

Task 1

by Olha Pahutya

Read the texts below. Match choices A-H to 1-5. There are 3 choices you don't need to use.

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Which of the advertisements is about ... ?

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- A fashion;
- B babysitting;
- C a wellness retreat;
- D housekeeping;
- E volunteering;
- F sightseeing;
- G shopping facilities;
- H education.

Task 2

by Olha Pahutya

Save Your Drama!

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

If you've ever found yourself trapped in a personal Drama Triangle, you will already know how detrimental it can be to relationships. But it also rears its ugly head in a business context, and it's something well worth watching out for. If you're experiencing a great deal of conflict but very little resolution, you're probably stuck in the Drama triangle.  English_on_the_go

What is a Drama Triangle? It is a concept that Psychologist Stephen Karpman introduced in 1968. It is also known as the 'Victim Triangle' and demonstrates how people take on dysfunctional roles to address conflict.

A drama triangle can happen in all aspects of life—at home, work, school, social events, and on a global scale. It requires three roles—The Victim, Prosecutor, and The Rescuer/Hero. Sometimes a person can play 2 of these, or all of them, depending on the dynamics of the relationship. **The Victim**—This person takes the stance of 'poor me,' or at least has a regular tendency to offer excuses instead of choosing to find/create a solution. They tend to bend to the demands or requests of the Persecutor and the Rescuer. **The Persecutor**—This is an individual who creates strict rules for others to follow. Their commentary typically includes blaming and criticizing either the Victim, the Rescuer/Hero, or both. This person will rarely admit to being wrong. Situations are something for them to leverage to their benefit. They can be bullies. **The Rescuer**—This person feels guilty if they don't step in to help the Victim. They may subconsciously also feel they need to be rewarded or regularly show they 'did the right thing.'

Let's take a look at one example of such a triangle, shall we? Sharon, a wife and mother, speaks loudly and most often to ensure that all other family members, including her husband, know she's in charge. She regularly points out where her husband and or her kids are in the wrong or minimizes any effort made in homework, chores, or related to their social or work success. Her husband Dan retaliates—'What's wrong with you? Can't you see the positive once in a while?' and tells the kids—"You're doing a good job. Don't listen to your mother." Sharon is the Persecutor. Dan is the Persecutor to Sharon, but for the kids he is the Rescuer/Hero. The kids and Dan may take on the Victim mentality in such an environment.  English_on_the_go

Parents and their children alike can break free from the Drama Triangle. To withdraw gracefully, one can take the role of an observer vs. a participant. Recall your past interactions. Did your feelings include—rage, loneliness, anger, sadness, confusion, powerlessness, insecurity, or fear? In what ways did they contribute to a Drama Triangle? Which roles did you and others take on? Spend some time with this part of the process. Recognizing where you contributed to the Drama Triangle can be painful or uncomfortable. However, from that perspective, you can begin to establish how you will participate differently in the future. Setting boundaries can be challenging on a mental and physical level. When confronted with conflict, we naturally tend to act on the first thought that crosses our minds. Choosing an idea that considers the best long-term outcome is more beneficial than one that satisfies the short-term and can produce a negative result.

Changing your role is part of the Empowered Dynamic, created by David Emerald. It is an alternative to the Drama Triangle and shows how we can shift to shape better relationships. *From Victim to Creator*: You can change your thoughts from 'I can't do this for myself' to 'I believe that I am capable of taking responsibility for my own experience.' Write down clear goals. Consider your strengths. *From Persecutor to Assertive Challenger*: Start with voicing your opinion without blaming others. Practice negotiation to create win-win solutions. Provide constructive criticism and



allow others to do the same for you. Apply solid boundaries to situations that do not align with your goals. *From Rescuer/Hero to Coach:* The first step in shifting from being a Rescuer/Hero to a Guide is acknowledging that you are enabling others to remain a Victim instead of providing a person the tools to help themselves. Secondly, Rescuers/Heroes tend to put their own needs after everyone else's. The transformation from Rescuer/Hero to Coach/ Guide is in your belief that people can take care of themselves, and where you are a supportive encourager, not a creator of dependency.  English_on_the_go

Ironically, if you shift from any of these Drama Triangle roles, you are often seen as the Persecutor. You may become the 'bad guy' when stepping out of the Drama Triangle. Others in the triangle might say, 'What do you mean you don't need my help?' or, 'How could you not want to take care of me?' None of this means you care less about people. It simply means you'll be able to make better choices for yourself and for others who are stuck in Drama Triangles of their own.

