**Session 1:sucess**

1. How can we reach our goals?
2. It has satisfied my desire so far
3. Pious
4. This will give you a sense of …
5. Having a bossy character, I always boss them around
6. Be in charge
7. Classy Career
8. a Manifestation of Honor
9. What is his specialty?
10. I hadn’t known for it
11. Aesthetic/cosmetic surgery
12. money talks, money matters
13. if I'm not mistaken
14. they seek money
15. It wasn’t my field of Interest, it is not my thing
16. they are multitasking
17. Demanding boss/job
18. It pops … in my mind
19. she hasn't had the chance to follow her dreams
20. Are you happy with who you are
21. It is a tricky question
22. She just keeps nagging around
23. I prefer to skip this question
24. It can plunge me into a deep depression
25. Some criteria (plural form), a criterion(singular form)
26. Postpone = put off
27. Procrastination
28. Take action
29. It is a kind of Achievement for you
30. Lecturer
31. He is a big shot = loaded
32. It is time-consuming
33. She is so humble
34. Having a timetable
35. Being hardworking
36. My biggest Motivation in the world
37. Running a business
38. Social credit
39. Reputation
40. At the end of the day, you count your money
41. Set a goal
42. A Goal should be SMRT(Specific, Measurable, Achievable, Relevant, and Time-bound)
43. It is an acronym/abbreviation
44. Calligraphy
45. I'm talking about a specific case
46. Typical Iranian girls
47. Schedule
48. None of them is superior
49. As long as your accent doesn't block the Comprehension of your speech it is okay
50. It is just fluency that matters
51. They should be able to follow you
52. I'm dead sure
53. Develop a plan
54. You should break down your goals into smaller steps
55. Achievable steps
56. I'm suffering from ADHD
57. You should see a psychiatrist
58. He is taking medicine
59. They didn’t know the origin of their problem
60. Transsexual people
61. They get braver to come up
62. They encourage them to reveal their real character
63. That's why.…
64. As we are becoming more aware …
65. It's not a trendy problem
66. You should be committed to your goals
67. Cheating on someone, don't betray your goals
68. Avoid any distractions and stay focused on the task at hand
69. Stay on track
70. Canceling noises and disturbances
71. The things that make you deviate
72. Some things that derail you
73. Religious people
74. Avoid of any addictions
75. Are you addicted to a specific thing? Smoking 6 cigarettes a day
76. I'm a movie buff (crazy about watching movies)
77. He/she is in the buff
78. He is a quitter
79. As I told you before
80. Who is your favorite movie star?
81. Symbol of beauty
82. I disagree with your criteria
83. He is lovely and he is a different creature
84. The way he pronounces his words
85. He made a movie by the name...
86. A drama movie
87. This is the end of your occupation
88. You should keep learning and adapting to new information and challenges
89. seek out mentors who can help you grow and improve
90. There are a lot of messages behind the sentence
91. Attend seminars
92. Outcomes
93. If you pick on the right choices, ….
94. They give you general knowledge and ideas
95. They just try to turn on the light in your mind
96. they make you interested in the topic.
97. they make you eager to follow it
98. Don’t let obstacles hinder you, overcome any obstacle
99. You should hop over the obstacles
100. Resilience
101. An Idiom: Never say die
102. Fall off
103. He has a sweet tooth = he is crazy about sweet
104. Celebrate your achievements and accomplishments even the small ones
105. It means the value of that and appreciates them
106. Surround yourself with positive and effective people
107. They never discourage you and push you forward
108. Prosperity
109. Toxic people
110. They inspire/motivate you
111. I couldn’t get any concept of creativity in this picture
112. I wasn’t guilty
113. It makes sense
114. Wellbeing =well-fare=connivance
115. take time to relax and de-stress
116. Stop quitting = stop giving up
117. Try to learn from your failures and mistakes and use them as an opportunity to grow
118. Consistency and persistence
119. Medal
120. Think over = ponder=I need to sleep on it = think about consequences and outcomes
121. No preposition is needed
122. Satisfied with = pleased with= fulfilled by
123. Stop Pretending
124. I haven’t done it yet
125. It’s obvious it goes without saying…= it’s crystal clear
126. Reach our goal
127. It makes me feel happy
128. Let’s call it a day
129. Eid al-Adha
130. Sheep (plural form)
131. Delayed feedback, not instant feedback
132. Silence of the lambs
133. Fight club
134. It is a matter of shame
135. It will spoil the movie
136. Your expectations
137. I enjoyed your class
138. How old are you turning?

**Session 2:traveling**

1. My clock runs 2 minutes fast/slow
2. Start and wrap up the class
3. I haven’t made up my mind yet
4. You can skip the day and connect it to the weekend
5. Statue of Liberty, Eiffel Tower, BigBen Tower
6. Traveling aboard/overseas
7. I used to hate traveling, I used to prefer to stay home
8. It depends on who is with you or who is your companions
9. Bachelor party, bachelor night
10. Confirmed bachelor
11. Real brands # Fake brands
12. Whether you can tolerate it or not
13. Leaving your comfort zone
14. You might face a lot of challenges
15. It is rewarding
16. Your money will be back but your time never
17. Is it worth it?
18. Pilgrim trip
19. Business trip
20. Hookah
21. It depends on marital status
22. He keeps repeating that
23. He tries to exclude him
24. I decided to wrap up the story forever
25. We have a lot in common = we have similar interests
26. It will be welcome
27. Once in a blue moon
28. They can't keep up with my pace
29. This is my preference
30. I can't tolerate her
31. Nobody asks you to express your opinion
32. Optimistic
33. You are allowed to take only five things with you
34. You have limitations
35. Essential
36. Road trip, sea trip, rail trip, air trip
37. How about others
38. Backpacking
39. Couchsurfing
40. Hitchhiking
41. You have to take the risks
42. Conservative person
43. I thought you might be a/an...
44. Generally speaking
45. I'm not talking about exceptions
46. Literary
47. Reasonable
48. They are wealthy/ stingy
49. The story is getting darker
50. No offense
51. Thank you for your compliments
52. I'm from... Originally
53. You are surrounded by a lot of generous people
54. I have been in touch with….
55. We have a lot of stingy people among our relatives
56. prejudice
57. Labeling on some Tribes
58. A wonderful couple
59. If you had a free ticket, what would your choice be?
60. The Great Pyramid of Giza
61. The Great wall
62. I'm not interested in history
63. Luxurious and fancy places
64. Ancient places/historical places, remains of an ancient civilization
65. Public figures
66. Are you inspired by your friend’s travel stories?
67. Which one is more Persuasive (convincible)?
68. Halo effect
69. biases in thinking and decision-making
70. Adventures
71. Choosing wisely
72. Deciding based on the feeling of the moment
73. I am usually inspired by the movies
74. Comfort and relaxation
75. I want to gain/earn new experiences
76. I like to widen my horizons
77. Enhancing our perspective
78. Enrich myself
79. Try to think out of the box
80. The size of their word is as size as their skulls
81. Things can go wrong when you are in travel
82. Can you think of a horse trip
83. A beach resort
84. We had a car broke
85. A festival of bad luck
86. I haven't gone on any trips Since then
87. Was he an Infant or a toddler?
88. I can’t remember vividly
89. Mourning ceremony= funeral
90. It was like a wet blanket
91. It ruined my plans
92. Traveling alone
93. It is a budget trip
94. We are traveling on a tight budget
95. I don’t have to tell them What to do and what not to do
96. Mature enough
97. The most common mistakes that you made today
98. Go on a trip/journey
99. Take a trip/journey
100. It hasn’t been planned yet
101. Landmarks
102. It is a must-seeing
103. It is worth seeing
104. When I am on a trip …
105. authentic resources
106. Keep the tune
107. Married to …
108. He had had high expectations
109. Dismayed= startled
110. I would love to go…

**Session 3:food**

1. It is so flattering to me
2. Don’t flatter me
3. We are used to eating lunch late
4. Canteen
5. Cooker=stove
6. Chef
7. Chief= boss, main reason
8. A quick meal
9. Do you have dinner as well?
10. Turning two meals into one meal
11. She teaches in a private school
12. Sometimes we buy takeaways
13. Sometimes we order takeout
14. It is his biggest motivation to be single
15. If he had been married, he would not have got such great services
16. I used to be a picky eater
17. There is no one to spoil /pamper us
18. Do you have a private chef?
19. Cloth
20. I was on a diet
21. Did he ruin your reputation?/Did he dirt on your reputation?
22. Whenever we get together...
23. I can't be a good host for them
24. I can't mention any specific type of food
25. A slice of sweet, juicy watermelon on these hot summer days is refreshing and hearty.
26. You are a foody person.
27. Everyone who has eaten my food can admit it
28. I am not a big fan of seafood
29. I hate shrimp and spinach and celery,I can’t stand it
30. My mom always asks me about what I like to eat
31. My mom is very good at cooking Stuffed chicken
32. When I’m at my mother’s I usually ask for stuffed chicken
33. Water-steamed broccoli or carrots or vegetables
34. I don’t know what it is good for
35. The two (chicken and celery) go together/ they agree together
36. Onion is The most consuming item (the most commonly used) in my kitchen
37. It is a staple ingredient in any Iranian home
38. A joke: Iranians first make a lot of fried onions and then decide what to cook
39. Not having rice on the table at a feast can be taken as impolite (rude)
40. Vegetarian pizza
41. Knead the Dough
42. Bacon٫ red and green peppers, mushrooms and sausage, garlic, steak
43. A point: Herbs are different from vegetables
44. I don’t use garlic too much, unlike onion
45. Tell me about the best place you ate pizza ever.
46. I am not eager to eat out
47. I prefer a home-cooked meal even a scrambled or boiled egg
48. It sounds like a luxurious and trendy concept
49. Vegan
50. Dairy products
51. Diary
52. stock of stew
53. She is strict and hard
54. Vegetarians take supplements such as vitamins and minerals to maintain their health.
55. I don't know if being a vegetarian is good for her
56. It's not just a phase
57. She has been accustomed
58. Only one food for the rest of life
59. What You never get tired of
60. If I were forced to live this lifestyle, I would choose spaghetti.
61. Why soda is unhealthy
62. He is not allowed to drink coca
63. It is a disadvantage of being a parent
64. Fizzy(sparkling) drinks.
65. Flat drinks
66. Still drinks
67. Soft drinks
68. Alcohol-free drinks
69. If you cannot manage to have a balanced diet you will be underweight or overweight
70. Calory intake
71. Calory deficit
72. I need to take care of my weight because I'm overweight
73. I'm always on a diet
74. I put on weight easily but I lose weight hard and with difficulty
75. He is in shape
76. You have to squeeze at least 10 oranges to have 1 glass of orange juice
77. Fruit juices are too surgery with no fiber
78. What meals do you skip?
79. When you eat lunch too late you don't have enough room for dinner
80. Dinner is not too tempting to me
81. 2 slices of toast with some cheese
82. Do you weigh all of them?
83. I can find it through experience, It comes from my experiences
84. Only if I am invited to a party I will have dinner
85. I have a jam-packed schedule
86. Once I am free for dinner it’s too late so I prefer not to eat dinner
87. When you eat a lot of surgery things late at night your body won’t have enough time to digest and burn the calories
88. It will have bad effects on our liver and kidneys
89. We are what we eat.
90. My mother-in-law is for sure(undoubtedly) the thinnest person I have ever seen in my life
91. I told you this introduction to talk with you about something else
92. She has the worst lifestyle ever
93. Is she diabetic?
94. She hasn’t taken any blood test
95. Small portion
96. They have a specific ritual for tea like a party
97. They get together after dinner and drink tea with candy and sweet
98. Confectionery
99. She is something different
100. She can not go to bed without sweet
101. She lacks iron in her blood
102. I can see some suspicious signs in my son
103. What kind of diseases does she have?
104. She has kind of some disabilities
105. Why do you disagree?
106. It affects your character and the way you treat
107. When you respect your body it can find it and try to be healthy for you
108. A typical Romantic dinner
109. I didn’t pay attention to the candle
110. They might be celebrating something
111. Those are a wonderful couple
112. Double chin
113. Cleft chin
114. What is your motivation to eat out?
115. Celebrating an anniversary, or birthday, gaining an achievement, having a special guest
116. Engagement party
117. It is not my thing
118. If you are living abroad what is the food you would miss the most at home?
119. It is full of saturated fat
120. I love it from the bottom of my heart
121. She always nags
122. He must like it
123. You are Making speculation
124. My mom's cuisine (The way my mom cooks it)
125. I can’t get enough of eating it even when I am on a diet
126. Their cuisine is a disaster
127. It must be served with onion and lime
128. How do you like it?
129. It is my guilty pleasures
130. I can’t control myself
131. He came over to us and brought us  local and savory yogurts
132. It is really strange
133. I put chicken in a frying pan and add some oil
134. How do you marinate the chicken or meat
135. Olive oil, turmeric, dried lemon, thyme, cinnamon
136. I enjoy…./ I hate…..
137. We knead dough with fists and fingers
138. I have tried it once
139. It is famous or well-known for kebab
140. Sunny side up
141. I slept deprived
142. Deprivation
143. I haven’t made it yet.   - Me neither or I have not either
144. I tried to stick to my diet = I never cheat= I am committed to my diet
145. Whenever I am invited to a party
146. It can affect you
147. It can hurt your health
148. It is mouth-watering = super delicious = yummy
149. You never bear a garage

