

A Circle the correct option.

- 1 I usually *welcome* / *resist* change – unless it's dangerous, of course!
- 2 Many people *accept* / *get a grip* that they have a limit to what they can do.
- 3 I've never *been capable of* / *been frightened of* learning new things. I love it!
- 4 When I'm really busy at work, I can't *cope with* / *underestimate* other things. I'm too tired.
- 5 My dad used to tell me, "You need to *welcome* / *adapt* in order to be successful."
- 6 I *tackle* / *can't take* all this work. It's too much!
- 7 When I'm stressed, I tell myself to *get a grip* / *be a step forward* and deal with things.
- 8 My good friends often help me *underestimate* / *get through* difficult times.
- 9 They say it's hard to *survive* / *be capable of* in this city, but I'm doing fine!

B Complete each sentence with the correct word or phrase from the box.

accept adapt can't take capable of
frightened of step forward tackle underestimate

- 1 I'm afraid I'm not _____ doing a sales manager's job. I don't have the skills.
- 2 We told the police what happened, but they wouldn't _____ our explanation.
- 3 You usually _____ well to big changes in your life.
- 4 Congratulations on your graduation! It's a _____ in your life, and a big one.
- 5 Don't _____ your ability to face challenges. You've always been good at dealing with new things.
- 6 She's moving to the country because she _____ the pressure of city life anymore.
- 7 I have to _____ some boring jobs around the house this weekend. They have to be done.
- 8 My mom says I was _____ other people when I was a child. Actually, I was just shy.