6. How does the text define the Drama Triangle?

- a) *A concept invented in 1968 by Stephen Karpman.*
- b) *Three sides representing different positions in a disagreement.*
- c) *A type of a shape you can find in the wild.*
- d) *A communication model used in business.*

7. According to the text, what tends to be a characteristic of the Persecutor?

- a) *Using circumstances to their advantage.*
- b) *Acknowledging their mistakes.*
- c) *Experiencing guilt for not assisting others.*
- d) *Offering excuses and not addressing the issues.*

9. How can someone exit a Drama Triangle situation?

- a) *They can act impulsively.*
- b) *They can watch the situation from aside.*
- c) *They can focus on short-term outcomes.*
- d) *They can switch roles with someone inside the conflict.*

8. How does Dan react to Sharon's behavior in the Drama Triangle?  English_on_the_go

- a) *He encourages her behavior.*
- b) *He ignores her behavior.*
- c) *He joins her behavior.*
- d) *He criticizes her behavior.*

10. What does the Empowered Dynamic offer as an alternative to the Drama Triangle?

- a) *Reinforcing the existing roles.*
- b) *Embracing and strengthening Victim mentality.*
- c) *Encouraging negative and detrimental thinking.*
- d) *Transforming to create improved relational dynamics.*



Have you ever found yourself in a Drama Triangle, either at school, with friends, or at home? If so, which role do you think you played (Victim, Persecutor, Rescuer)? Reflect on the experience and consider how you might approach it differently in the future.

Task 3

by Olha Pahutyk

The Art of Japanese Living

Read the texts below. Match choices (A – H) to (11 – 16). There are two choices you do not need to use.

In the journey of life, we encounter a myriad of concepts from the rich tapestry of Japanese wisdom.

In its essence lies the profound acknowledgment that each encounter, every moment, is a singular, unrepeatable event. With an open heart and a focused mind, we embrace the beauty of now. The practice of Ichigo Ichie invites us to savor the richness of the present, fostering a deep appreciation for the fleeting nature of time and the precious connections with people. In embracing Ichigo Ichie, we can practise mindfulness in our daily interactions. Start by actively listening to a friend or family member during a conversation, fully engaging in the present moment without distraction. Another way is to savor a meal mindfully, appreciating the flavors, textures, and aromas, as if it were a once-in-a-lifetime experience.

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11__ Ichigo Ichie (One Time, One Meeting)



12__ Kintsugi (Golden Repair):

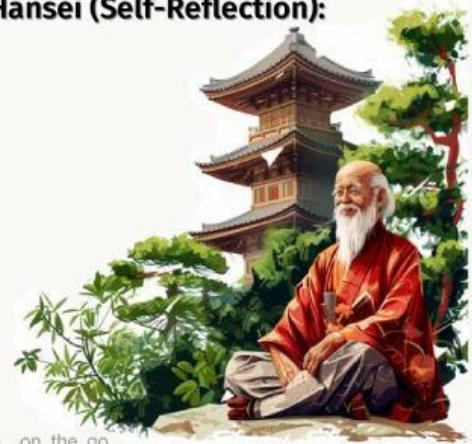
Kintsugi is the art of repairing broken pottery using lacquer mixed with powdered gold, silver, or platinum. This technique highlights the beauty in imperfections and promotes the idea that breakage and repair are part of an object's history. It extends beyond the mending of shattered pottery; it is a metaphor for the resilience found in embracing our own brokenness. In life's inevitable trials, Kintsugi teaches us not to discard the broken pieces but to honor the journey that led to their fractures. Through this art, we discover that our mended selves can radiate a unique and profound brilliance. Share personal stories of overcoming challenges with others, turning vulnerabilities into sources of strength. Cultivate self-compassion by recognizing that imperfections are part of your journey. In professional settings, encourage a culture that values learning from failures, promoting growth rather than stigmatizing mistakes.