**Session 4 :Health**

1. health
2. MS degree or BS dgree
3. Every other week, every second day
4. Most of our classes are on weekends
5. I can’t make time for it, I’m super busy
6. I think how I am alive
7. I could not find time for myself
8. Tomorrow is my day off
9. This is supposed to be Mony day
10. What do you mean when you say a healthy person?
11. What do you think about this one?
12. From now on
13. We can look at it from different perspectives because it has various aspects
14. Mentally healthy and physically healthy
15. I can consider myself healthy physical-wise
16. How often do you get sick?
17. I have a weak/strong immune system genetically
18. Terrible condition
19. Do you care about medical annual check-ups?
20. The older we get, the more important it will be(This will be more important as we get older)
21. We usually don’t care about routine check-ups as long as we are young and healthy
22. It is a cultural issue and wrong at the same time
23. Thoughtful, considerate, careful, attentive, cautious, watchful
24. I try to do that every 6 month
25. Pregnancy
26. Ultrasound test, blood test
27. I have specific issues related to my body and medical situation.
28. I care about my body in advance to prevent future trouble.
29. When something is diagnosed at the very first stages it will be curable much more easily
30. It's a matter of time in some specific diseases
31. What healthy habits do you have or unhealthy habits as well?
32. I try to exercise daily, quit bad addictions, drop bad habits
33. I will try to cut down on sugary things and sleep enough and well.
34. I haven’t been able to make/manage it yet
35. To avoid salty and fatty(greasy) food
36. I look at a glass of soda like a glass of disease
37. It can lead to some sickness
38. He is a collection of bad habits
39. I don’t know what is in that coffee.
40. It is awesome
41. I'm not a sound sleeper
42. To prevent diabetes
43. It can lead to diabetes
44. Having ice cream a lot
45. What flavor do you prefer?
46. Mero has a good atmosphere
47. When my daughter is with me and we are passing by there, she asks me for an ice pack.
48. They have a large menu
49. Have you ever broken a bone? What happened?
50. You have to carry a heavy cast for weeks
51. You deserve it, you shouldn’t have done that.
52. I broke my feet
53. He had a broken nose
54. I almost passed out and needed a surgery
55. I was on the teenage national team
56. I could have been a good soccer player
57. **Have you ever broken a bone? What happened?**
58. What is her specialty? She is a gynecologist
59. Do you trust doctors?
60. When it comes about severe and chronic diseases you have to trust them
61. Hook nose
62. They overcharged their patient
63. I was under Dr. Farideh’s supervision, she is amazing in her field
64. She is the only gynecologist in Ahvaz who I can trust.
65. I check the background at first
66. GP(General Practitioner)
67. Specialist Dr
68. Who is the healthiest person you know?
69. What do they do to stay healthy?
70. What is more important to take care of mental health or physical health?
71. How do you feel when you see blood?
72. Life expectency is getting shorter.
73. How long do you expect your generation will live on average?
74. Mentally healthy/physicllay healthy
75. Mental health/physically health
76. Catch a cold/get a cold
77. I haven’t had any critical issues
78. Trivial=unimportant
79. I usually get a cold twice a year
80. Varity of virus=spcies of a virus
81. Annual
82. Prevent from …/avoid from …
83. At the very first stages
84. Briskly= rapidly
85. Especially in the past
86. I broke my feet/I hurt my finger/ I cut my hand/ I spraind my ankel
87. I am trying to cut down the addiction to tea
88. I haven’t been able to manage it
89. laboratory
90. Im suffering sleep deprevatio
91. Appropriately=properly
92. On Vahabi street
93. Comb,climb,tomb,thumb
94. You shouldn’t have done that
95. How old were you?
96. Sikness, illness, ailment
97. we check the background
98. he has been exercising for 20 years every day
99. fatty/greasy food
100. he has disabilities
101. you misssed a Q letter/ letter Q has been dropped
102. she is obssesive on spots
103. stainless
104. insane/nuts
105. insaness/crayziness
106. I haven’t got any special problem
107. They panicked

**Session 5 - Shopping**

1. I’m crazy about shopping especially clothes.
2. I never get enough of it.
3. If I have money I have to buy something.
4. I believe in shopping till you drop.
5. How do you feel about shopping?
6. It depends on my mood.
7. If I’m on vacation and want to buy souvenirs and see local crafts of that area.
8. It would be a great motivation for me.
9. I’m really tight on time.
10. Whenever I go shopping it makes me feel better like all the ladies.
11. Going shopping is not something you like too much.
12. I’m very interested in electronic gadgets.
13. Are you a real shopaholic? It’s kinda an addiction.
14. I always buy things online.
15. Whenever I get to work our receptionist always says I have a package.
16. I’m expecting a package Every single day,
17. It is a staple item in my work list.
18. It bothers my husband, and he believes it is kind of a sickness and I should treat myself.
19. Sometimes I try to control myself but mostly I can't make it.
20. Poor him!
21. Sometimes I consult with him when I want to buy something.
22. I believe not to do so.
23. When I asked him to express his idea …
24. You avoid consulting with him.
25. It is not a matter of need.
26. Most of the time we don’t need anything, but we purchase it. Because we think we will need it in the future. But it will never happen.
27. I won't be using them.
28. If you check out my bank account you will tell me I am insane.
29. Generally speaking…
30. If it comes to electronic gadgets, I should say …
31. What is your favorite brand? I'm a big fan of …
32. It is sort of our enemy.
33. I have a lot of great experiences of using that brand,
34. If I have enough budget I will go for Apple devices.
35. I have been an Apple user for 12 Years, it is not easy for me to change.
36. I am going to buy an iWatch next month.
37. I got all of them as a present like a New Year present or birthday present.
38. From who? My lovely husband.
39. I haven’t paid for them on my own.
40. For his previous birthday.
41. I haven’t received the same thing in reverse.
42. Which series did you buy?
43. I couldn’t afford any more expensive model.
44. Lucky him.
45. Are you a good person to go shopping with?
46. Can they count (rely) on you?
47. Can they trust you?
48. It depends on what they want to buy.
49. I'm not a good companion.
50. I am an expert at buying kitchenware, I'm experienced in this field.
51. I am used to exploring before purchasing.
52. It makes me have better choices.
53. It leads me to have better options.
54. I prefer to go shopping with my sister because we have a lot in common.
55. We will be a wonderful couple.
56. She is the only one I love to go shopping with.
57. She always tries to stop me from buying things I don’t need.
58. We go shopping with my sister because she needs some things and I'm just supposed to be a companion.  We end up getting back home while she has bought nothing and I have a lot of stuffed bags.
59. What has ever been the most expensive thing you buy?
60. It has been a set of jewelry, honestly, I paid for it on my own.
61. Was it worth what you paid for it?
62. I shouldn’t have paid for them.
63. As far as it is about purchasing gold you are a winner, it is a kind of investment.
64. Do you regret it?
65. When you want to buy something expensive it is reasonable to explore it, investigate it, check out the reviews, and then make up your mind.
66. When I want to buy something I care about the cost and quality.
67. My car is a Phoenix and it is a cross-over with an elegant black color.
68. It is worth each Penny I paid for.
69. He just saves his money for a greater goal.
70. How much do you shop online?
71. Do you trust online shops?
72. When you want to buy clothes you need to try them on and see if they suit you or look great on you or fit you.
73. Although I should say …
74. I have to keep them in my closet uselessly or donate them.
75. I like online shopping because you have a wide range of choices, you can compare prices and specifications, and read the reviews.
76. Is it a trustworthy (reliable) online shop?
77. It is easy for me to trust them.
78. Have you ever had a bad experience in online shopping?
79. They have never stolen my money.
80. They delivered me a broken item and they refused to fix the problem.
81. You got a bad impression.
82. You felt worried.
83. What was I talking about?
84. I can’t remember more cases vividly.
85. It was really frustrating.
86. The words conflict and fade in my memory.
87. You can find a better deal.
88. You can check different websites to find the best choice you want.
89. When things are on sale it means you can buy them at lower prices.
90. Bargain hunter: a person who is looking for goods that are good value for money, because they are being sold at prices that are lower than usual. They check the market to find the cheapest items
91. They make a lot of profit.
92. I think they are going to cheat me and defraud me.
93. Fraudulent
94. The end-of-year sale (hyphenated adjective),
95. It is a common word: they are taking out and selling their garbage.
96. They just want to get rid of them and also make profits.
97. They just want to make money out of their garbage.
98. After all, it is for their benefit.
99. I usually put it aside.
100. It is every lady's favorite thing.
101. It is not talking about people looking for discounts.
102. Check the market to find the cheapest items.
103. They need to search everywhere and go shopping when things are on sale.
104. They wait for them to promote something and they will have a promotion.
105. Promotion =You pay for one and receive two.
106. It is a great motivation.
107. If you wanted to open your shop what kind of thing would you like to sell?
108. If I had to have a shop, I would sell clothes and be broke because I would take them myself.
109. I have had a dream since I was just a kid to have a bookshop, not a small bookshop but a big one, and sell my book online and physically.
110. I love to have a stationary shop.
111. Where do you go to buy such items?
112. They have a lot of luxurious stuff.
113. When I'm crossing around them I will stop by and check what new items they have to add to my collection.
114. I usually get out with a stuffed bag.
115. A fast food place.
116. I enjoy the process of cooking them.
117. My sister-in-law got married 5 years ago and her husband is a good guy. He used to talk about his dream a lot.
118. One of his favorites was opening a fast-food place.
119. You might not believe but next week is gonna be the opening of his fast food place.
120. He is going to live his dream.
121. Good for him.
122. He has 3 partners.
123. That's why I asked about …
124. He always wanted to have his own place.
125. It is on Vahabi Street.
126. It is a crowded area.
127. It is exactly across from the New Market.
128. You can tell him you are my student and they will give you a discount.
129. I will give it a try.
130. The people are supposed to be there.
131. They will have an opening ceremony.
132. It was supposed to be before, but they set behind their schedule, so they postponed it.
133. They put off it.
134. His family are business people.
135. It was a sarcasm. No, it wasn’t sarcastic.
136. They know how to work with their money and manage them and invest their money.
137. You can bring your dream to reality.
138. You can turn your dream into true.
139. He can't afford to fund (establish or set up or build up) a jewelry shop.
140. You gave him the suggestion,
141. Have you been shopping abroad?
142. When I was there, I bought something as a souvenir.
143. It goes without saying.
144. Turkey is better, price-wise and variety-wise
145. Design stores can find products from different and famous brands.
146. I always try to find designer shows.
147. You are not in the picture today.
148. Do you usually buy designer stuff?
149. I do not know if it is worth it because it is really expensive.
150. They charge you more than the original brand.
151. How do you know they are real brands? It's obvious
152. It is easy to identify the real ones from the fake ones.
153. Some of them are high copies.
154. You are an experienced and skillful shopper.
155. When she wants to buy us something from different stores in Milan she sends us pictures and asks me to choose from the picture.
156. What is worth to be bought from a designer store?
157. You should buy the best item in the market.
158. What is your favorite brand of shoes?
159. Having a good style
160. Sneakers/ trainer
161. I care about quality, comfort, and convenience.
162. Until your feet are killing you
163. When I'm on vacation
164. Which is made by locals
165. I spend too much money on clothes.
166. I usually spend too much time watching TV.
167. It is a problematic area for English learners.
168. It makes me feel bad.
169. When you talk fast you might make such mistakes.
170. I enjoy shopping
171. I'm a big fan of...
172. Don't go crazy
173. He went crazy and wanted to kill me.
174. It's not real. It's just an imaginary situation.
175. My husband is one of the most peaceful people I have ever seen in my life.
176. He is too quiet
177. My hair is going gray, his eyes are going blind, His ears are going deaf.
178. Every week
179. The two can be used interchangeably.
180. We can use them instead of each other.
181. The expression "Do the shopping" is different from going shopping.
182. Doing the shopping is about buying groceries and daily stuff for the refrigerator but going shopping is something fun.
183. Compulsory= mandatory= obligated
184. They have the same roots.
185. Workaholic, chocoholic, alcoholic
186. Unwanted items
187. I have bought a pile of stuff, but I haven't used them.
188. Count me out
189. I don't know if you play Shelem or not.
190. There are four of you.
191. What else can we use instead of kitchen tools?
192. Having mutual interest
193. I have a lot of friends, who I can count on.
194. I have a lot of friends. Whom I can count
195. Reasonable# unreasonable
196. Rational# irrational
197. I always pay attention to...
198. I prefer to try them on (clothes)
199. I prefer to try them out (electronic devices and...)
200. You are acting up great.
201. It fits you
202. Although I'm tired, I go out with my friends after class.
203. I don’t know this part. However, I’ve read it several times.
204. It has happened to me twice.
205. You are not allowed to use but
206. A slip of the tongue
207. It is on the tip of my tongue.
208. An avid reader
209. A productive and fruitful day
210. I need to marry a wealthy Lady.
211. Break a leg
212. Priceless = invaluable you can't put a value on it.
213. It’s a trilogy
214. It is a hay fever
215. I can't breathe well when I am exposed to an air-conditioner it happens to me every.

