions, so they ask, they ask silly questions.
- 1371. I prefer not to ask any questions, because sometimes it looks dumb when I ask silly questions.
- 1372. Imagine that you are a great singer, a great musician.
- 1373. Is it easy for you to go on the stage and perform in front of a large group of people, a big crowd?
- 1374. it is difficult to put themselves together.
- 1375. because if you make one mistake, it will ruin your reputation and everything.
- 1376. Is it easy for you to make a decision? Are you a decision-maker?
- 1377. I seek a lot of reassurance.
- 1378. It means you ask a lot of questions in order to make sure that this is the right
- 1379. Are you an overthinker? Reassurance?
- 1380. It means you cannot make a decision easily.
- 1381. I don't think about the outcome. Anything happened. So which one?
- 1382. you used to be the second one.
- 1383. I make a snap decision.
- 1384. you are the one who makes the final decisions in your community.
- 1385. The ones who cannot make decisions easily are on my nerves.
- 1386. They are worried about the outcome. That's why they always postpone the final decision.
- 1387. They always try to ask a lot of people to seek Reassurance.
- 1388. Have you ever seen people who even don't know what to order in a restaurant?
- 1389. when you ask them what they are going to order, they say, I don't know, whatever you order.
- 1390. Where does it come from? it comes from ...

- 1391. Would you please wait for me for two minutes? I'll be back
- 1392. when I'm stressed, When I'm nervous, When I'm worried.
- 1393. Sorry to keep you waiting.
- 1394. My confidence is getting better.
- 1395. I'm gaining more self-confidence.
- 1396. It has been better. It has become better.
- 1397. I'm good at giving lectures. I'm a good lecturer.
- 1398. We are prepared for that presentation.
- 1399. It's related to how much were prepared for that presentation.
- 1400. It is related to your level of preparation.
- 1401. How much are you prepared?
- 1402. I put myself in my student's shoes to understand them.
- 1403. I try to find some ways, some strategies when they know nothing or They know nothing.
- 1404. I enjoy listening to my students when they speak English.
- 1405. When someone is hasty, it means they're not patient. They are always in a hurry, they always rush. he had already asked you to send him your assignments in English.
- 1406. Homework is uncountable but the assignment is countable.
- 1407. Homework assignments.
- 1408. in my cousin's view.
- 1409. From my cousin's Point of view.
- 1410. So how about other relatives?
- 1411. how do you pronounce this word?
- 1412. Modest = down-to-earth
- 1413. When someone is down to earth, it means they are practical. They have a lot of information about something, but they never brag.
- 1414. They never do exactly because they believe actions are louder than words.
- 1415. which is the opposite of humble. It is arrogant.
- 1416. information is uncountable.
- 1417. they have read fewer books, so they have less information.

- 1418. promotion is countable
- 1419. the way you have been brought up by your parents.
- 1420. skeptical = when you are not suspecting when you are not sure about something. You are always dubious

Date:1403/05/14

- 1421. If you are born as the first child, you are called the firstborn.
- 1422. You try to please others. To see their happiness
- 1423. You can make snap decisions.

Date:1403/05/21

1424. It will be here soon...

1425. ...

1426. ...

1427.

Session 14: Punishment

1428.	What images	bring into	your mind	when v	ou hear th	e word	punishment?

- 1429. It was a familiar notion in school
- 1430. It reminds me of my school days
- 1431. These are the words that come to my mind
- 1432. Have your parents ever punished you?
- 1433. When they Stop talking with us or crossing with us that means they are punishing us
- 1434. It has rarely happened in my family
- 1435. You have a close-knit family
- 1436. I complained to her about the food
- 1437. When you go on a trip do you miss your workplace or your colleagues?
- 1438. You were really missed at the class
- 1439. I mean it
- 1440. Are you the only child in your family?
- 1441. Because you always try to satisfy them
- 1442. I just try to take care of them
- 1443. You are a great son to your parents
- 1444. It is typical in every family, always one child is more responsible than the others
- 1445. One child cares more
- 1446. How about you? Are you the child?
- 1447. I am currently far away from my family.
- 1448. They do not need anyone to do anything for them because they are independent
- 1449. The worst thing is they can't stay at home
- 1450. They are always out and not easy for them to stay at home
- 1451. They always go shopping and walking
- 1452. He takes a lot of business trip
- 1453. We are proud of you
- 1454. What were you punished for as a child?
- 1455. writing a lot of scripts was boring for me when I was in elementary school
- 1456. I couldn't manage to do it
- 1457. Sometimes I neglected to do my homework which usually made me punished
- 1458.

