

1 Read the article. Then match the summaries 1–3 with the paragraphs A–C.

1 How directors control our feelings ☐

3 Why we feel emotions when we watch movies ☐

2 Movies vs. real life ☐

How HOLLYWOOD controls our minds

One moment we're laughing, and the next, we're biting our nails or jumping behind the sofa. We know movies aren't real, so why do we experience such strong emotions when we watch them?

A Psychologist Jeffrey Zacks answers this question in his book *Flicker: Your Brain on Movies*. According to Zacks, it's natural to copy emotions that we see. We smile when we see another person smile – even when that person is an actor in a movie. And because our bodies and minds are connected, our actions influence our feelings. When we smile, we feel happier. When we breathe fast, we start feeling stressed. When a character on screen does something embarrassing, we blush and feel a little embarrassed, too.

B In fact, the emotions we feel in a movie are sometimes stronger than the feelings we experience in real life. Why? In real life, Zacks explains, we can usually control our environment. We can choose what we look at or listen to. We can stop talking to someone or move to a different place. In a movie, it isn't possible to do that. The director controls everything that we see and hear.

C Just as chefs add sugar and salt to food, directors add emotional effects to their movies to make the experience more intense. They control the cameras so that we see through the eyes of one character. They use warm or cool colors to make us feel happy or sad. And, of course, music is very important. Think of any famous movie scene. Now imagine it without the music!



2 Read again. Answer the questions.

1 Who is Jeffrey Zacks?

He's a psychologist and the author of a book about movies and the brain.

2 What usually happens when we see someone smile?

3 Why does smiling make us feel happier?

4 What difference between real life and movies does the article mention?

5 According to the article, in what way are directors like chefs?

6 How do directors produce emotional reactions? Write three techniques that the article mentions.

3 Find words 1–3 in the article and choose the most appropriate definitions, a or b.

1 ☐ 2 ☐ 3 ☐

1 **copy** /'kɒpi/

a (verb) cheat by looking at someone else's work and writing what they have written

b (verb) imitate; behave in the same way or do the same thing as somebody else

2 **character** /'kærəktər/

a (noun) a person in a book, play, television show, or movie

b (noun) the qualities that make someone or something different from other people or things

3 **environment** /en'vaɪrənmənt/

a (noun) the air, water, land, animals, and plants around us

b (noun) the conditions in which you live, work, etc.



I can use a dictionary efficiently.