**Session 6 - Movies**

1. Different genres
2. What is your favorite genre?
3. I'm a big fan of mysterious movies
4. Romantic movies or romances
5. Sometimes I feel like watching a comedy movie when I want a laugh
6. Fantasy, Epic, heroic movies
7. You can put some movies into different categories or genres
8. You can consider them as multi-genre movies
9. Movies with the World War 2 theme
10. Historical themed movies
11. The Pianist movie is remarkable
12. What is your favorite movie of all time?
13. If you were supposed to choose just 5 top movies what those would be?
14. The scenarist is a genius
15. Zimmer is the musician of the movie
16. It is nothing in comparison with the Inception movie
17. That movie came out(released) 2 years ago
18. It is a conceptual movie and you have to watch it several times to understand what it is going to say
19. It was about a guy who had lost his memory and It is a dark movie
20. A trilogy directed by...
21. They are masters of pieces
22. If you had to go for one what it would be? I would go for...
23. Beyond any imagination
24. Stunning performances
25. Amazing special effects
26. Although it was full of strange special effects everything was tangible and seemed rational
27. You were able to distinguish between reality and virtuality
28. It's like a documentary show
29. Its concept is about Time, the way he looks at the time concept is really creative captivating, and interesting to me
30. The story was strange with a new idea and somewhat scary
31. I can mention the Titanic as my favorite movie
32. They have a weak/strong story/tale
33. They can’t keep/leave you on the edge of your seat
34. They can’t attract movie freaks
35. I’m not too fond of movies with a storyline of betrayal and cheating
36. The movie is painful(harrowing)
37. I hated him
38. He was infamous at that time
39. you have to admit he is handsome
40. what is the worst movie you have ever seen?
41. It was horrible and not worth watching
42. I don’t know how to express my feeling
43. What the hell it was about?
44. 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
45. It was a blockbuster and one of the best sellers at that time
46. It was a hijacking story in that movie
47. It was a devastating movie
48. It was about poverty, drug addiction, and all social concerns
49. What is the most beautiful actress in your idea?
50. I can mention Kate, Nicol, …
51. Can you deny she is the best?
52. I think beauty criteria are different from one to another
53. It has a high score on IMDB and in the list of 100 movies you have to see before you die
54. pride and prejudice
55. The movie that impressed me badly was “Requiem for a Dream”
56. it’s an Oscar winner
57. The personality was compelling
58. She is gorgeous and prestigious
59. The artists are getting married and divorced all the time
60. She got to know Ali and more intimate with him from that movie and got married to him
61. She passed away recently
62. he is one of the best colleagues of us
63. What is the most handsome actor in the world?
64. I didn’t have enough room for a picture of others
65. He is handsome even without a beard but a beard makes him drop-dead and manly
66. He has a permanent frown on his face
67. It has a complicated biography if you have read it
68. Have you ever chosen a movie to watch because its actors are handsome or beautiful
69. Animated movie
70. Are they just for kids?
71. It is a twisty movie
72. It opens your eyes to new issues
73. Actually, I have a new challenge with him, I can't manage the amount of information he is receiving from around.
74. He can sense everything Purely
75. I believe it is too early for him to digest some complicated information
76. Where does he get his information from?
77. She always pays attention to every single word she articulates
78. It's not on purpose
79. He uses some sentences that are not suitable for me
80. It makes me afraid and anxious
81. I can see that on his face
82. I want to let him understand Farsi completely
83. It's much better
84. He knows how to use an adverb
85. What is the most romantic?
86. I can approve it
87. How could you be the best player when you can't lie?
88. I can easily identify how the mafia is
89. I can analyze games easily
90. Please don’t disclose/betray me to others if you identify me.
91. It is about racism
92. Do you know what is why they named it Green Book?
93. What is the story behind it?
94. 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
95. It is the origin of the name of that movie
96. Nazi, Jews, Jewish
97. How do you choose which movie to watch? By genre? By director? By the main star?
98. The IMDB score can be a good yardstick
99. It's not that accurate but it can be a measure
100. Some movies with high IMDB scores don't meet my taste
101. I’m speaking of my experiences
102. Who do you watch movies with?
103. We are short in free time and it is not the same time
104. Do you watch movies with subtitles or dubbed?
105. I feel safer
106. I am the worst person everybody can choose to watch a movie with.
107. I fall asleep whenever I am watching a movie
108. My kids suggest watching a movie on the weekend
109. He doesn’t care to stop it
110. Who were in it?
111. I wouldn’t say I like such a storyline.
112. Female couple/gay couple
113. 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
114. I always try to widen my horizons
115. I can't stand them/ I can’t get along with them
116. It’s a policy and They want to normalize this stuff in society
117. I prefer to prevent him from this type of cartoon
118. Dubbed movies are like artificial things you can’t touch them
119. It can't convey the purpose, sense, and feeling of a movie
120. Motives are rated based on age-appropriateness
121. It is informative and warning for you as a parent
122. Considering the curiosity of kids it is not effective at all
123. On the contrary, it can provoke/ Arouse them to go over it
124. When they are independent it is quite useless
125. When a VPN is available you can access everything
126. It can have an adverse impact and harmful consequence
127. It would help if you made them out of access to
128. You can't set any boundaries
129. They want to discover and detect everything
130. They can make money out of their channels and subscribers
131. Criminal channels teach children if they want to commit crimes
132. With unlimited access to these channels, they might learn
133. Mysteries
134. When something is Conceptual it is hard to digest
135. Sophisticated notions
136. Grumpy= bad temper
137. I don’t like … Me neither
138. I didn’t used to … neither did I
139. Leak
140. They couldn’t enter the room
141. Authentic
142. I believe It is overrated
143. Tangible
144. Curiosity kills the cat
145. Mind your own business
146. Keep your nose out of my life.
147. Trivial = unimportant=invital # vital
148. Our supreme
149. Great Britain
150. They have different attitudes
151. Time flys as fast as winds