- 1459. It could lead to my punishment
- 1460. So was it the only thing that you got punished for?
- 1461. I was a good girl and well-behaved girl in my family
- 1462. I don't remember too much
- 1463. Do not you have good memories?
- 1464. Once I fought and pushed a kid and hurt him, and then I got punished
- 1465. I haven't been a naughty child in my life
- 1466. I have never let my parents down
- 1467. We have to reveal and disclose ourselves
- 1468. He is not a smoker, he is an athlete.
- 1469. One day one of my cousins came over to play with me
- 1470. He was my age
- 1471. They started arguing with each other
- 1472. without telling anyone, Without my permission
- 1473. My mother was getting a nap
- 1474. She hit me
- 1475. When I was just a kid my mother came home and found it a mess and shouted at me
- 1476. She supposed I was responsible for the cleanliness of the home
- 1477. She expected me to keep it organized
- 1478. I wasn't guilty but I had to respond and justify
- 1479. I had to have an excuse to explain it
- 1480. She didn't let me enter the building
- 1481. I'm just exaggerating
- 1482. I was a spoiled girl because of my father
- 1483. I hadn't done anything. I was innocent.
- 1484. That was the point
- 1485. It was a disaster for us
- 1486. Your mother felt responsible for your guest
- 1487. when she found him missing she was shocked
- 1488. She found the first one nearby and punished her
- 1489. The easiest one to be blamed
- 1490. She made a lesson for others
- 1491. This is the way is done in prison, they hit the biggest one to threaten others

- 1492. Do you think punishment is a good way to teach someone?
- 1493. For kids story is different
- 1494. It can have mental effects on them
- 1495. I punished my son by telling him I was not going to take him out
- 1496. I'm aware it is totally wrong
- 1497. They are not mature enough to distinguish between good and bad or to make differences between them
- 1498. When you punish them you just make them afraid
- 1499. The ways of Children's punishments should be appropriate for their age.
- 1500. There are some punishing and rewarding systems in psychology
- 1501. You have to punish and reward your kids to train them
- 1502. How can I punish them when they do something wrong?
- 1503. I can confess he is not as naughty as a 3-year-old boy
- 1504. I'm not worried about him getting injured
- 1505. He is always a careful and thoughtful boy
- 1506. He cares about his body
- 1507. He always tries to stay within a safe margin
- 1508. He does not take any risks
- 1509. He is always worried about everything
- 1510. I am busy these days with removing diapers from his life
- 1511. I have not been successful yet, he does not obey
- 1512. I don't mean to make you worry but it's kind of late
- 1513. Sometimes he decides to wet his diaper
- 1514. Who does he get it from?
- 1515. A catchphrase
- 1516. You should be looking for the causes of that
- 1517. It will lead to worse results
- 1518. You have to visit a consultant
- 1519. I am speaking from my experiences
- 1520. Punishment doesn't need to be physically
- 1521. It is a simulation of the way our brain works and learns
- 1522. All of The models in Al are based on punishing and rewarding methods
- 1523. It's good for him to be punished

- 1524. Maybe some kind of gentle punishment
- 1525. You'd better go for a mental punishment at first
- 1526. If you tell him about the disadvantages of removing the diaper you will be able to talk him into going to the bathroom
- 1527. He has a remarkable memory
- 1528. It's kind of weird
- 1529. I'm teaching him in the capitals of countries around the world
- 1530. It was my hobby when I was in elementary school, memorizing the capital and the currency of the countries
- 1531. I used to entertain myself
- 1532. He taught him more things
- 1533. He always tries to make relationships between things
- 1534. If I wanted to be overthinking too much I couldn't be a working mom
- 1535. What is the worst way to punish a child?
- 1536. I'm confident enough
- 1537. Publishing kids in front of others is devastating
- 1538. Comparing your kids with others has bad long-term effects
- 1539. If you want to destroy your child's personality start to compare them to others
- 1540. It can ruin their futures and they will lose their confidence
- 1541. I didn't mean to be insulting
- 1542. It was a family gathering and they fought each other
- 1543. He was too old to be punished in front of others
- 1544. I was really sorry for him and he left his own home
- 1545. He would hate them because he felt embarrassed in front of them.
- 1546. He is a big man but his not still mature enough
- 1547. It was predictable, it's not surprising
- 1548. We had been expecting this problem
- 1549. They don't respect him
- 1550. Another bad way to punish your kids is by excluding them like you are not allowed to play with us
- 1551. I'm not your mom anymore
- 1552. I love you so much but you made me angry
- 1553. Stop frowning, just laugh

1554. 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.

