**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