**Session 7 – Sleep**

1. It is a good justification
2. He had a tough day
3. I think it is a myth. I don’t know if it might be correct or scientific
4. It might have pieces of evidence
5. How does work too much? I have to work around the clock
6. I can't just sit around and do nothing
7. I don’t approve it
8. I can't justify it
9. It's kinda an obsession for me
10. How do you consider the people who don’t do anything?
11. Can you get along with lazy ones?
12. You might not believe but I can't even tolerate them
13. I just like to punch them in the face
14. I mean the people you have to be in touch with them
15. He went to bed at 10:30
16. I was busy with making slides for my class
17. He wanted me to make him an egg
18. I felt guilty
19. He woke up out of hunger
20. He tried to feed him and they decided not to sleep anymore
21. He kept calling me.
22. I have to pick him up after class
23. Will he sleep late?
24. This is his habit of going to bed early
25. Is he used to sleeping in?
26. It is normal for employed women
27. When I get home I just try to relax
28. I have a second job and I have to work around the clock
29. There is no time I can find myself free
30. I haven’t found any solution so far
31. I criticize them
32. The weather is great for going out and watching birds
33. The temperature is about 50 degrees in centigrade
34. I have to work from dawn to dusk
35. I used to have a part-time job
36. This is not the only job that I've had
37. Are you an early bird(morning person) or a night owl(night person)?
38. I have to stay up late every night and take care of a lot of things and I can't sleep early
39. It takes me too much time
40. I consider myself a night person and an early person at the same time.
41. Sometimes I am exhausted but I don’t like to sleep and resist not to sleep
42. I really enjoy being awake at night
43. I don’t want to take pill to sleep
44. I don’t know whether you have ever taken it or not.
45. He makes me take this medicine
46. Does This medicine have an herbal or chemical base?
47. I have many projects to do
48. This habit has been lasting for me and I have been a night person since then
49. I am not sleepy at all
50. I always plan for the weekend to sleep in but I wake up spontaneously so early
51. When it comes to Friday nobody is allowed to wake me up before 1 pm
52. I prefer to sleep and wake up early
53. She would like to text you and chat with you.
54. You barely find people with these characteristics
55. You will be more productive
56. If you take this habit you will never give up
57. If you see the positive consequences of it you won't drop it
58. When you wanted me to come here I was a bit dubious(uncertain)
59. Some people have high performance at night
60. There are different types of people in terms of sleeping time
61. You can group them in various class
62. An Early bird catches the worms
63. It is what he mentions
64. There is something nicer in Farsi
65. When everywhere is quiet and nobody is talking.
66. What doesn’t let you sleep?
67. A list of work you have to do and take care of the next day
68. The worries about my kids and their futures
69. Ambiguity noun
70. ambiguous adj= vague
71. I am not generally speaking
72. Financial issues are the main concerns
73. I am always worried about Meeting the deadlines
74. Are there any things to worry about these days that made you sleep-deprived?
75. I can sleep well when I am exhausted
76. Especially when you are mentally tired and you are burned out
77. I don’t have trouble sleeping
78. If I have too much coffee, it makes me unsettled and I won't sleep well, and deep
79. It makes me stay up late
80. Do you have any unusual sleep habits?
81. I can't share my blanket with anyone
82. I am used to rolling myself inside my blanket
83. Nobody is allowed to ask me to share my blanket with
84. I must put a cover on me at sleep time regardless of what the temperature is, Even a light and thin sheet
85. I should sleep on my face, not my back
86. The hardest days of my life were when I was pregnant
87. I can't stand any light in my bedroom, I like it totally dark
88. I prefer light and soft and thin pillow
89. I can sleep when the door is behind me. I have to be against the door
90. 90% percent of people, I mean the vast majority of them, unconsciously do that
91. Where do the statistics come from?
92. Is there some paper and facts about that?
93. We have a small community right now.
94. I can't sleep in a room with a closed door
95. It comes from security, in this way, you will feel safe
96. You can rescue yourself more quickly if there is a danger around you
97. When people lived in the caves they used to do that to be safe from wild animal
98. This story has historical origins
99. I must hug my pillow and put one of my hands under the pillow
100. It helps me to relax my neck and shoulders
101. How do you behave when your family is asleep?
102. There was a blackout/electricity went out.
103. I am very considerate and thoughtful
104. When I was in the dormitory nobody cares
105. Does she care in return?
106. I try not to make any noise and walk barefoot on tip-toe
107. Do you dare to watch a movie without headphones in front of your family
108. Let me tell you why.
109. He sleeps like a log and never wakes up and he is a heavy sleeper
110. Since I can wake up easily, Everybody should care about what they do.
111. My mother was really cruel
112. How often does it happen to you?
113. Do you usually yawn at work?
114. When I get my first glass of tea in the morning, I forget about sleep and I'm ready to have an energetic day
115. Does tea work for you?
116. If I lack sleep it will happen
117. Yawning is inevitable and contiguous
118. I can't help yawning
119. Short on oxygen
120. Being in boring meetings makes you yawn
121. I had a Nightmare, falling from a tall building
122. Rapid Eye Movement Sleep)REM)
123. Try to keep my balance
124. like you are in a maze and can’t get out of it, every path ends in a deadlock
125. it is contentious and endless and never ends
126. recurrent nightmares
127. I feel disoriented and imbalanced
128. Do you usually snore?
129. I slept in a room with someone snoring badly
130. Some sounds are really frightening.
131. There was a competition between my Mam and Dad
132. You might not believe
133. You can fix or lessen the problem by changing something
134. There are no known root cause for the problem
135. It comes from exhaustion.
136. Respiratory system
137. Do you usually set an alarm clock?
138. My alarm didn’t go off
139. I woke up before my alarm went off
140. The ambulance was going off
141. It doesn’t matter where it is
142. I always advise him
143. Put your cell phone somewhere out of your access, it makes you get up and go toward it
144. It doesn’t work out so far
145. I can even wash my face and then get back to the bed
146. Is it something that you usually experience?
147. I was wide awake=it is late but you don’t even feel sleepy
148. It might be because of coffee or worries or concerns or some chemical in your blood
149. You are aware of it because you have got many feedbacks on it
150. Do you remember the last time you overslept
151. We have to get to work at a specific time, actually, punctuality really matters
152. Boss expectation
153. Salary= income in a year
154. Wage=income in a day
155. Monthly income
156. They are paid on a weekly base
157. I must sleep in total darkness otherwise I can sleep well
158. What is the percentage of people who …?
159. I can sleep in any situation and condition.
160. Some scientific findings and facts approve it
161. She is suffering from sleep-deprivation
162. They are deprived of basic rights
163. He has a medical condition about his sleep
164. He has to take some medicine to sleep
165. Insomnia= not sleeping in ages
166. There was a movie named Insomnia by Staring Al-Pacino, Robin Williams
167. If I'm not mistaken
168. You could obviously see how much he was suffering from insomnia and how much that case affected his career
169. He flew for a long distance and got jetlag which made him get insomnia
170. The problem originated from jetlag
171. He was a detective and wanted to solve a murder problem
172. The murderer was psycho and talented
173. He has committed a murder and he had to hide it as a secret
174. he turned himself in and then he was arrested he would relax and manage to sleep
175. he confessed
176. I haven’t experienced like this yet
177. When you go to bed late and you are supposed to wake up early it makes you not sleep well
178. What if I oversleep or couldn’t make it?
179. It prevents me from a deep and peaceful sleep
180. Everywhere (no preposition)
181. Justify v. justification n.
182. I’m a real morning person
183. We help each other
184. Sleep in = you like to sleep more, on purpose, on your choice
185. Sleep over= when you sleep over at friends as a guest
186. Alert= aware, conscious
187. Automatically
188. In the morning
189. Research (none countable)
190. At Night
191. Many pieces of evidence
192. The list of work (noncountable) that I have to do
193. artworks
194. What makes you not have enough sleep
195. The deadlines are tight and not far off
196. I'm tired mentally= out of juice= burned out
197. sound-sleeper
198. I feel run down, I have no energy
199. Vacuum the carpet
200. Popular(pronuntiontion)
201. Asleep (adj) / sleep (noun, verb)
202. Considerate/inconsiderate
203. Time vs times
204. I try hard not to make any noise.
205. Energetic (pronounce)
206. Known
207. Breathe v. / breath n.
208. It affects my salary.
209. Cause and effect relationship
210. Punctuation
211. Scam/scammer

**Session 8 – The Internet**

1. What do you do when you get up in the morning?
2. The first thing you do in the morning
3. Going online
4. Are you waiting for someone to text you?
5. If you want to take care of your health you should drink a glass of water every morning
6. Instead of checking your cell phone and going online
7. I start my day by checking my cellphone at least to see what time it is
8. Check out the latest news highlights.
9. Checking if there is a highlight in the news
10. I have heard it around 3 AM
11. I saw it last night before I go to bed
12. After I go for my daily routine
13. Do you believe Donald Tramp's terror was a scenario or conspiracy to guarantee his position as the next president of the USA
14. It's not far off and it's possible
15. As Iranians we are pessimistic
16. Regarding his character and his passion for this position, it is very likely to be right
17. Everything is possible in the political world
18. I think his rival is not so strong and will have an easy competition
19. Sleepy Joe is nothing in comparison with Tramp as he has proved
20. He doesn't need to put himself in such danger/at such risk
21. Because the other competitor is Biden
22. The Democrats are trying to persuade Biden to give up his campaign, so they will introduce another one.
23. But he didn't accept to abandon his campaign he wants to keep competing
24. They want to come up with another alternative and substitute him with someone else
25. He is gonna be substituted by vice president Comela Haris
26. Don't you have any idea about the US presidential election?
27. He is out of the political world
28. Who is going to be the next US president?
29. I believe it is going to be Donald Trump,100 percent
30. I think It is more likely and everybody supports him.
31. He is crazy and insane
32. If she accepts to get into the competition it can change the game
33. She is old. Isn't she?
34. He is a walking dead man, the oldest by far
35. He has never given an impressive speech as Tramp is used to doing
36. All presidents are expected to give such a speech.
37. He was giving a speech and He was shot in the ear
38. He was stabbed in the back
39. He was killed by the cops
40. He was so young with long blonde hair
41. He has a lot of opponents and great speeches
42. He is tough in debates, that's why I said so.
43. Everyone knows He has a lot of moral disorders
44. He is a winner at speaking
45. It was my day off
46. My alarm went off and I was supposed to wake up at that time
47. Did you participate in the election?
48. Did you vote to...? I'm afraid so.
49. Is the stuff checked here?
50. It's like a dim through the darkness, like a little hope
51. Out of fear of electing him, I did so
52. To prevent from happening danger
53. I was sleepy I couldn't even open my eyes and leave my bed
54. I woke up and it was 6:00 AM
55. I started calculating the time for taking a shower, ironing my pants, taking a cab to get work
56. I got back to bed and slept for 5 more minutes
57. It was really hearty
58. I was waiting for you to call me and say you are not coming today
59. If it happens again feel free and just let me know
60. I'm not the one who cancels classes
61. I always try to have my classes as they are planned
62. If I cancel a session I have to set up a makeup session
63. Since I don't have time I prefer to have my classes
64. I do not have enough time to hold a makeup session
65. A Highly disciplined person
66. How many hours a day do you get online?
67. I'm online all the time, even when I do not have my cell phone it connects to the net and downloads files
68. I mean the time you spend on the internet physically
69. It depends on being on weekends or not
70. On workdays, I spend less time on internet surfing
71. I checked my cell phone to get the online time of it
72. It is an average amount / It is on average
73. Sometimes I feel embarrassed when I check it.
74. I'd rather not check it
75. it depends on the model of your cellphone. you can find it in the settings section
76. do you know what I always do when I'm online
77. I'm somehow addicted to playing Shelem
78. What do you check on Instagram?
79. It doesn't take me too much time. I don't frequently check Instagram
80. How many times do you check it? Once a day
81. Some days I never get time to check it
82. It usually happened and it's not rarely at all
83. Zero time a day
84. Mostly before the bedtime
85. Do you have something to share about your story
86. I'm not the kind of person to share too much on social media, It's not my thing, generally
87. I often spend some minutes on Instagram before sleep to check my friend's stories as entertainment
88. Don't you share anything? I'm not a big fan of such things
89. How about sharing your picture? Do you usually share them?
90. Occasionally when I'm on a trip
91. Just for my followers, they expect me
92. He is a narcissistic
93. Do you find yourself irritable when you are away from your computer or cellphone
94. When you can't control yourself and you feel frustrated
95. I always feel frustrated it doesn't matter whether my cell phone is close or away from me
96. In such a situation I used to feel grumpy
97. How long can you live without your cell phone?
98. I feel quite disoriented
99. I need to make sure I have my phone next to me all the time
100. Do you watch movies on the phone?
101. I have a tablet as another gadget to watch movie
102. I share my phone screen on tv
103. It's not joyful at all
104. You can watch movies in private just by yourself
105. How could you see the subtitles?
106. I prefer to watch movies on a big screen to enjoy more
107. They need to be in touch with others
108. They need to know what is happening in the world
109. They need to know what is going on
110. That’s why they feel frustrated, irritated and isolated
111. Why do you think it is contagious
112. It is a common disease and they get it from each other
113. Everybody is suffering from it, especially these days
114. You feel isolated when you are away from your cell phone and the internet
115. This is kind of a bad thing but this is what it is
116. I don’t know how to entertain myself  when my phone is out of charge
117. My battery is running low and I have to plug it in
118. When my cell phone is not with me I can’t find any way to be happy with
119. In such cases, I switch to my laptop or other electronic devices
120. It is not only necessary to entertain but also to keep doing my work
121. This family seems to be together but they are not
122. It is a typical family, everyone is with their gadgets
123. They don’t enjoy their quality time together
124. They don’t have time to hang out together
125. They even send and share things instead of talking about them directly
126. Are you such a person?
127. Sometimes we are in the Same room but send each other posts and so on
128. If something is interesting we can watch it together, Why do we share?
129. Because it is an easier way to get the point and we will be free to get into other posts
130. Do you follow anyone as your favorite influencer? Do you follow someone special?
131. I am following some influencers. I can't mention anyone
132. Do you know why I hate her?
133. She is shallow-minded, she is not a deep person
134. She never goes into depth about issues
135. She always wants to be sentimental and emotional, She never thinks deeply
136. She was on a talk show and told her biography and it was so impressive
137. Watching It can change your mind
138. Her personality is disgusting to me and it's not my style
139. I hate the way she behaves
140. I don't know whether you have seen the video that was shared on Instagram a couple months ago
141. She was with some people in a ceremony at the Norway embassy I guess she was invited there
142. It was a formal place all guests were officials
143. It was an official meeting and out of the blue she started singing
144. It was really embarrassing
145. The others were thinking “What the hell are you doing?”
146. I was suffering from secondhanded embarrassment
147. I started hating her
148. The host mentioned It was an unplanned event.
149. They were invited as usual guests and suddenly they started singing a folkloric song
150. She is an actress and she always wants to be in the headlines
151. She doesn't believe she is just an actress
152. She believes she can be a leader
153. If a person thinks about being a leader I expect her to be mature enough and more logical and reasonable
154. Do you spend more time with your family or with your computer?
155. Let's forget about the time you have to spend with your computer and the internet for your job
156. Which one is your preference?
157. Definitely, I spend more time with my computer, like others in my family
158. They spend their quality time with their cellphone
159. It's not your preference. Is it?
160. No. But it's like that and I can not change it
161. It is inevitable
162. When I was younger I used to prefer spending more time with my cell phone but now I believe my family is more important
163. Having meaningful time with my family is really valuable
164. Do you enjoy spending time with your family?
165. We have a constant tea time around 5 o'clock
166. It is like a sacred ritual and it is traditional like a custom
167. It doesn't matter where we are, we have to get together for that reason
168. We should give them applause
169. Before we got married Mostafa and I were in a relationship for many years
170. 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
171. 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
172. When we got married I saw it from close
173. They all always get to gather by their sweets and cakes
174. They drink tea late at nights and If someone is sleeping they will wait for him up to drink together
175. They have a predefined time for it
176. I think it is a very good idea to spend at least half an hour with our beloved ones
177. It is a chance to bond with each other
178. We are arguing and fighting together but we have to forget our differences in the ceremony
179. How many siblings do you have?
180. I have one older brother and one younger sister
181. Are they all single?
182. My brother is going to get married. it is in progress
183. He is not going to drink tea with you and attend your ritual
184. Whenever he is at home he has to participate
185. We never call anyone, everyone already knows they must be there
186. This is kind of an obligation to them
187. If someone is absent and not showing up we will get worried about it
188. Who has founded this ritual in your family
189. We just do it. it has been since before and we are just following it
190. It is really interesting to have some things like this
191. You enjoy spending time with your family
192. Do you mean about cheating? Because He is chatting with a lot of girls at the same time
193. As a woman, she always goes for details and tries to decode something
194. The problem is something else.
195. It is too late and they prefer to go online instead of going to bed
196. Does it happen to you?
197. Have you ever made yourself stay up late to be online?
198. Imagine you really need to get some sleep
199. It happens for watching movies not chatting with others
200. Watching a movie can be a good motivation for me to stay up late even until morning
201. When I play video games it happens normally because I have to get a task done
202. I have to go to work even on Thursdays
203. Thursday is the busiest day of the week for me
204. I go to work at 8 am and come back home a half past 9 pm
205. At that time I am the manifestation of exhaustion but I try to make myself awake
206. Because I need to enjoy my free time
207. I believe if I go to bed early I will waste my weekend
208. It makes me feel upset and not doing anything specific
209. We lose track of time when we go online when we are online it happens often
210. After that you blame yourself
211. You might be criticized by others
212. I'm looking for an expression
213. When you say “time flys” It is enjoyable and nobody can criticize you
214. What do we call it?
215. You can understand how much and how fast time passes.
216. It is usually a little bit hard to compensate and make it up
217. It happens frequently
218. It's like plunging into a swamp
219. mirage
220. It's better that I wasn't there
221. I'm sure if you watched it you would enjoy it
222. It is a blockbuster movie and a box-office hit
223. It is kind of a fantasy movie
224. it takes you about 10 hours to watch it
225. Timothy Shalomi is Jewish that’s why he plays in the Dune
226. It is obvious from his pale face
227. He was too pale to be a Middle Eastern man
228. When you are somewhere and you can’t stand the situation you can say: “time drags”
229. You had been online but you don’t want to say that
230. Nobody is allowed to ask me these questions
231. I felt embarrassed because I could have done something more productive
232. 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
233. My roommates in the dormitory taught me how to play but I always failed
234. The game is childish
235. When his brothers get together you might not believe me they wear their pajamas and start playing cards until morning
236. They always change their clothes when we have a reunion
237. If you have any questions about cards you can ask Dezfolis
238. Are you interested in playing cards?
239. Sometimes I give it a shot
240. My mother never touches them
241. We aren’t allowed to play cards in front of my grandma
242. I ruined his reputation
243. Do you use the internet to feel better when you are depressed, anxious, or distressed?
244. Is it useful or does it work?
245. It is like a distraction or a short painkiller
246. It is temporary and doesn’t work forever
247. It's like a reward to our brain
248. Sometimes we take it as a refuge to escape from our pains
249. The internet reduces our focus
250. You haven’t told us about statistics today
251. Let us know about statistics reports related to internet addiction
252. Unfortunately, I don’t have any numbers or figures
253. Has anyone ever accused you of being an internet addict?
254. Most of the people are internet addicted because all you need on the internet
255. 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
256. 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?
257. It means you can leave without your phone and actually you waste your time there
258. It can make us less focused
259. It prevents us from doing something deep
260. You can’t concentrate deeply
261. I prefer not to put myself at risk
262. Have you been ashamed of or tried to hide how much time you spend on your internet-connected device?
263. Before I attend this class
264. We were expecting a dim
265. They haven’t called us It has been in vain
266. When I go on a trip I share some stories on my page
267. I hate watching movies on my phone
268. I need to use a big screen
269. It was just a waste of time
270. Too many online games
271. It is kind of distractive
272. To put our minds at ease
273. Have you ever been accused of being internet addicted?
274. I am an internet addict
275. I’m an Internet addict.