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Hansei is the sacred practice of turning inward, a gentle introspection that helps us understand our actions and choices. It is an honest reckoning with our imperfections, a journey of self-discovery fueled by the humility to acknowledge mistakes. In the gentle glow of hansei, we find the courage to learn and grow, transforming missteps into stepping stones toward a more authentic and enlightened version of ourselves. Incorporate hansei into your routine by maintaining a reflective journal, jotting down thoughts and insights about your day. Create a habit of seeking feedback from peers or mentors, actively seeking constructive criticism to fuel personal and professional growth. Establish regular moments of solitude to reflect on your goals, values, and the alignment between your actions and your aspirations.

13__ Hansei (Self-Reflection):



14__ Ikigai (Finding Purpose):

Ikigai is the compass that guides us to the intersection of passion, vocation, mission, and profession. It is the sweet spot where the essence of who we are aligns with what we love, what the world needs, and what we can excel in. Discovering our Ikigai is a profound journey of self-discovery, a quest to unveil the purpose that gives depth and meaning to our existence. To discover your Ikigai, start by identifying activities that bring you joy and fulfillment. Experiment with combining your passions and skills in various ways to find a harmonious balance. Seek meaningful connections by engaging with communities that align with your values and aspirations. Continuously reassess and refine your Ikigai as you evolve, ensuring that it remains a dynamic and authentic expression of your purpose.



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At the heart of Kaizen beats the rhythm of continuous improvement, a melody of small, intentional steps toward betterment. It is the understanding that growth emerges not from dramatic leaps but from the cumulative effect of gradual progress. Through the diligent practice of Kaizen, we cultivate a mindset of constant refinement, fostering a life journey marked by sustainable transformation and the realization of our fullest potential. Incorporate Kaizen into your daily routine by setting small, achievable goals for personal or professional development. Embrace a growth mindset, viewing challenges as opportunities to learn and adapt, fostering a resilient and evolving approach to life. By the way, Kaizen is a relatively new approach, as it originated in post-World War II Japan, particularly gaining prominence in the manufacturing sector.

 English_on_the_go

15_ Kaizen (Continuous Improvement):



16_ Mottainai (Avoiding Waste):



Mottainai is the reminder that every resource, every moment, is a precious gift deserving of respect and mindfulness. It is a commitment to avoiding waste, not only in tangible goods but also in the intangible realms of time and potential. Embracing the ethos of Mottainai, we pay more attention to our surroundings, cherishing the abundance that is around us and cultivating a mindful awareness of the impact of our choices on the world we inhabit. Incorporate Mottainai into your lifestyle by reducing unnecessary consumption and embracing sustainable practices. Repurpose and upcycle items, giving them a new life instead of discarding them. Manage time efficiently by prioritizing tasks and avoiding procrastination, recognizing the value of each moment. Cultivate a mindful approach to decision-making, considering the long-term impact of choices on both personal and environmental well-being.

 English_on_the_go

Which Japanese tradition:

- A steers you towards the discovery of your life mission?
- B inspires you to avoid unnecessary clutter in all aspects of life?
- C helps you recognize the strengths derived from your experiences?
- D encourages you to find the answers within yourself?
- E originated approximately two centuries ago?
- F makes you realize that every occurrence is like no other?
- G urges you to replace broken things with new ones?
- H tells you that the pursuit of improvement should be never-ending?

Explore additional Japanese practices like Shinrin Yoku, Mono no Aware, Yutori, Gaman, Johari Kaki, etc. Choose one practice and delve into its history, cultural significance, and real-life applications. Express how your selected practice has the potential to enhance daily well-being.



Task 4

by Olha Pahutya

Metaphorically Speaking

Read the text below. Choose from (A-H) the one which best fits each space (17-22).

There are two choices you do not need to use.  English_on_the_go

Ever wondered about the hidden choreography within language, where idioms dance through conversations, adding rhythm and flair? These expressions are not just linguistic quirks; they serve as windows into the rich tapestry of human communication, adding vibrancy and depth to our language.

Consider the phrase "bite the bullet." In historical contexts, (17) _____ would bravely bite down on a bullet as a means of enduring the agony during surgeries. This literal act has evolved into a metaphorical representation of courage and resilience in the face of adversity.

In the realm of visual arts, we have the idiom "cost an arm and a leg." Its debated origin suggests a connection to artists (18) _____, incorporating limbs into the compositions. Whether signifying financial burden or significant sacrifice, "costing an arm and a leg" offers insight into societal perceptions of value and worth.