- 1555. He has some special habits
- 1556. As I have been away from him, I don't know how and where he has got it
- 1557. He always does some strange things
- 1558. Sometimes he overdoses a thing
- 1559. I don't know how he becomes like this
- 1560. They are not educated enough to treat kids
- 1561. You are the apple of your parent's eye
- 1562. You are naive
- 1563. The notion of Capital punishment
- 1564. When someone commits something really bad
- 1565. Like murder or smuggling, they might be sentenced to two different punishments one is capital punishment and the other is imprisonment for life
- 1566. Imprisonment means staying in prison for whole your life
- 1567. Execution for drug dealers and raper
- 1568. By any standards, they shouldn't be alive
- 1569. They don't deserve to be alive
- 1570. If a human being tries to kill the rappers they will be executed
- 1571. How can they improve that
- 1572. Forensic or legal medicine
- 1573. For some crimes, capital punishment is the smallest
- 1574. Sometimes the sentence is 2 or 3 death
- 1575. So they are allowed to execute the criminals for the second time if they are not killed by first time
- 1576. Self-punishment
- 1577. Have you ever punished yourself and how?
- 1578. How would you do that?
- 1579. It helps me to improve my concentration
- 1580. It suits me because all my themes are green, I love green as well
- 1581. Not buying anything for the month, I swear to God It will work
- 1582. She is so cheeky and stubborn and rebel
- 1583. She always talks back to me
- 1584. There is some psychological evidence for it

- 1585. I am used to tapping my fingers on the desk when I'm thinking
- 1586. I am used to grinding my teeth when I'm angry
- 1587. If you were not allowed to punish others, what would be other solutions
- 1588. Does it work out?
- 1589. If there is no punishment, in that case rewarding makes no sense
- 1590. They are meaningful when they are compared together
- 1591. For a balanced training system, we need both of them at the same time
- 1592. We can wrap up it in this way, punishment is a necessity
- 1593. They need to be punished actually it is good for them
- 1594. One kick from the back, one step forward
- 1595. Have you just provided it
- 1596. It's a quota from someone
- 1597. It might work for you but I can't be a good therapist for myself
- 1598. I'm not either
- 1599. I'm aggressive about myself
- 1600. I have not been able to manage it yet
- 1601. I always blamed myself
- 1602. When I do some things with low quality I always blame myself
- 1603. I'm a perfectionist and I want everything in the best
- 1604. Being a perfectionist is really difficult it makes you nervous, uncomfortable and stressful
- 1605. I need to make sure everything is perfect
- 1606. Sometimes you end up giving up
- 1607. Do you remember this approach
- 1608. You either force yourself to do something perfectly, or you decline to do it.
- 1609. An all-nothing approach
- 1610. 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
- 1611. We have no perfection in our world
- 1612. Everything has some flaws we have to admit it but we have to put it into practice
- 1613. I am aware of it but when it comes to doing it practically I'm the same person
- 1614. I don't know how you say that
- 1615. I can talk well but in practice, I'm an ordinary person
- 1616. I don't care what the people talk behind my back

- 1617. When I try to put it into practice I will get disappointing results
- 1618. I believe ignoring what others think about us is completely wrong
- 1619. You should care because it makes your reputation and your mind care unconsciously you can't trick your mind
- 1620. It should not be your priority and be an obsession for you
- 1621. You should not overthink about it
- 1622. It can affect your reputation
- 1623. We are social creatures
- 1624. It's essential to make a balance between our expectations and others' ideas
- 1625. You should care to prevent yourself from doing some disappointing work
- 1626. If someone comes and tells me about my hygiene
- 1627. 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
- 1628. What about talking behind your back?
- 1629. Such cases are not very important to me to care about
- 1630. If someone criticizes me face-to-face it will be reasonable
- 1631. Familiar concept
- 1632. Close-knit family = intimate family
- 1633. One of my students
- 1634. We had to do a lot of homework
- 1635. Do Homework assignments
- 1636. Transcript a text or make a script
- 1637. Responsible for...
- 1638. Unquilty
- 1639. I have to respond
- 1640. Response
- 1641. Justify=explain=make it clear
- 1642. Stop fighting with them and Don't spoil the joy of the party
- 1643. Don't spoil your appetite
- 1644. A Disastrous situation = a disaster
- 1645. The brain does the same or functions in the same
- 1646. My purpose is to make you sensitive about your grammar and vocabulary
- 1647. Prison = jail