**Session 9 – Regrets**

1. He’s not in the mood to travel abroad
2. If he is not ready to travel I will give a chance to one of my friends
3. I prefer to travel with him because He is a very nice companion.
4. I always enjoy his companionship when I travel, He is always in.
5. What is the date?it is 21st of July
6. Congratulations on your new watch
7. It is a wise purchased
8. We are talking about something challenging and controversial.
9. Why is it that late?
10. We are going to talk about regrets
11. What mistakes do you expect youngsters to make?
12. What mistake might they make?
13. Not following their dreams.
14. As youngsters, we might make a lot of mistakes.
15. Wasting time, because we don’t appreciate our time when we are young
16. 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
17. They can identify their golden chances like establishing a new business
18. They might not take advantage of opportunities they might face and lose them.
19. They don’t know how much it is invaluable.
20. I am almost 36 do you believe I’m not young anymore?
21. We don’t dare to consider you as old.
22. It’s my opinion you can have a different view.
23. How old is JLO? She is in her 50s
24. She is in her late 50s, They are special cases.
25. I just want to kill people who said yes he is handsome but he is not my taste.
26. Have you seen his latest series?
27. I haven’t started to see that.
28. Is it worth watching?
29. I can remember I saw an interview of him when he was younger and he wasn’t that handsome.
30. The older he gets, the more handsome he becomes
31. Did you hear gossip about him?
32. A woman on Instagram disclosed a lot of love and cheating stories about him
33. It coincided with the release date of his movie.
34. She wasn’t that famous.
35. I am not sure about the validity of what she said
36. I couldn’t trust her because I wondered why you had been quiet all the time.
37. She believed she had been manipulated for 18 years and had been under pressure.
38. Is it possible? I couldn’t believe her
39. It wasn’t reasonable.
40. How about getting married too early?
41. How old were you when you got married?
42. I was a freshman when I got married.
43. It is considered a crime now but It was customary in small towns.
44. I was between 28 and 29 when I got married.
45. I’m really happy with my marriage I love my husband but I believe it is too early to get married.
46. As a person who loved her partner, I believe it is always early to get married even if you are 60
47. Getting married is a heavy burden because you have to accept a lot of responsibilities.
48. you can’t get rid of them especially when you have kids.
49. It will be more difficult, you are an employee and a mother at the same time.
50. I live far from my parents and everything is much more complicated for me.
51. Are you planning to get married?
52. His birthday was the other day
53. As you described a marriage he was never persuaded to try it.
54. I think it is the proper time for me to get married.
55. If you get after 30 you will never marry.
56. If I hadn’t gotten married at that age I would have never done so at all.
57. If you are old enough you are enough wise not to get married
58. I will get married if I find the right person.
59. What are your criteria for the right case?
60. I have some standards in my mind.
61. If you wish we can set you up with someone
62. You haven’t decided to marry anyone?
63. Don’t you have a particular girl in your mind?
64. Do you have a romantic failure in your life?
65. It was neither a total loss nor a success.
66. He doesn't like to reveal himself.
67. I'm spreading rumors.
68. Was she out of your league?
69. People have high expectations and they consider a lot of aspects that are not important when you want to get married.
70. I know money is very important but it is not as important as morality, loyalty commitment, maturity, family background, or cultural commons.
71. No offense but These days people mostly men pay too much attention to appearance
72. Caring about money and having financial issues are a bit reasonable.
73. I can’t realize how they can prioritize their criteria in this way.
74. He is our best friend ever.
75. His most important issue is the appearance.
76. When I want to introduce someone…
77. I just want to punch him in the face.
78. He won't get married, never I'm sure.
79. When he says beautiful he means someone with natural beauty not with cosmetic surgery.
80. She prefers someone tall, with white smooth skin, black hair, and eyes.
81. He can propose to her.
82. Did you regret Postponing your education?
83. If you want to be a faculty member
84. Are you a PhD holder? Are you an ML holder?
85. You haven't defended your thesis.
86. I have been a student of Master's for 8 years.
87. I don't mean to brag but I don't believe the knowledge of people who are supposed to judge me.
88. It was that justification, you don't attend your classes.
89. If I want to migrate I have a better certificate and I have the highest position.
90. Have you partied a lot when you were younger?
91. Is there anything he might regret?
92. He might regret not getting a nose job.
93. Is it possible he has no regression?
94. Some people pretend they have no regrets.
95. But that’s the point! They just pretend
96. I believe everyone has regrets, It is like the butterfly effect.
97. When you decide about a little thing it might have huge effects on your destiny
98. I regret not getting married earlier.
99. I regret I could have been a better mother for my kids.
100. I regret not immigrating earlier.
101. I regret not being a good mother.
102. I haven’t spent enough time with my kids.
103. I have always regretted it.
104. I have been at work and out of home most of the time.
105. How about now? Do you have good relationships with them?
106. Are they rebels?
107. I have some problems with them which they are might originate from the relationship we used to have in their childhood.
108. They had been deprived of their mother’s affection most of the time.
109. I can understand you well.
110. He has come to turn with it.
111. This is the only thing you regret about
112. In the future, I might regret staying in this position if I don’t change anything about my career.
113. You still have 1 year left. Don’t worry
114. Have you found her? Not even close
115. It will happen at the right time.
116. If you are saving your money when you will marry you are a rich and reliable man.
117. I just spent every penny I earn
118. You need to go thrifty to save some money before you get married.
119. I have the same problem whenever I get some money I find a way to spend it and splash it right and left.
120. It kicks to live like a wealthy one.
121. 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.
122. He asked me whether I wanted to go to work or not.
123. He always asks me why I have to go to work.
124. I answered I had to go to work to make money.
125. He says You should stay home I will go out to make money.
126. I asked him how he wanted to make money.
127. It was a strange answer.
128. He resembles his hand like a card.
129. The decision I regret the most letting my parents leave Ahvaz
130. Did they ask your permission? No, it was their own decision.
131. But I could have dropped them.
132. Have you always been an optimist?
133. The decision I regret the most not having a positive mind
134. You have been always a pessimist.
135. I'm in touch with my friends abroad.
136. 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.
137. I used to regret not working earlier and improving my skills.
138. I regret not focusing on a specific field in my studies I could have been more experienced and skillful if I had done so.
139. What is worse regretting doing something or not doing anything?
140. We have to admit we are incomplete and imperfect humans.
141. We are allowed to make mistakes and learn from our failures.
142. It is a natural process of evolving and improving ourselves and enhancing our abilities.
143. If we do nothing out of fear of making mistakes
144. We should not judge ourselves by ignoring those situations that we have done.
145. Do you usually blame yourself or overthink your failure?
146. But if you think wisely you need to have Mercy to yourself and forgive and accept them.
147. Live and learn
148. Forgive and forget
149. The older you get, the more you realize it is normal to make mistakes.
150. You just need not plunge into your mistakes.
151. It is uncontrollable
152. What do you usually blame yourself for?
153. Sometimes you need to get deep on something and then make your resolution but sometimes you should do it.
154. You have no power to change anything in the past.
155. Valuable, Invaluable= priceless
156. I am looking forward to starting watching it.
157. I dread...
158. He appears with a beard and without a beard.
159. He has a clean-shaven face.
160. He has a five o'clock shadow.
161. Fleshy nose
162. I can understand it with my flesh and bones.
163. I finally saw him in the flesh(in person).
164. He had been my E-pal or pen pal.
165. Reasonable
166. When you are an employee
167. Men and women
168. I've got married at 33/ on 2022
169. I've been married for 25 years/ since 2015
170. 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.
171. I have not got enough time to think about it.
172. An hour
173. An umbrella
174. It used to be common.
175. I couldn't have talked to her and solved the problem.
176. Rebellious
177. Compensate for vs Make it up
178. Pessimist, Pessimistic
179. 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.”

