

Vox pops

- 1 Work with a partner. Are these activities good or bad habits? Do you agree with each other?

- using plastic bags
- checking a smartphone every few minutes
- glancing at your reflection every time you walk past a mirror
- talking to yourself

Do you have any bad habits that you would like to give up?

- 2 Watch the video. Do sections 1 and 2.

Tell us about something you've given up completely.

- 1 Connect each speaker to a habit and a reason.

Person	Habit	Reason
Devon	playing squash	A physical problem occurred and it prevented me continuing.
Sami	ballet	I need to look after my state of health.
Shuang	nothing	I find it very difficult to make this kind of commitment.
Stephen	eating junk food	It became increasingly difficult and so I lost my enthusiasm.



Is there something that you would like to give up but can't? Why?

- 2 Is the information in 1–4 true (T), false (F) or not given (NG)? Correct the false sentences.

- 1 Devon succeeded in giving up using his smartphone for three whole days. T F NG
- 2 Age hasn't affected the way Sami thinks about exercise. T F NG
- 3 Stephen has never tried to give up a bad habit. T F NG
- 4 Kamina has to eat meat when she goes to see her parents. T F NG

- 3 Work in small groups. Discuss the questions.

- 1 How do people manage to give up bad habits?
- 2 What kind of professional help can they seek?
- 3 How can they help themselves?