Venturing into ancient sayings from Greece and India, we uncover fascinating linguistic roots. In ancient Greece, "spill the beans" emerged from the use of beans in voting; a knocked-over container (19) _____, leading to the metaphorical use of the phrase to denote the disclosure of confidential information. Meanwhile, ancient Indian traditions included throwing butter at gods to seek divine favor, culminating in the contemporary idiom "butter someone up" (20) _____.  English_on_the_go

Consider social interactions akin to breaking through frozen waters with the idiom "break the ice." Its origin lies in breaking ice on bodies of water to facilitate navigation, symbolizing the initiation of conversation (21) _____. Speaking of waters, sailors, (22) _____, believed that bad weather contributed to seasickness, giving rise to the idiom "under the weather." This maritime metaphor endures as a common expression for feeling unwell or indisposed.

Understanding these idioms fosters a deeper connection to the cultural nuances and historical contexts that shape language and communication.

- A would inadvertently reveal secret votes;
- B soldiers who faced excruciating pain;
- C to ease social tension and foster connections;
- D allegedly, had a pretty hard time doing their best;
- E charging exorbitant prices for detailed portraits;
- F which means showing the same kind of disruptive behavior;
- G familiar with the challenges of rough seas first hand;
- H to describe using flattery for personal gain.  English_on_the_go



Think of your favourite English idiom and research its roots.



Task 5

by Olha Pahutysk

Human Design

Read the text below, choose the correct answer (A, B, C, D)

Human design is a fascinating topic that combines elements of astrology, the I Ching, Kabbalah, and the chakra system. It's a holistic approach to understanding oneself, incorporating both personality traits and potential life paths.

In human design, individuals are (23) _____ into one of five main types: Manifestors, Generators, Manifesting Generators, Projectors, and Reflectors. Each type has its own unique characteristics and ways of interacting (24) _____ the world.

Are you a Manifestor? You are an (25) _____ independent design. You are here to do what you want, when you want, because you want to!  English_on_the_go

Are you a Generator? You do best when you (26) _____ the noise and respond to your gut instincts.

Are you a Manifesting Generator? You find you easily magnetize things when you respond to what excites you.

Are you a Projector? Forget hustle and grind. You are here to (27) _____ your startling insights, not slog through a conventional 40-hour work week.

Are you a Reflector? You have a seemingly unlimited number of interests, feelings, and qualities. You are here to experience as much as possible.



23	A placed	B classified	C distinguished	D designated
24	A with	B of	C at	D towards
25	A completely	B profoundly	C fully	D extremely
26	A carry on	B come down with	C tune out	D fight for
27	A contribute	B supply	C impress	D broadcast

 English_on_the_go



Explore your human design type using free online resources. Take a reliable and freely available human design test to uncover insights into your characteristics and strategies. Share your discoveries and reflect on how this newfound knowledge might impact your personal growth journey.



Task 6

by Olha Pahutya

Weekend Awaits!

Read the text below, choose the correct answer (A, B, C, D)

Hey you guys! This weekend is packed with plans! After reminiscing about the epic battles and laughter from last week's gaming session, we're ready for (28) ____ round of excitement.  English_on_the_go

We (29) ____ finish our group project before the big gaming session on Saturday – it's mandatory, and your creative input is crucial for success. If you're free, we'll extend the fun with a pizza party afterwards. Let's not forget to bring your notes for the English presentation, (30) ____? Your insights always add that extra spark. Unless an unexpected twist (31) ____ our way, this weekend is destined to be a blast!

Now, brace (32) ____ for a couple of changes. Firstly, we're adding a spontaneous trivia round during the gaming session for some extra excitement. Secondly, the pizza party venue has shifted to a trendy new spot downtown – a change of scenery for a change of pace. Get ready for an even more exhilarating weekend ahead!

28	A other	B another	C the other	D others
29	A need	B might	C can	D must
30	A shall we	B will we	C do we	D let us
31	A comes	B come	C will come	D coming
32	A oneself	B yourself	C yourselves	D themselves

 English_on_the_go



Create a club message, inspired by the example. Share highlights from the last event, announce a group activity, and express anticipation for the upcoming weekend.