A chart of the english grammar

Description automatically generated with medium confidence

**Session 11:Restrictinons and limitations**

1. Do you have any red lines in your life that nobody is allowed to exceed/cross?
2. It would help if you defined some rules for your life.
3. I believe it is something essential
4. Otherwise, you won’t be able to manage your communications and relationships
5. I think you are mentioning your values
6. I don’t let myself lie, actually nobody is allowed to lie.
7. Rules are different from values.
8. Rule means a thing we make ourselves consider and don’t violate it
9. I commit myself to reading a book a month
10. I’m not allowed to have any classes on Fridays
11. I have a rule about doing some exercise every day of the week, regularly
12. I'm going to the gym after your class
13. What kind of workout?
14. I don’t know if you are familiar with that.
15. It is not too common, former Pilates in a private gym.
16. I used to do Pilates at a gym, but I had to quit because of pandemic
17. I decided to make time for that
18. It would be best if you committed yourself
19. The only gym of this type in Ahvaz is located in Tahshrifat Building
20. It needs to be held as a private class, with 2 people in each class.
21. It will take me an hour.
22. I should make a rule for myself and do exercise 2 times a week
23. You have some boundaries for yourself
24. You make everybody respect your privacy otherwise, they will be excluded from your circle
25. Nobody is allowed to tell me what I should do or what I shouldn’t do.
26. The others can talk about their opinions and tell me what I should do
27. it is not prohibited I can simply ignore them, and I am able not to care about them.
28. I believe you can just control yourself and your feelings, not people
29. I disagree with this word which says every idea should be respected
30. Not every idea deserves to be respected.
31. What is a limitation or a restriction?
32. Tell me the definition of …?
33. It defines a restricted zone with some constraints
34. What is your reaction when people set boundaries and don’t allow you to cross these lines?
35. How will you react, if they want to confine you?
36. If those are supposed to be my children, I can’t deal with it.
37. When they define such strong and solid boundaries it is unacceptable for me.
38. Can you mention some boundaries that your children define?
39. Like locking their room door or eating in their bedroom and not attending at the dining table
40. Do you let them do that? They don’t need my permission and I don’t intervene
41. He might not have a thing to hide.
42. This is your own privacy? Everyone is not welcoming
43. Don’t they give you advice or preach to you?
44. I respect them.
45. They pretend they don’t realize it.
46. 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.
47. It must have been bitter to them.
48. 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
49. Has he quit now?
50. How long have you been smoking? When did you start to smoke?
51. I started smoking when I had to stay in the dorm. Now you have to cut down on it.
52. We have a specific spot for smokers, it is outdoors.
53. If you were in charge of putting restrictions, what you put restrictions on?
54. Let's say you are a president and can lift or put restrictions on some things.
55. 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.
56. I want you to imagine you are a real dictator
57. I believe most people abuse such activity to attract their managers to get advantages or a bonus from them or to deceive them
58. It would be forbidden to do religious stuff at work
59. Actually that why we cannot be qualified for some job opportunities
60. Some managers want people who have the same tastes as them
61. Do you have any opinion on filters and Censorship?
62. When we have an age classification for media so there is no need for censorship
63. I'm talking about precisely this topic.
64. You are disrespecting the rights
65. If we have some age classifications and rules for them we can overcome the issues
66. When you confine and limit adults it means you believe they aren’t mature enough to make decisions about what they want to do
67. 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
68. How they can get the authority to define others' rights control us and set boundaries for us  
    In psychology, they are called Helicopters parents
69. They always supervise their children closely or from a distance
70. It's a kind of harassment
71. There are different ways to train children how to behave in society
72. You need to take care of your teenagers but you have to do it subtle and don’t publicize it
73. Otherwise, you will have a heart attack in no time
74. 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
75. You are just allowed to share your experiences with your kids
76. We are not supposed to experience everything
77. Sharing experiences is different from putting restrictions on their life
78. Sharing is caring
79. You just share your experiences and they have the right to take them or leave them
80. You should let them learn from your experiences or not
81. Are they educated?
82. They say a prayer and go fast but never make me pray
83. Let me ask you another question
84. You have some religious beliefs
85. Have you ever made them say a prayer?
86. I never pushed them to do these things I believe they should do them on their choice and their beliefs
87. 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
88. Have you been disrespected by anyone?
89. I have been hidden from the list
90. I experienced some kind of weird sense of being excluded
91. My nearest feeling of being disrespected
92. She didn’t explain it
93. I felt uncomfortable
94. They didn’t talk frankly
95. They take it seriously and make a big deal
96. they make a mountain out of a molehill
97. you never feel safe around this kind of people
98. 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
99. They have high expectations
100. I want you to put yourself in my shoes
101. It makes me feel a bit uneasy but I can manage to ignore it
102. In such cases, I will feel uncomfortable because they have ignored me
103. They are primitive and rudimentary and everyone should know them
104. I know it but I can’t implement it in my life
105. I can’t agree more
106. They will let you down
107. If you want to live without their interference and judgment you should cut down the number of your expectations
108. You have got a point
109. Most of the anger and bad feelings are originating from our expectations
110. I believe it but I can’t put it into practice
111. As Seneca said if you want to be happy just cut down your expectations
112. As a working mother, I need my parent's support
113. A chance of a job offer
114. When I was there it was a disaster
115. I gave her a hand to clean around the home and organize everything
116. When it rains it pours
117. This is the way I live
118. I was angry with my parents
119. It was a dire situation

