

4A Read the article. Match the people (1–3) with the sentences (a–d). There is one extra sentence.

- 1 Maija
- 2 Ana
- 3 Mehmet

- a They should have made more effort.
- b They shouldn't have taken themselves so seriously.
- c They should have been a better friend.
- d They shouldn't have worried so much.

B Read the article again and choose the best option (a–c) to answer the questions.

- 1 What sort of child do you think Maija was?
 - a She found it easy to make decisions.
 - b She didn't like disagreeing with other people.
 - c She had strong opinions.
- 2 What do you think Maija's job is?
 - a She is probably a university teacher.
 - b She is probably an artist.
 - c She is probably a lawyer.
- 3 What do you think Ana was like at school?
 - a She wasn't well behaved in class.
 - b She studied hard for her exams.
 - c She didn't get good results in her exams.
- 4 How does Ana feel about the past?
 - a She thinks that she wasted opportunities.
 - b She thinks she has had a good career.
 - c She thinks she should have studied something else at university.
- 5 What do you think Mehmet was like as a child?
 - a He wanted to make other people happy.
 - b He didn't mind upsetting other people.
 - c He was very friendly.
- 6 How would you describe Mehmet's relationships when he was younger?
 - a He was popular with other people.
 - b He didn't have any close friends.
 - c He cared about his friends' feelings.

C Complete the sentences with words from the article.

- 1 When she was younger, Maija felt about making other people sad or angry.
- 2 Maija thinks that she shouldn't have to other people so much.
- 3 Maija was worried that people wouldn't of her children's names.
- 4 Ana got good exam results, even though she gave the effort at school.
- 5 Ana used to talk to her friends in class rather than paying to the teachers.
- 6 Ana would like to have been more in her work.
- 7 The way that Mehmet people when he was younger wasn't very good.
- 8 Mehmet didn't have anyone he could ask for help during a period in his life.

A letter to my younger self

We asked you what you would say to your younger self if you could travel back in time. Here are some of your replies.

Maija: I'd tell myself not to care so much about what other people think and stop trying to make everyone happy. When I was younger, I was always anxious about making the wrong decisions and upsetting people, so I did the things other people thought I should. If I'd listened to myself instead of other people, my life would have been very different. I'd have studied art instead of law and I'd have gone travelling after university rather than getting a job straight away. I'd even have called my children different names instead of worrying that other people wouldn't approve of my choices! So, I'd tell myself that you can't please everyone all of the time, you have to learn that sometimes you'll upset people and that's not the end of the world.

Ana: I'd tell myself to work harder. I was a pretty clever kid and I found school really easy. I didn't have to try very hard to get good grades, so I was lazy and did the minimum amount of work needed. I didn't pay attention to my teachers and I chatted and told jokes to my friends during class. I guess that I've been lazy my whole life – I chose to study subjects at university that I knew I'd find easy, then I found a job that I knew wouldn't be too challenging. Now that I'm in my fifties, I wish I was more successful in my career. I feel like I haven't made the most of my abilities and should have made myself try harder.

Mehmet: If I could give myself one piece of advice, I'd tell myself to be kinder. I wasn't very nice when I was younger. In fact, I was really selfish – I only thought about myself and didn't care how other people felt. I treated other people really badly. I only made friends with people who were useful to me, so I didn't have any proper friendships. It wasn't until I went through a tough time in my thirties that I realised I didn't have any real friends. I had no one to ask for help when I needed it. If I'd been a kinder person, I wouldn't have been alone. I decided then and there to change the way I acted and try to be nicer to people.

