

1

Read the short text below, then answer the questions and find if the sentences are true or false.

Communication is very important in our lives. We need to communicate to know what other people want and how they feel. Communication involves both talking and listening. Relationships are two-sided; each person needs to make themselves heard, and to hear other people. If you are always talking or always listening, the relationship is not balanced.

Communication is the way you can express your needs, wants and feelings. Otherwise, feelings can get trapped inside your head and never get out. If feelings are negative - sad or bad - and you do not express them, they can make you unhappy or angry. Perhaps you will not be able to sleep or relax. If you have pent-up feelings, talk to someone about them. Sharing a problem will make you feel better.

**A) Answer the following questions in short. Write three words only**

1-What does communication involve?

\_\_\_\_\_.

2- What happens when you share your problem?

\_\_\_\_\_.

**B) Read the sentences and write True(T) or False(F).**

3) If you do not express your negative feelings, they can make you unhappy or angry. ☐

4)Pent -up means held or kept inside. ☐

5) If you have pent-up feelings, do not talk to anyone about them. ☐

6) We need to communicate to know what other people want and how they feel. ☐