**Session 12: Confident**

1. The result of Every competition was 10 zero
2. In which field of sport?
3. Iran is the strongest at wrestling in Asia
4. The Semi-final match was tough
5. He was the loser of the game and in three seconds, he won the match.
6. He could reach the final match.
7. In the final, he defeated someone, a guy from Great Britain
8. he got the gold medal
9. She posted some notes, on Instagram in her stories.
10. She noted that she would be an Iranian girl forever.
11. We have lost a lot of great people because of this.
12. Let's not say anything.
13. What do you mean by teammates?
14. The only team that I remember is the ones who go together.
15. He's also forbidden to be here.
16. You try to hide it.
17. I shouldn't have told him about smoking.
18. I wanna show you something
19. We should watch something together.
20. Two matches later…
21. he's gonna actually compete with a guy from Georgia.
22. It's only four countries that do wrestling.
23. It was 10, one, and finally, it became 10, 9
24. Proponent
25. the competition wasn't fair
26. I don't know whether you've seen Hassan's competition or not
27. it wasn't fair either
28. he had problems with his arm and he couldn't wrestle well.
29. What his doctor said was that he was lucky.
30. he has always been made to compete,
31. everybody expects him to actually win a lot of medals.
32. he has always been under pressure.
33. he twisted/ sprained his arms many times
34. he did his best to continue
35. Do you have anyone in close friends who do wrestling?
36. I have a lot of information about soccer and other sports
37. I've been a sports fan since I was a teenager.
38. I have always been following different sports competitions.
39. So we're talking about giving a speech in front of a crowd.
40. Do You believe that you are good at explaining things in teaching?
41. Have you ever taught anyone anything?
42. It is an educational platform.
43. The lectures are hasty and harsh. They don't give you time.
44. the lecturer asked me to give it in English.
45. Had he known that you know how to speak in English?
46. Have you ever done it?
47. what do you study?
48. 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.
49. I love the comedies.
50. Do you consider yourself as a confident one?
51. Do the people who are familiar with you mention you as a confident person?
52. Have you identified them as a confident one?
53. when I started my work as a faculty member at the university,
54. Have they ever seen a manifestation? Of confidence in your behavior.
55. I try to be modest, humble, and not arrogant
56. Have you ever heard them say legal knowledge is dangerous?
57. do you know why?
58. Have you ever seen people who have legal knowledge about something
59. they believe that they know a lot and they are like scientists,
60. you start giving presentations, advising people
61. you can get a position that You don't deserve that
62. people with high confidence …
63. the only attribute you must have.
64. I think the important thing that you need to get higher position is good reporting, and good explanation.
65. They are not that capable.
66. they know how to talk about the things they have done.
67. In our new and modern society, it's an important and handy skill
68. I do agree with you.
69. you believe that you are confident.
70. I wish I was confident but I can’t call myself a confident one.
71. Is there anything that prevents you from calling yourself confident?
72. Because I believe I know a little, If I knew more, I would be more confident
73. as a teacher, it is something necessary and essential to be confident.
74. This question is super important.
75. Who has had the most influential role in your self-confidence or lack of it?
76. If you don't have self-confidence if you feel this shortage in your personality, whose duty is it?
77. It depends on different aspects of different things.
78. it depends on the way you have been brought up in your family, the way they had treated you in school, and so forth
79. he has had the most influential role in this self-confidence.
80. I didn’t pay much attention to school and the homework and getting the top marks.
81. I used to have a teacher in primary school, I think he discovered me.
82. He told me, you were very talented at that time.
83. It encourages me to go for a good mark
84. I always was on the top three list in our class.
85. as bitter as poison. It was really difficult to drink it, but I did it.
86. It is a little more tastable, tolerable
87. A sugar cube.
88. So you believe that you are guilty.
89. I believe anything that happens to anyone is their own fault.
90. I was seeking.
91. So you just want to question the role of family in kids' behavior and personality.
92. It can be influential, but not that much influential.
93. it is influential when they are too young but after 20, It's your own decision.
94. when they grow up, they become responsible.
95. You cannot always say what my parents did badly when I was a child made me unconfident.
96. So when is your turn to become responsible for your own behavior?
97. Our parents did their best for us.
98. It was the maximum capability that they had.
99. If we are low on confidence, surely it is not what they want to gain.
100. A good guy to his parents.
101. We shouldn’t let him fool us.
102. he never criticizes his parents.
103. I have never heard anything about his expectations from his parents.
104. I used all the special cases for school to pass my exams.
105. I went to university and I was below zero, I found myself not knowing anything
106. It was a tipping point for me
107. I started to realize my own problem and solve it.
108. I finished school in three and a half years.
109. I can understand you well.
110. I was an excellent student as a high schooler, as an elementary school student, and as a middle school student.
111. I don't know whether I've told you or not, but I studied something else at Ahvaz University.
112. I was very bad at English. I couldn't speak English, but I could answer English questions.
113. I was 21 when I decided to quit, and I started studying English.
114. When I was 22 I knew nothing about English.
115. I got a very bad average, so I started studying a lot.
116. It's a lot of pressure.
117. persistency and consistency are the most important things here.
118. I remember it was the last semester. One of my classmates told me, by far you are the best student in the class.
119. 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
120. It feels really great. I haven't failed any course.
121. keeping the moment on
122. I started teaching when I was in the fourth semester, I was a sophomore in my bachelor's.
123. It was the end of the second year
124. I remember I had a lot of problems with speaking and pronunciation.
125. But the answer to this question is my father.
126. My father is the most supportive person I have ever seen in my life.
127. if I am confident, it completely comes from my dad.
128. I can say 100% because I remember, even in driving, socializing with others.
129. My mother has the least influential role in my self-confidence.
130. We always have sexual discrimination in our society.
131. She has always tried to prevent us from doing prevented.
132. She has always tried to prevent us from doing the things that she believed were risky.
133. My dad was the opposite. On the flip side.
134. he was always trying to push us forward.
135. I never forget when my sister wanted to move to Italy, the only reaction of my mother was crying.
136. It was the only thing that she did during that time. she was crying the whole time.
137. she's been living there for three years for education.
138. My parents are very skeptical about this case
139. What does she want to do there?
140. Where does she want to go?
141. Italy, if she manages to pass the exam.
142. What does she want to study there? she wants to become a dentist.
143. As her brother, you should support her.
144. I will do that, but it's about my family, they prefer not to see her move on.
145. When you are a Girl, everything is harder for you.
146. let's say they are really brave and strong spiritually, adventurous.
147. I'm such a coward.
148. She's not as confident as I am, but she's really independent.
149. They are not on others' help.
150. try to take risks in your life
151. They are not afraid of making mistakes because they believe that they can learn from their mistakes.
152. For me as a First child, all the time in my life, I escaped of making mistakes.
153. actually, I can say we, firstborn children, always try to satisfy their parents, and they just want us to please them.
154. There is some psychological evidence to support this idea
155. They just want to do things that parents want them to do.
156. They can ignore their own desires to make their parents happy.
157. I'm speaking of my experiments, it's an experimental idea.
158. you are the middle child, right? You are not the baby of the family?
159. the mediator
160. the middle ones are the poorest in every family.
161. My brother is the middle child, and my father has always been supporting me and my sister.
162. He was between us, He's been always under pressure.
163. So let's look at this one.
164. Do confident and successful people intimidate you?
165. What is the meaning of intimidate? Make you frightened
166. when somebody scares you, you can say it intimidates or threatens me.
167. It is frightening actually, it's not a good feeling.
168. You feel jealous and you just don't want to be close to such people.
169. Is it true about you?
170. I prefer to be familiar with such people.
171. I would love to learn a way that they are successful.
172. They are not scary for you.
173. The Successful Ones, the rich ones, which ones do you hate them?
174. Ordinary people always curse the ones who have a lot of money because they think their wealth is unfair.
175. They believe they have earned money in unfair ways.
176. It's not a general rule.
177. they can be such an inspiration for you.
178. It is a very good idea to work and be close to them.
179. As a leader. Jealousy is nice for you.
180. If you want to progress, to improve, you should feel jealous.
181. It's better to call this characteristic, ambitious.
182. you should see people who are higher than you to try to get a promotion.
183. Can try to be someone better?
184. Have you ever bought something in order to hide your faults and deficiencies?
185. Do you buy them in order to hide some of your shortages?
186. you can show them off.
187. I'm talking about phones, clothes, sneakers, watches, Song glasses, things like that.
188. Do you care about the quality?
189. how you can keep up with the Joneses.
190. 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.
191. I was waiting for you to say that it is for women and girls.
192. I'm not talking about only things that you can buy. It might be regarding a business.
193. I believe every single person has this feeling.
194. it is motivational to push you forward.
195. when you feel insecure inside, what do you do to feel better?
196. 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
197. I tried to hide them by wearing something beautiful.
198. You try to show your knowledge in a specific field Like laptops to hide your insecurity.
199. You can take advantage of this information.
200. I avoid asking questions, so I don't look dumb.
201. Is it true for you?
202. He's exactly like the spider. Look at his movements.
203. They have bulky and neat muscles and they have no fat.
204. he has been given 30 seconds to get a score
205. One score will be given to the red one.
206. Do you remember the guy who has a technique?
207. I don't remember the name of the technique, but it was a flying squirrel.
208. It doesn't suit him to be that strong.
209. As they're too light, it is easier for them to get the scores from each other.
210. They can apply different techniques to each other.
211. it's really difficult to compensate.
212. People in Mazandaran are disappointed right now.
213. Don't let them down.
214. It is a guard to protect his teeth.
215. you believe that some questions must not be asked because they don't show you as a dumb one.
216. What questions have this function?
217. the ones that already have an obvious answer.
218. 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.
219. They don't bother themselves thinking.
220. This is my right to ask them the questions, so they ask, they ask silly questions.
221. I prefer not to ask any questions, because sometimes it looks dumb when I ask silly questions.
222. Imagine that you are a great singer, a great musician.
223. Is it easy for you to go on the stage and perform in front of a large group of people, a big crowd?
224. it is difficult to put themselves together.
225. because if you make one mistake, it will ruin your reputation and everything.
226. Is it easy for you to make a decision? Are you a decision-maker?
227. I seek a lot of reassurance.
228. It means you ask a lot of questions in order to make sure that this is the right
229. Are you an overthinker? Reassurance?
230. It means you cannot make a decision easily.
231. I don't think about the outcome. Anything happened. So which one?
232. you used to be the second one.
233. I make a snap decision.
234. you are the one who makes the final decisions in your community.
235. The ones who cannot make decisions easily are on my nerves.
236. They are worried about the outcome. That's why they always postpone the final decision.
237. They always try to ask a lot of people to seek Reassurance.
238. Have you ever seen people who even don't know what to order in a restaurant?
239. when you ask them what they are going to order, they say, I don't know, whatever you order.
240. Where does it come from? it comes from …
241. Would you please wait for me for two minutes? I'll be back
242. when I'm stressed, When I'm nervous, When I'm worried.
243. Sorry to keep you waiting.
244. My confidence is getting better.
245. I’m gaining more self-confidence.
246. It has been better. It has become better.
247. I'm good at giving lectures. I'm a good lecturer.
248. We are prepared for that presentation.
249. It's related to how much were prepared for that presentation.
250. It is related to your level of preparation.
251. How much are you prepared?
252. I put myself in my student's shoes to understand them.
253. I try to find some ways, some strategies when they know nothing or They know nothing.
254. I enjoy listening to my students when they speak English.
255. 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.
256. Homework is uncountable but the assignment is countable.
257. Homework assignments.
258. in my cousin's view.
259. From my cousin's Point of view.
260. So how about other relatives?
261. how do you pronounce this word?
262. Modest = down-to-earth
263. When someone is down to earth, it means they are practical. They have a lot of information about something, but they never brag.
264. They never do exactly because they believe actions are louder than words.
265. which is the opposite of humble. It is arrogant.
266. information is uncountable.
267. they have read fewer books, so they have less information.
268. promotion is countable
269. the way you have been brought up by your parents.
270. skeptical = when you are not suspecting when you are not sure about something. You are always dubious
271. If you are born as the first child, you are called the firstborn.
272. You try to please others. To see their happiness
273. You can make snap decisions.
274. It will be here soon…
275. …
276. …
277. …….