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- 1648. Threaten
- 1649. Making it worse = worsens = deteriorates
- 1650. I entertained myself
- 1651. Scraw up
- 1652. Getting angry
- 1653. Nobby
- 1654. Naive = inexpert
- 1655. You are a newcomer = you are green here = newbie
- 1656. Make a motivation
- 1657. It can lead to a loss their motivation
- 1658. The consequences
- 1659. Fame
- 1660. Have you heard about Dr. Sahebi's scandal story
- 1661. I have read the choice theory book which is a translated book by him

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1662. Reading books don't make you wisdom

Session 15: cooperation and contribution

- 1663. I will send you the table of contents for next semester
- 1664. Today we are talking about cooperation and contribution
- 1665. A team of coworkers and colleagues
- 1666. Do you like to work in a team?
- 1667. Which one is your preference? Working individually or on a team?
- 1668. What do you think is better when you work as a team?
- 1669. What are the advantages of being a member of a team?
- 1670. Is it your preference?
- 1671. When the scale of work is big and there is a multi-aspect project you have to do it as a team
- 1672. You can't manage all the stuff alone
- 1673. Are you flexible enough to work with others
- 1674. If you want to create a team you need to collect different people with different backgrounds and skills
- 1675. The members of a team have different characteristics and personality
- 1676. You need to deal with all of them, are you flexible enough
- 1677. There has been more discussion and negotiation
- 1678. It is part of my job
- 1679. In arguing you need to fight, curse, insult
- 1680. Do you shout at each other?
- 1681. The university chief = chancellor
- 1682. You look so quiet
- 1683. The last straw that breaks the camel's back
- 1684. Interfere
- 1685. Do other successful people motivate you to do even harder?
- 1686. Tell me about your main feeling when you see your colleagues' success.
- 1687. Which is dominant inside you? Envy, jealousy, revenge, happy
- 1688. There is no one to substitute for me
- 1689. That's why you are a great teacher
- 1690. When you are on IV it is a good excuse to get a day off
- 1691. I'm not afraid to be quitted
- 1692. It is all about responsibility
- 1693. I pay too much attention to my responsibility and my credit

- 1694. I am going to faint = I am going to pass out
- 1695. I should do the chores, vacuuming the carpets, cooking,...
- 1696. I wasn't able to stand on my feet.
- 1697. Consultation with ...
- 1698. I have got a promotion ...
- 1699. If you believe she has not been deserved and this position should have been yours.
- 1700. You don't have the right to judge others
- 1701. Under the situation you described, I would feel disappointed but I think I may get to gain better opportunities in the future
- 1702. You can pretend
- 1703. Do you constantly compare yourself to others?
- 1704. Most therapists say don't do that but it's not too bad
- 1705. If you compare yourself appropriately
- 1706. Imaginary friend
- 1707. Genie
- 1708. Downstairs neighbor
- 1709. He has been using the character in his stories since then
- 1710. He is his age
- 1711. He wants to have a plant shop
- 1712. I am getting afraid of that
- 1713. It's getting scary
- 1714. I am competing with you but you don't know and you are not aware
- 1715. I'm torturing myself
- 1716. Have you ever experienced this
- 1717. I have always tried to make excuses for such people
- 1718. I feel sympathy for such people because I believe they are suffering themselves
- 1719. They are used to competing with others subtly
- 1720. He is always saying Mahmoud does it, Mahmoud does that
- 1721. Those are the only ones you should tolerate
- 1722. They are flaming inside actually
- 1723. It can turn into an obsession
- 1724. Some workplaces are toxic
- 1725. They just want to back-bite

- 1726. If someone feels low self stemming they will behave like that
- 1727. If you compete with others explicitly its fair enough
- 1728. I can be a leader, it's in my blood, its in my gene
- 1729. I was born as a leader
- 1730. Have you ever thought of people being avoided in your team?
- 1731. Have you ever taken it personally?
- 1732. I am really a demanding leader
- 1733. How do you usually hold this up?
- 1734. I try to talk them into joining us and finding a solution in favor of 2 sides
- 1735. Sometimes it will work out
- 1736. Convince them = Persuade them
- 1737. Otherwise, we will go for other alternatives
- 1738. Sometimes you have to transfer people from one group to another
- 1739. I want you to evaluate yourself. Are you competitive?
- 1740. Do you always try to win at any cost?
- 1741. I can't be a loser
- 1742. I can do anything but one. I hate cheating
- 1743. I prefer to die but not cheat.
- 1744. Do you have a serious red line?
- 1745. I have played Mafia too many times
- 1746. Don't try to sugarcoat it
- 1747. I enjoy and as a competitive person I just want to win
- 1748. What kind of games do you like to play?
- 1749. I have been interested in card games / conceptual games / analytical games
- 1750. I hate games that tie with your luck
- 1751. If you're lucky you will be the winner
- 1752. Everybody pretends they are innocent
- 1753. People in Italy don't play Mafia like this
- 1754. The classical version belongs to Russia
- 1755. In Mafia, you should be able to lie and shout
- 1756. You must talk about a lot of approaches to be a winner
- 1757. Do you love it or do you hate it?
- 1758. Some people curse during gameplay

