SO_Upper _Unit 8.3. **Surname Name Group**

Feeling anxious? Chances are, so is your dog

You know when your dog is happy: it wags its tail, jumps up at you when you come home and runs around a lot. But what about when your dog is down? If he could tell us what the problem was, he would, but he can't – and sometimes we're so busy that we just don't notice that anything's wrong.

We live in stressful times – pressure to perform at work, deadlines, family responsibilities – and this affects our behaviour and those who live with us. It can also affect our pets, particularly dogs, which tend to be more dependent on us.

In fact, dogs are very good at picking up on our mood swings. If we are aggressive, they might become so, too. If we are worried, they might start pacing up and down. But it is our neglectful behaviour which really has an affect on a dog's temperament. Cases of canine anxiety are on the up, leading to a need for anti-depressants to deal with the stress of living with us humans. The doggy variety is called 'Reconcile' and with just one tablet a day, it seems your dog could really cheer up.

You might laugh, but all this is hardly surprising. In the past, dogs worked in the country, they were outside the whole time and their owners let them wander around freely. At the end of the day, they would be 'dog-tired' (this is where the English expression comes from). Now, dogs might only go out with a dog-walker and perhaps for just half an hour a day. The rest of the time they are left alone on the sofa. We forget that dogs don't only need exercise but also attention and stimulation. If they don't get this, they can develop compulsive disorders like whimpering or chasing their own tails. Such lifestyle changes might also explain how our pets can suddenly surprise us with antisocial or wild behaviour that seems uncharacteristic and confrontational. We forget that simple games can turn nasty and that the cute dog we pet at home can suddenly turn into a predatory beast without very much warning. With dogs, the particular problem is boredom and lack of company. Dogs also like consistency on the part of their owners. If your behaviour and habits suddenly shift, this can upset a dog and make its interactions with you unpredictable as well.

So, you could resort to 'Reconcile', but it would probably be better to understand what's going on with your dog. If there seems to be a problem, you could do a lot worse than start by looking at your own behaviour!

Task 1. Read the article again. Underline the correct alternative.

1 It is **harder** / **easier** to see when your dog is depressed than when it is happy.

2 Sometimes dogs **mirror our own behavior** / **do the opposite to what we do** .

3 The author thinks it is **logical** / **surprising** that an anti-depressant for dogs has arrived on the market.

4 Lifestyle changes mean that dogs can be depressed and **unfriendly to their owners** / **generally unpredictable.**

5 The article says that dogs feel happier when **there is a routine to follow** / **they have constant attention.**

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6 The author concludes by saying that it is better to **focus on yourself / the dog's world** than attempt to understand the dog's behaviour.

Task 2. Complete the sentences with the correct form of the verbs in the box.

be on the up / deal with / cheer up / resort to /

wander around / turn into / shift / upset

1 You can walk your dog on a lead but it's better if you can let it _____freely.

2 The trend for getting 'designer dogs' _____, it's becoming really popular here.

3 It's amazing how your pet can suddenly _____ a wild animal, it's quite scary.

4 When you have a dog you have to _____all kinds of things, it's a big responsibility.

5 If you take your dog for regular exercise, it is bound to _____.

6 Your pet's behaviour can _____suddenly if something shocking happens.

7 To solve a pet's problem, you don't need to _____ discipline.

8 Separation from its owner can _____dogs a lot. They o en feel very sad

Task 3. Choose the correct variant:

1 'You're late again, Jones! Get into my office and sit down! Now!' _____

2 'Oh, you look really tired. Lie down and rest. I'll bring you a cup of tea.' _____

3 'I prefer you in the other dress. This one makes you look overweight.' _____

4 'You touched the ball! You cheat!'_____

5 'I'll work on the charts for the report while you edit the text.' _____

6 'Look, I'm not angry but just tell me, why did Louise get a pay rise when I didn't?'_____

7 'OK, everyone. I think we're straying from the point. We need to get back to the main issue.' _____

8.We don't deal with problems with your connection. You need to phone your broadband provider. You've already tried them? Well, it's nothing to do with us.'_____

9 'It's true that I don't have the receipt, but I only bought it here last week. Could I speak to your supervisor. She's at lunch?No problem, I'll wait.' _____

10 'If you want to lose weight, don't go on an extreme diet. Just eat slightly less and try and walk for half an hour a day.' _____

Task 4. Underline the correct alternative.

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1 Do you know what I **mean / say** ?

2 There's something **I've been / I'm meaning** to talk to you about.

3 **I'd / I** feel better if you warned me next time you're going to be late.

4 I don't **like / want** you to get the wrong idea, but it's just that you are using my mug, and it was a present from my girlfriend.

5 It would put my **mind / head** at ease if you'd call me when you get home.

6 I know it takes time to clean the dishes a er every meal, but the kitchen is a mess. Do you see where **I come/'m coming** from?

Task 5. Choose the correct answer, a), b), c) or d).

Hi Mum and Dad,

I hope it doesn't come as too much of a shock **1**_____ this mail out of the blue, but there's something I've wanted **2** _____ to you about for a while now. I don't want to upset you both, but if I **3**_____ the wrong decision now, I **4**_____ regret it forever.

You know I haven't been very happy at university so far. I thought it was just part of **5**_____ in and getting used **6**_____ here.

But it doesn't **7**_____to be getting better. Honestly, I have tried to fit in and **8**_____ friends. But I miss you so much – and I miss **9**_____rugby and hanging out with the guys after matches. I keep **10** _____myself, 'If you **11**_____ just concentrate on your studies, it'd all be fi ne'. If only I could, but I hate maths and wish I **12**_____ economics instead. I see now that I shouldn't **13**_____ come to university yet.

If I'd decided to take a gap year fi rst, I'd have **14**_____ in Australia now!

I really want to leave university. How would you **15**_____ about that? I hope you can see **16**_____ I'm coming from and I'm really sorry if you **17**_____ let down. I'll see you this weekend and we can talk.

Love,

Paul

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