**Session 14 :Punishment**

1. What images bring into your mind when you hear the word punishment?
2. It was a familiar notion in school
3. It reminds me of my school days
4. These are the words that come to my mind
5. Have your parents ever punished you?
6. When they Stop talking with us or crossing with us that means they are punishing us
7. It has rarely happened in my family
8. You have a close-knit family
9. I complained to her about the food
10. When you go on a trip do you miss your workplace or your colleagues?
11. You were really missed at the class
12. I mean it
13. Are you the only child in your family?
14. Because you always try to satisfy them
15. I just try to take care of them
16. You are a great son to your parents
17. It is typical in every family, always one child is more responsible than the others
18. One child cares more
19. How about you? Are you the child?
20. I am currently far away from my family.
21. They do not need anyone to do anything for them because they are independent
22. The worst thing is they can't stay at home
23. They are always out and not easy for them to stay at home
24. They always go shopping and walking
25. He takes a lot of business trip
26. We are proud of you
27. What were you punished for as a child?
28. writing a lot of scripts was boring for me when I was in elementary school
29. I couldn’t manage to do it
30. Sometimes I neglected to do my homework which usually made me punished
31. It could lead to my punishment
32. So was it the only thing that you got punished for?
33. I was a good girl and well-behaved girl in my family
34. I don't remember too much
35. Do not you have good memories?
36. Once I fought and pushed a kid and hurt him, and then I got punished
37. I haven't been a naughty child in my life
38. I have never let my parents down
39. We have to reveal and disclose ourselves
40. He is not a smoker, he is an athlete.
41. One day one of my cousins came over to play with me
42. He was my age
43. They started arguing with each other
44. without telling anyone, Without my permission
45. My mother was getting a nap
46. She hit me
47. When I was just a kid my mother came home and found it a mess and shouted at me
48. She supposed I was responsible for the cleanliness of the home
49. She expected me to keep it organized
50. I wasn’t guilty  but I had to respond and justify
51. I had to have an excuse to explain it
52. She didn’t let me enter the building
53. I'm just exaggerating
54. I was a spoiled girl because of my father
55. I hadn’t done anything. I was innocent.
56. That was the point
57. It was a disaster for us
58. Your mother felt responsible for your guest
59. when she found him missing she was shocked
60. She found the first one nearby and punished her
61. The easiest one to be blamed
62. She made a lesson for others
63. This is the way is done in prison, they hit the biggest one to threaten others
64. Do you think punishment is a good way to teach someone?
65. For kids story is different
66. It can have mental effects on them
67. I punished my son by telling him I was not going to take him out
68. I'm aware it is totally wrong
69. They are not mature enough to distinguish between good and bad or to make differences between them
70. When you punish them you just make them afraid
71. The ways of Children's punishments should be appropriate for their age.
72. There are some punishing and rewarding systems in psychology
73. You have to punish and reward your kids to train them
74. How can I punish them when they do something wrong?
75. I can confess he is not as naughty as a 3-year-old boy
76. I'm not worried about him getting injured
77. He is always a careful and thoughtful boy
78. He cares about his body
79. He always tries to stay within a safe margin
80. He does not take any risks
81. He is always worried about everything
82. I am busy these days with removing diapers from his life
83. I have not been successful yet, he does not obey
84. I don't mean to make you worry but it's kind of late
85. Sometimes he decides to wet his diaper
86. Who does he get it from?
87. A catchphrase
88. You should be looking for the causes of that
89. It will lead to worse results
90. You have to visit a consultant
91. I am speaking from my experiences
92. Punishment doesn't need to be physically
93. It is a simulation of the way our brain works and learns
94. All of The models in AI are based on punishing and rewarding methods
95. It's good for him to be punished
96. Maybe some kind of gentle punishment
97. You'd better go for a mental punishment at first
98. If you tell him about the disadvantages of removing the diaper you will be able to talk him into going to the bathroom
99. He has a remarkable memory
100. It's kind of weird
101. I'm teaching him in the capitals of countries around the world
102. It was my hobby when I was in elementary school, memorizing the capital and the currency of the countries
103. I used to entertain myself
104. He taught him more things
105. He always tries to make relationships between things
106. If I wanted to be overthinking too much I couldn't be a working mom
107. What is the worst way to punish a child?
108. I'm confident enough
109. Publishing kids in front of others is devastating
110. Comparing your kids with others has bad long-term effects
111. If you want to destroy your child's personality start to compare them to others
112. It can ruin their futures and they will lose their confidence
113. I didn't mean to be insulting
114. It was a family gathering and they fought each other
115. He was too old to be punished in front of others
116. I was really sorry for him and he left his own home
117. He would hate them because he felt embarrassed in front of them
118. He is a big man but his not still mature enough
119. It was predictable, it's not surprising
120. We had been expecting this problem
121. They don't respect him
122. Another bad way to punish your kids is by excluding them like you are not allowed to play with us
123. I'm not your mom anymore
124. I love you so much but you made me angry
125. Stop frowning, just laugh
126. 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.
127. He has some special habits
128. As I have been away from him, I don't know how and where he has got it
129. He always does some strange things
130. Sometimes he overdoses a thing
131. I don't know how he becomes like this
132. They are not educated enough to treat kids
133. You are the apple of your parent's eye
134. You are naive
135. The notion of Capital punishment
136. When someone commits something really bad
137. Like murder or smuggling, they might be sentenced to two different punishments one is capital punishment and the other is imprisonment for life
138. Imprisonment means staying in prison for whole your life
139. Execution for drug dealers and raper
140. By any standards, they shouldn’t be alive
141. They don't deserve to be alive
142. If a human being tries to kill the rappers they will be executed
143. How can they improve that
144. Forensic or legal medicine
145. For some crimes, capital punishment is the smallest
146. Sometimes the sentence is 2 or 3 death
147. So they are allowed to execute the criminals for the second time if they are not killed by first time
148. Self-punishment
149. Have you ever punished yourself and how?
150. How would you do that?
151. It helps me to improve my concentration
152. It suits me because all my themes are green, I love green as well
153. Not buying anything for the month, I swear to God It will work
154. She is so cheeky and stubborn and rebel
155. She always talks back to me
156. There is some psychological evidence for it
157. I am used to tapping my fingers on the desk when I'm thinking
158. I am used to grinding my teeth when I'm angry
159. If you were not allowed to punish others, what would be other solutions
160. Does it work out?
161. If there is no punishment, in that case rewarding makes no sense
162. They are meaningful when they are compared together
163. For a balanced training system, we need both of them at the same time
164. We can wrap up it in this way, punishment is a necessity
165. They need to be punished actually it is good for them
166. One kick from the back, one step forward
167. Have you just provided it
168. It's a quota from someone
169. It might work for you but I can't be a good therapist for myself
170. I'm not either
171. I'm aggressive about myself
172. I have not been able to manage it yet
173. I always blamed myself
174. When I do some things with low quality I always blame myself
175. I'm a perfectionist and I want everything in the best
176. Being a perfectionist is really difficult it makes you nervous, uncomfortable and stressful
177. I need to make sure everything is perfect
178. Sometimes you end up giving up
179. Do you remember this approach
180. You either force yourself to do something perfectly, or you decline to do it.
181. An all-nothing approach
182. 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
183. We have no perfection in our world
184. Everything has some flaws we have to admit it but we have to put it into practice
185. I am aware of it but when it comes to doing it practically I'm the same person
186. I don't know how you say that
187. I can talk well but in practice, I'm an ordinary person
188. I don't care what the people talk behind my back
189. When I try to put it into practice I will get disappointing results
190. I believe ignoring what others think about us is completely wrong
191. You should care because it makes your reputation and your mind care unconsciously you can't trick your mind
192. It should not be your priority and be an obsession for you
193. You should not overthink about it
194. It can affect your reputation
195. We are social creatures
196. It's essential to make a balance between our expectations and others' ideas
197. You should care to prevent yourself from doing some disappointing work
198. If someone comes and tells me about my hygiene
199. 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
200. What about talking behind your back?
201. Such cases are not very important to me to care about
202. If someone criticizes me face-to-face it will be reasonable
203. Familiar concept
204. Close-knit family = intimate family
205. One of my students
206. We had to do a lot of homework
207. Do Homework assignments
208. Transcript a text or make a script
209. Responsible for...
210. Unguilty
211. I have to respond
212. Response
213. Justify=explain=make it clear
214. Stop fighting with them and Don't spoil the joy of the party
215. Don't spoil your appetite
216. A Disastrous situation = a disaster
217. The brain does the same or functions in the same
218. My purpose is to make you sensitive about your grammar and vocabulary
219. Prison = jail
220. Threaten
221. Making it worse = worsens = deteriorates
222. I entertained myself
223. Scraw up
224. Getting angry
225. Nobby
226. Naive = inexpert
227. You are a newcomer = you are green here = newbie
228. Make a motivation
229. It can lead to a loss their motivation
230. The consequences
231. Fame
232. Have you heard about Dr. Sahebi's scandal story
233. I have read the choice theory book which is a translated book by him
234. Reading books don't make you wisdom

**Session 15: cooperation and contribution**

1. I will send you the table of contents for next semester
2. Today we are talking about cooperation and contribution
3. A team of coworkers and colleagues
4. Do you like to work in a team?
5. Which one is your preference? Working individually or on a team?
6. What do you think is better when you work as a team?
7. What are the advantages of being a member of a team?
8. Is it your preference?
9. When the scale of work is big and there is a multi-aspect project you have to do it as a team
10. You can’t manage all the stuff alone
11. Are you flexible enough to work with others
12. If you want to create a team you need to collect different people with different backgrounds and skills
13. The members of a team have different characteristics and personality
14. You need to deal with all of them, are you flexible enough
15. There has been more discussion and negotiation
16. It is part of my job
17. In arguing you need to fight, curse, insult
18. Do you shout at each other?
19. The university chief = chancellor
20. You look so quiet
21. The last straw that breaks the camel’s back
22. Interfere
23. Do other successful people motivate you to do even harder?
24. Tell me about your main feeling when you see your colleagues’ success.
25. Which is dominant inside you? Envy, jealousy, revenge, happy
26. There is no one to substitute for me
27. That’s why you are a great teacher
28. When you are on IV it is a good excuse to get a day off
29. I’m not afraid to be quitted
30. It is all about responsibility
31. I pay too much attention to my responsibility and my credit
32. I am going to faint = I am going to pass out
33. I should do the chores, vacuuming the carpets, cooking,..
34. I wasn’t able to stand on my feet.
35. Consultation with …
36. I have got a promotion …
37. If you believe she has not been deserved and this position should have been yours.
38. You don’t have the right to judge others
39. Under the situation you described, I would feel disappointed but I think I may get to gain better opportunities in the future
40. You can pretend
41. Do you constantly compare yourself to others?
42. Most therapists say don’t do that but it’s not too bad
43. If you compare yourself appropriately
44. Imaginary friend
45. Genie
46. Downstairs neighbor
47. He has been using the character in his stories since then
48. He is his age
49. He wants to have a plant shop
50. I am getting afraid of that
51. It’s getting scary
52. I am competing with you but you don’t know and you are not aware
53. I'm torturing myself
54. Have you ever experienced this
55. I have always tried to make excuses for such people
56. I feel sympathy for such people because I believe they are suffering themselves
57. They are used to competing with others subtly
58. He is always saying Mahmoud does it, Mahmoud does that
59. Those are the only ones you should tolerate
60. They are flaming inside actually
61. It can turn into an obsession
62. Some workplaces are toxic
63. They just want to back-bite
64. If someone feels low self stemming they will behave like that
65. If you compete with others explicitly its fair enough
66. I can be a leader, it's in my blood, its in my gene
67. I was born as a leader
68. Have you ever thought of people being avoided in your team?
69. Have you ever taken it personally?
70. I am really a demanding leader
71. How do you usually hold this up?
72. I try to talk them into joining us and finding a solution in favor of 2 sides
73. Sometimes it will work out
74. Convince them = Persuade them
75. Otherwise, we will go for other alternatives
76. Sometimes you have to transfer people from one group to another
77. I want you to evaluate yourself. Are you competitive?
78. Do you always try to win at any cost?
79. I can’t be a loser
80. I can do anything but one. I hate cheating
81. I prefer to die but not cheat.
82. Do you have a serious red line?
83. I have played Mafia too many times
84. Don’t try to sugarcoat it
85. I enjoy and as a competitive person I just want to win
86. What kind of games do you like to play?
87. I have been interested in card games / conceptual games / analytical games
88. I hate games that tie with your luck
89. If you’re lucky you will be the winner
90. Everybody pretends they are innocent
91. People in Italy don’t play Mafia like this
92. The classical version belongs to Russia
93. In Mafia, you should be able to lie and shout
94. You must talk about a lot of approaches to be a winner
95. Do you love it or do you hate it?
96. Some people curse during gameplay
97. Some people swear or use offensive language While playing games
98. There’s a filtering tool, if a player curses they will be banned
99. Are you up for whatever it takes to win?
100. I prefer to compete and win fairly and morally
101. Morality is important to you
102. Being a winner is not worth doing everything or crossing moral values
103. He always mix and match his shirts and his cell phone cases with different colors of rosaries
104. Prayer beads
105. Glorifying God
106. Glorification
107. Do some people envy you for your talents
108. I love the people they talk about their talents
109. I won't let you disagree
110. In this specific field, I'm an expert
111. They will listen to you eagerly
112. They will be on the edge of their seats
113. Every person is talented in some areas
114. They need to cultivate their potential talents
115. You need to foster your aptitude
116. It can be taken or gain
117. What areas are you gifted in?
118. You should make an effort to flourish your potential talents
119. Underestimate
120. Limb
121. It's so obvious
122. They never take any action
123. She never takes a step toward any goals
124. Some people are not passionate about anything
125. I'm terrible at drawing
126. I'm good at poetry
127. She is smart but she just talks
128. Do you help others to find a way to be successful?
129. Sometimes you want to help but they are not motivated enough to get your help
130. I am always ready to share my experiences
131. If we try to enhance other people's abilities, It will lead to better achievement for the team
132. 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
133. I prefer to compete and be among some strong and motivated people than be in a weak team
134. It's not satisfying to me
135. It's not pleased me
136. They can hamper the team's progress with their weakness
137. They can halt the group's activity
138. Plum
139. You are the most beautiful ever
140. I haven’t read it yet
141. I started a new book last night, Deep Work by Cal Newport
142. Are you curious to learn from others?
143. Is there anything that you are planning to learn?
144. It's essential in our career and our major, you need to keep updating yourself
145. There is always something to learn
146. Do you respect others when they talk or do you just answer?
147. Do you take your turn in a conversation?
148. I don’t interrupt others
149. I have a reputation for interrupting others
150. I want people to speak fast, I can stand a slow speaker
151. I'm impatient at listening to others
152. When I'm listening to a voice file I set it at 2X speed (2 times faster)
153. We are 2 people from 2 different planets
154. Being a good listener is a cool soft skill that we should learn
155. When I’m talking I expect others to be patient and don’t pause me
156. I appreciate you because you are always trying
157. You can covey the meaning of new expressions precisely
158. The people who try to stand on ceremony, annoy me
159. Kiss up
160. They use a lot of similar words to greet others
161. It takes a lot of time to say hello, greeting, and say goodbye
162. Pros and Cons
163. Drawbacks and benefits
164. Advantages and disadvantages
165. Merits and demerits
166. Benefits and flaws
167. We use Works when we want to talk about fine arts (Farhadi’s works)
168. Negotiation or argument
169. taught
170. thought
171. though
172. tough
173. prioritize
174. they always pull strings
175. they are well-connected with others
176. pure
177. it will result in a disappointing thing
178. failure
179. let’s do it = let's get it done
180. you feel disappointed
181. it's better not to do it
182. you will get nowhere
183. we are getting there
184. it cost a lot but we got nowhere
185. fruitless
186. he wanted to send me a message
187. he got offended
188. people avoid working with me
189. we are choiceless
190. work ethic
191. it's not worth it
192. free delivery because you are worth it
193. make it blossom
194. harvesting
195. you need to take an action
196. I'd rather not stay here
197. I lose my temper easily
198. I got bent out of shape = to be upset or agitated about something