- 1759. Some people swear or use offensive language While playing games
- 1760. There's a filtering tool, if a player curses they will be banned
- 1761. Are you up for whatever it takes to win?
- 1762. I prefer to compete and win fairly and morally
- 1763. Morality is important to you
- 1764. Being a winner is not worth doing everything or crossing moral values
- 1765. He always mix and match his shirts and his cell phone cases with different colors of rosaries
- 1766. Prayer beads
- 1767. Glorifying God
- 1768. Glorification
- 1769. Do some people envy you for your talents
- 1770. I love the people they talk about their talents
- 1771. I won't let you disagree
- 1772. In this specific field, I'm an expert
- 1773. They will listen to you eagerly
- 1774. They will be on the edge of their seats
- 1775. Every person is talented in some areas
- 1776. They need to cultivate their potential talents
- 1777. You need to foster your aptitude
- 1778. It can be taken or gain
- 1779. What areas are you gifted in?
- 1780. You should make an effort to flourish your potential talents
- 1781. Underestimate
- 1782. Limb
- 1783. It's so obvious
- 1784. They never take any action
- 1785. She never takes a step toward any goals
- 1786. Some people are not passionate about anything
- 1787. I'm terrible at drawing
- 1788. I'm good at poetry
- 1789. She is smart but she just talks
- 1790. Do you help others to find a way to be successful?
- 1791. Sometimes you want to help but they are not motivated enough to get your help

- 1792. I am always ready to share my experiences
- 1793. If we try to enhance other people's abilities, It will lead to better achievement for the team
- 1794. If you develop a synergy in your workplace and your team the team will get great results it will be like a win-win game
- 1795. I prefer to compete and be among some strong and motivated people than be in a weak team
- 1796. It's not satisfying to me
- 1797. It's not pleased me
- 1798. They can hamper the team's progress with their weakness
- 1799. They can halt the group's activity
- 1800. Plum
- 1801. You are the most beautiful ever
- 1802. I haven't read it yet
- 1803. I started a new book last night, Deep Work by Cal Newport
- 1804. Are you curious to learn from others?
- 1805. Is there anything that you are planning to learn?
- 1806. It's essential in our career and our major, you need to keep updating yourself
- 1807. There is always something to learn
- 1808. Do you respect others when they talk or do you just answer?
- 1809. Do you take your turn in a conversation?
- 1810. I don't interrupt others
- 1811. I have a reputation for interrupting others
- 1812. I want people to speak fast, I can stand a slow speaker
- 1813. I'm impatient at listening to others
- 1814. When I'm listening to a voice file I set it at 2X speed (2 times faster)
- 1815. We are 2 people from 2 different planets
- 1816. Being a good listener is a cool soft skill that we should learn
- 1817. When I'm talking I expect others to be patient and don't pause me
- 1818. I appreciate you because you are always trying
- 1819. You can covey the meaning of new expressions precisely
- 1820. The people who try to stand on ceremony, annoy me
- 1821. Kiss up
- 1822. They use a lot of similar words to greet others
- 1823. It takes a lot of time to say hello, greeting, and say goodbye

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- 1824. Pros and Cons
- 1825. Drawbacks and benefits
- 1826. Advantages and disadvantages
- 1827. Merits and demerits
- 1828. Benefits and flaws
- 1829. We use Works when we want to talk about fine arts (Farhadi's works)

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- 1830. Negotiation or argument
- 1831. taught
- 1832. thought
- 1833. though
- 1834. tough
- 1835. prioritize
- 1836. they always pull strings
- 1837. they are well-connected with others
- 1838. pure
- 1839. it will result in a disappointing thing
- 1840. failure
- 1841. let's do it = let's get it done
- 1842. you feel disappointed
- 1843. it's better not to do it
- 1844. you will get nowhere
- 1845. we are getting there
- 1846. it cost a lot but we got nowhere
- 1847. fruitless
- 1848. he wanted to send me a message
- 1849. he got offended
- 1850. people avoid working with me
- 1851. we are choiceless
- 1852. work ethic
- 1853. it's not worth it
- 1854. free delivery because you are worth it
- 1855. make it blossom
- 1856. harvesting

1857. you need to take an action

1858. I'd rather not stay here

1859. I lose my temper easily

1860. I got bent out of shape = to be upset or agitated about something