

CPE Proficiency Masterclass Un.6 Listening p.61

Match the words and expressions in red to their definitions. Write the number in the corresponding box.

became unconscious	discourage; make you lose enthusiasm
rejected by society	disapproved of
feel a powerful desire	are completely unable to understand
encouraged	nervousness about performing for an audience
stop doing it regularly	focused; not distracted by the surroundings
almost	talks too proudly about; brags
fast-thinking	allow yourself to enjoy a particular pleasure

Extract 1

Man So how did you get into hypnotherapy in the first place?

Woman I was having trouble sleeping, you see. It'd gone on for so long, I'd actually started doing a bit of research into hypnosis and, well, although there seems to be no doubt that it can be incredibly effective. Mind you, I was very apprehensive about going down the same route myself, I can tell you. But I'd been prescribed some mild sleeping pills and ... anyway, I decided to go and see a hypnotherapist because I honestly felt that I was on the verge of ⁽¹⁾ becoming addicted to them.

Man Yeah, I see what you mean.

Woman And although I never felt that I really went under ⁽²⁾ as it were, afterwards, I had the best night's sleep I'd had in years.

Man Well, that just goes to show!

Woman And after the session, the insomnia sort of cleared up. I learned something subconsciously but I'm still a bit sceptical.

Man Funnily enough, I actually had hypnosis for about two years. And after the first session, my mind seemed razor sharp ⁽³⁾ and I had this feeling of great power. It only took a minute or so to put me to sleep.

Woman ... very different from my experience, then.

Man Well, yes, very. In fact, when I woke up, I felt I could fight King Kong! But it also helped me to concentrate on my game and block out the crowd. ⁽⁴⁾ I must admit I've always had a kind of fascination with the creative possibilities of our subconscious.

Woman Yeah, me, too. Apparently we only use ten per cent of our brain so it's not surprising that it's capable of things we haven't even got a clue about. ⁽⁵⁾

Extract 2

In many countries smoking's now very much frowned upon. ⁽⁶⁾ Smokers are treated like social outcasts ⁽⁷⁾ and have to retreat outside public places if they want to indulge their habit. ⁽⁸⁾ But giving it up isn't that easy. Most of us know someone who's tried to give it up at some point or another. Maybe you've even tried yourself, or been egged on ⁽⁹⁾ by friends and family to do it. The first time – yes – it does seem to work – up until lunchtime, anyway! The second time – well, you don't feel like having a cigarette for twenty-four hours, but the urge slowly comes back. And, you just know you are going to fail. You feel cynical about it – you might tell your friends the timing just wasn't right. The excuses are endless. But there's something completely different that those desperate to kick the habit ⁽¹⁰⁾ could try which might just work. And that is hypnosis treatment.

While you're 'under', they repeat a word – freedom – to you, and when you come round, you think of it every time you have a craving. ⁽¹¹⁾ But, by the time you think of the word, you have no desire to light up another cigarette! All you have to do is be absolutely determined that you want to give up.

And it's not only smoking that it works for! Do you ever suffer from stage fright ⁽¹²⁾ for example? With the help of hypnosis, you'll find that all your first-night fears are dissolved! All you then need to do is look forward to playing the character, and, while on stage, you should simply become that character!

Try a session under hypnosis and see. You'll be able to talk yourself into a semi-hypnotic state any time you're under stress, for instance, when you're flying. You won't be scared any more – it'll just help you to relax!

Extract 3

Medical emergencies are everyone's biggest nightmare, aren't they? The idea of suddenly falling ill on a long journey, particularly if you happen to find yourself in a critical situation on a plane, can put you off ⁽¹³⁾ the idea of travelling further afield altogether. If you're lucky, there might be a doctor on board the plane, but if you're unlucky, a first-aid kit may not be enough to deal with your complaint, and even if the plane was able to make an emergency landing, it may be a very long way to the nearest hospital.

One major airline now boasts⁽¹⁴⁾ a next-generation improvement on this situation – a doctor who can monitor a patient's condition from the ground via satellite transmission. The 'telemedicine' link shows vital signs such as blood pressure, temperature and oxygen in the blood. To check on a passenger, flight attendants who've undergone basic medical training first attach sensors to the patient. A monitoring unit then plugs into the plane's satellite communications system and this allows continuous two-way communication between the plane and the airport.

The doctor on the ground receives the signals through a computer and then decides whether the patient could safely be treated by the crew, or whether an emergency landing is necessary. A comforting thought, isn't it!