

## TEXT 1

Read the following text and complete each blank with the best option from the box. Each word can be used only ONCE. There are **five extra words** that you will not need. *Item 0* is an example. Do not forget to write your answers in the white box provided. (4 marks: 0.4 each).

KIND	FUTURE	ANYTHING	EVERYTHING
AVOID	<b>BETTER</b>	ADVANCE	DIFFICULT
RESULTS	EARLY	SURPRISED	HAPPINESS
SUCCESSFUL	IMPORTANT	TYPES	WORRY

### Why negative thinking can be positive

Everybody thinks that it's better to be an optimist than a pessimist (even pessimists think it, of course). People always say 'Cheer up. Don't worry, be happy. Smile.' But in fact there's a  of pessimism – called 'defensive pessimism' – that can lead to very positive , according to Julie K. Norem, a professor of psychology at Wellesley College, Massachusetts. 'Defensive pessimism is a strategy used in specific situations to manage anxiety, fear, and ' says Norem. Studies show that 30 to 35 per cent of Americans use it to help them in their lives, and they're often very  people.

Defensive pessimists think about  situations and prepare for them by imagining all the things that can go wrong. For example, if a defensive pessimist has an  exam, they think this:

Then they look at each possible problem and plan how to  it. So for the exam situation, they go to bed early and have a good night's sleep; they find out in  exactly where the exam is; they eat a good breakfast, and take lots of pens and pencils, and a bottle of water; and they leave home . That puts them in control, and it means that the exam will be better than for an optimist, who just thinks 'Oh,  will be fine!' Because sometimes everything goes wrong, and it's good to be prepared.

