

Empower B2 U4A

1 GRAMMAR *used to and would*

Underline the correct words to complete the sentences.

- 1 Yesterday my boss *used to come / came* to work late.
- 2 People *used to / would* believe the Sun went round the Earth.
- 3 One hundred years ago, it *couldn't / wouldn't* snow at all in winter.
- 4 We *lived / would live* in a small village before we moved to London.
- 5 I *would / used to* have a car, but I sold it.
- 6 That really *wasn't / didn't use to be* the best decision.
- 7 Julia *is used to working / used to work* in a shop before she started her own business.
- 8 Sam *got used to / used to* sharing a flat when he was a university student.
- 9 I *wasn't used to / got used to* getting up so early, so the first morning was a shock.
- 10 It took me a long time to *be / get* used to wearing a uniform at work.

2 VOCABULARY Cause and result

Complete the text with the words in the box.

affect as a result ~~cause~~ effect influence
is caused by lead result

What makes people unhappy? Some people think that the biggest ¹ cause is stress, whether from work or the pressures of life. Certainly, lifestyle has a heavy ² _____ on happiness. For example, a poor diet can ³ _____ your health and ⁴ _____ in illness and disease. There is also a view that unhappiness ⁵ _____ loneliness. Friends do have a positive ⁶ _____ on people's lives because friends provide support, entertainment and company. It's more complicated with family because relationships are often difficult and ⁷ _____ can ⁸ _____ to conflict and stress. This is clearly a difficult question to answer.