LISTENING

1 Understanding paraphrasing is a useful skill when reading in or listening to English. Read these sentences and choose the option that has the same meaning as the words in bold.

1 They **acknowledge** that it is a difficult change to make, so they will do everything they can to help.
- **a** disagree
- **b** don't know
- **c** recognise

2 Do you think he'll **accept** the proposal?
- **a** agree to
- **b** understand
- **c** consider

3 If he doesn't want to **relocate**, we'll have to let him go and hire someone else.
- **a** change jobs
- **b** stay here
- **c** move to a different place

4 Don't **allocate blame** unless you know all the facts.
- **a** say whose fault it is
- **b** say you didn't do it
- **c** say it's nobody's fault

5 Making new friends **relieved** her feelings of loneliness.
- **a** increased
- **b** experienced again
- **c** reduced

6 This is **the new reality** and there's no escaping from it.
- **a** the way things are now
- **b** what things might be
- **c** how things may turn out

7 We can't **make progress** when he keeps blocking all the decisions we make.
- **a** cover the distance
- **b** succeed
- **c** move forward

8 Did you make **alterations** to the document to reflect the new rules?
- **a** innovations
- **b** changes
- **c** differences



Upgrade ↑

In some listening tasks, you have to complete a number of statements with information that you hear. Although the statements will paraphrase what the speaker says, the meaning will be the same. The words you need to write will usually be words that you hear.

2 Now paraphrase these sentences so the meaning stays the same, using what you learnt in 1 to help you.

1 You are under no obligation to accept the changes.
_____
_____

2 Relocating abroad is a highly stressful experience.
_____
_____

3 Acknowledge the signs of oncoming change.
_____
_____

4 Allocating blame is not a positive action.
_____
_____

5 Making alterations to your expectations can relieve some of your stress.
_____
_____

6 You can't make any progress unless you adapt to the new reality.
_____
_____

3 Listen to Ryan Crosby, a family counsellor, giving advice on how to cope with the stress of change. Complete sentences 1-8 with a word or a short phrase.

1 Ryan mentions _____ as an example of a more serious change in someone's life.

2 Ryan says that even positive change can be _____ for us.

3 According to Ryan, refusing to acknowledge change is an involuntary _____ we use.

4 Ryan does not advise thinking about _____ when you want to make progress.

5 Ryan points out that ignoring the _____ that accompanies change will lead to bigger problems in the future.

6 Ryan explains that getting on with everyday tasks will be good for your _____.

7 Ryan describes the past as a _____ to emphasise that we should stop thinking about it.

8 Ryan believes that we should think of our mistakes as a _____ to help us avoid repeating them.

LIVEWORKSHEETS