

## 7.2 The power of daydreaming

### GRAMMAR The continuous aspect

1 Match the headings 1–5 with sections A–E of the text.

- 1 Daydreaming makes you forget what you ☐  
<sup>1</sup>*did / were doing*.
- 2 Daydreaming turns off other parts of the brain. ☐
- 3 You daydream less as you get older. ☐
- 4 Daydreaming makes you more creative. ☐
- 5 Your brain, not your mind, <sup>2</sup>*controls / is* ☐  
*controlling* your daydreams.



2 Choose the best options (1–8) to complete the text.

#### Five surprising facts about daydreaming

*By Christine Dell'Amore, National Geographic*

Here are some interesting facts about daydreaming you  
<sup>3</sup>*may not have known / may have not been knowing*.

#### A

Daydreaming is often about anticipating the future, dreaming of what you <sup>4</sup>*will be doing / are doing*, notes Peter Delaney, a psychologist at the University of North Carolina, Greensboro. Later in life, daydreaming decreases as the future shrinks.

#### B

If people are asked to daydream about the past, for instance, they tend not to remember what they <sup>5</sup>*were working on / worked on* before the daydream started.

#### C

Our brain has two key systems: an analytic part that helps us make reasoned decisions, and an empathetic part that allows us to relate to others. Our mind uses one system at a time and <sup>6</sup>*is requiring / requires* the energy from the other one to complete the task at hand.

## D

The physical and the conscious are like different aspects of the same thing, like the software and hardware of a computer. As we learn new things the connections between nerve cells <sup>7</sup> *are constantly changing / constantly change*.

## E

When daydreaming, the brain accesses information that was dormant or out of reach, notes Eugenio M. Rothe, a psychiatrist at Florida International University. It may make an association between bits of information that the person <sup>8</sup> *had never considered / had never been considering* in that particular way.

**3** **2 3** Complete the conversation with the correct continuous form. Then listen and check your answers.

A: <sup>1</sup> \_\_\_\_\_ (you / daydream) when I came in?

B: Oh dear. Yes, I was. Actually, I <sup>2</sup> \_\_\_\_\_ (think) about my holiday next week.

A: I heard we daydream less when we get older. Do you think there's anything in it?

B: <sup>3</sup> \_\_\_\_\_ (you / be) cheeky and saying I'm too old to daydream?

A: Of course not! I <sup>4</sup> \_\_\_\_\_ (not imply) anything of the sort. I <sup>5</sup> \_\_\_\_\_ (just / wonder).

B: I <sup>6</sup> \_\_\_\_\_ (daydream) since I was at school, though.

A: Yeah, I <sup>7</sup> \_\_\_\_\_ (always / get caught) daydreaming, too, especially in French. It was so boring. What made you start daydreaming this time?

B: Not sure. Maybe it's to do with the report I <sup>8</sup> \_\_\_\_\_ (read) all morning!

A: Oh, that report's next on my to-do list. I <sup>9</sup> \_\_\_\_\_ (probably / daydream) myself soon.

**4** Complete the sentences with the correct continuous form of the verbs in brackets, using contracted forms where you can. More than one answer may be possible.

- 1 He \_\_\_\_\_ (work) in the research team for two years before he was asked to lead it.
- 2 They \_\_\_\_\_ (come) over from head office to meet the new manager, once she's settled in.
- 3 We \_\_\_\_\_ (go) to Greece on holiday ever since I can remember.
- 4 I \_\_\_\_\_ (work) in the garden when the news of the disaster broke.
- 5 You could tell he \_\_\_\_\_ (not / listen); he was still working out the finances in his head.
- 6 She \_\_\_\_\_ (exhibit) in Australia and New Zealand later in the year; she's a very sought after artist.
- 7 He \_\_\_\_\_ (dream) of going abroad when the chance for an exchange came up.
- 8 She \_\_\_\_\_ (hope) to do some research into cognitive processing next year.

**5** Choose the best options to end each sentence.

- 1 I'm working in London *for the summer / since 2004*.
- 2 She's waiting for the response from her interview *last week / next week*.
- 3 He hadn't ever been sailing *last year / before last year*.
- 4 They were planning to arrive this evening, *until they've been delayed / but there's a strike*.
- 5 By then she'll be living in Spain – *she's moving this week / she moved last week*.
- 6 They were just signing the contract *when they heard the news / when they were leaving*.
- 7 They're implementing the project in Sweden *every year / before the end of the year*.
- 8 She's been attending training courses there *ever since I can remember / last year*.

**6** Choose the best answer (a, b or c) for each question.

- 1** How long have they been renting out their place on Airbnb?
  - a** Last week they started.
  - b** About a year now.
  - c** More regularly.
- 2** Is there someone staying there now?
  - a** I'm not sure, you'd have to ask them.
  - b** There's someone who will stay every June.
  - c** No, no one stayed last week.
- 3** Will anyone be using it over the holidays or can we stay there again?
  - a** Their parents won't stay.
  - b** That would be nice, wouldn't it? We'll have to see.
  - c** I think so.
- 4** Were you still living at home or were you there when there was that huge storm?
  - a** Yes, I did.
  - b** Yes, I stayed there.
  - c** Yes, I was there. It was awful actually.
- 5** How long had they been renting it for before we went there?
  - a** Not long, about six months.
  - b** In 2013.
  - c** Six months previously.

**7** Complete the sentences with the correct adverbs of certainty.

- 1 We'll *probably* / *maybe* be renting a car for the whole summer.
- 2 Future generations will *maybe* / *definitely* be living longer.
- 3 Most of us will *probably* / *surely* be living in megacities in 30 years' time.
- 4 We'll *perhaps* / *undoubtedly* be shopping online more over the next decade.
- 5 Businesses will *maybe* / *certainly* be using and sharing more through open source in the future.
- 6 Higher life expectancy means people will *definitely* / *perhaps* be needing more support and services in coming years.
- 7 There *most probably* / *maybe* won't be many mono-ethnic workforces in existence over the next 20 years.
- 8 People will *surely* / *maybe* start to take better care of the environment in the near future.

## DICTATION

- 9** **2 5** Listen to someone talking about getting a good idea. Complete the paragraph.



Well, they say that daydreaming makes you more creative. I remember one time \_\_\_\_\_ the details of a presentation. \_\_\_\_\_ in the final section and needed a way of bringing them together. \_\_\_\_\_ and nothing had worked. Then \_\_\_\_\_ but actually \_\_\_\_\_, daydreaming and sort of allowing my mind to freewheel. Suddenly there it was, \_\_\_\_\_. It just popped into my head from nowhere. The perfect solution.