

4A

I'M MORE CAUTIOUS THAN I USED TO BE

1 GRAMMAR *used to and would*

a Underline the correct words to complete the sentences.

- 1 Yesterday my boss *used to come* / *came* to work late.
- 2 People *used to* / *would* believe the Sun went round the Earth.
- 3 One hundred years ago, it *couldn't* / *wouldn't* snow at all in winter.
- 4 We *lived* / *would live* in a small town before we moved to Istanbul.
- 5 I *would* / *used to* have a car, but I sold it.
- 6 That really *wasn't* / *didn't use to be* the best decision.
- 7 Julia *is used to working* / *used to work* in a shop before she started her own business.
- 8 Sam *would* / *got used to* stay up late every night studying when he was a university student.
- 9 I *wasn't used to* / *got used to* getting up so early, so the first morning was a shock.
- 10 It took me a long time to *be* / *get* used to wearing a uniform at work.

b **04.01** Underline the correct words to complete the text. Then listen and check.

Richard Morgan lives on a boat on a canal in London, but his life ¹*would* / *used to* / *was used to* be very different. Richard ²*left* / *used to leave* / *would leave* university in 2015 and got a great job at a law firm. It was interesting and well paid, but a very hard job. Richard ³*was used to* / *got used to* / *used to* work 12 to 14 hours a day and sometimes he ⁴*would sleep* / *was used to sleeping* / *got used to sleeping* at the office because it was so late. Richard ⁵*used to realise* / *would realise* / *realised* that this kind of life was killing him. 'I ⁶*was used to* / *used to* / *would* spending all my time at work. It was normal for me, that was the frightening thing,' Richard says. On Sundays, Richard ⁷*used to going* / *got used to go* / *would go* for a walk down the canal and he always enjoyed this. So one day, when he had had enough, he ⁸*decided* / *used to decide* / *was used to deciding* to change his life completely. He gave up his job, bought a boat and said goodbye to his stressful life as a lawyer. 'It was a big contrast. I still haven't ⁹*used to* / *got used to* / *been used to* the ducks waking me up, but it's a great life,' he says. 'My family and friends were shocked at first, but now they ¹⁰*get used to visiting* / *are used to visiting* / *used to visiting* me on my boat and they know I'm happy.'

2 VOCABULARY Cause and result

a Correct the mistake in each sentence.

- 1 Smoking can lead in a lot of health problems.
Smoking can lead to a lot of health problems.
- 2 No one knows what the affect was.

- 3 That's the main cause for the problem.

- 4 It could effect millions of people.

- 5 As a result from this, there is less money to spend.

- 6 The new law resulted of protests and demonstrations.

- 7 Generally, it's had a positive effect in people.

b Complete the text with the words in the box.

affect as a result ~~cause~~ effect
is caused by lead result

What makes people unhappy? Some people think that the biggest ¹ cause is stress, whether from work or the pressures of life. Certainly, lifestyle has a heavy influence on happiness. For example, a poor diet can ² _____ your health and ³ _____ in illness and disease. Some people also think that unhappiness ⁴ _____ loneliness. Friends do have a positive ⁵ _____ on people's lives because friends provide support, entertainment and company. It's more complicated with family because relationships are often difficult and ⁶ _____ can ⁷ _____ to conflict and stress. This is clearly a difficult question to answer.