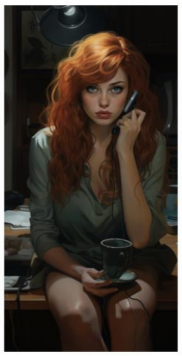
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Grace and Frankie S1 Ep 1

goals psychic, make the most of, remaining years, keep my coffee down, deal with, lash out, hurt feelings, wonder a thing, judge by experience, experience of you, wrong of me, feel guilty, be done feeling

Read the conversation and answer the questions below.



Sophie: Hi Karen, how are you?

Karen: Not good. I saw a psychic and she told me to make the most of my remaining years.

Sophie: That sounds serious. Did it help or hurt you?

Karen: Both. I feel sick and can't keep my coffee down today.

Sophie: Maybe there's something in what she said though. Sometimes we hold ourselves back too much and miss out on experiences.

Karen: Yeah, but it's hard for me to deal with change and take risks. I lash out at people when I'm scared or overwhelmed.

Sophie: Lashing out only leads to hurt feelings and regrets later on. Do you think anyone understands what you're going through?

Karen: Sometimes I wonder. Do you judge me by my past behavior or give me credit for trying to change?

Sophie: I judge by experience of you. So far, I haven't seen anything that makes me think badly of you.

Karen: Thank you, Sophie. But I've done so much wrong before, and I'll feel guilty forever.

Sophie: You have to be done feeling guilty. Think about moving forward instead of dwelling on the past.

Karen: That's easier said than done.

Sophie: Take one step at a time and don't be too hard on yourself. We're all works in progress, right?

1. What did the psychic tell Karen?
A. To make the most of her remaining years
B. To move to a new city
C. To quit her job
D. To start a new hobby

2. How did Karen feel after seeing the psychic?
A. Happy and relieved
B. Sick and unable to keep her coffee down
C. Excited and energized
D. Calm and peaceful

4. What does Karen say about dealing with change and taking risks?
A. It's easy for her to deal with change and take risks
B. She lashes out at people when she's happy or relaxed
C. It's hard for her to deal with change and take risks
D. She never takes risks and always plays it safe

5. What does Sophie say about lashing out at people?
A. Lashing out only leads to hurt feelings and regrets later on
B. Lashing out is a good way to deal with stress and anxiety
C. Lashing out is the best way to get what you want
D. Lashing out has no impact on our relationships with others

6. How does Sophie judge Karen?
A. By her past behavior
B. By her current behavior
C. By her future behavior
D. By her appearance

7. What does Sophie suggest to Karen about feeling guilty?
A. To continue feeling guilty forever
B. To dwell on the past and never move forward
C. To think about moving forward instead of dwelling on the past
D. To forget about the past and never think about it again

Read the examples and write original sentences using the words in bold.
Focus on creating sentences that show how the words are used in real-life situations.

1. She went to a **psychic** to get her future read.
2. I always try to **make the most of** my opportunities.
3. He plans to travel the world in his **remaining years**.
4. The boat ride was so rough that I struggled to **keep my coffee down.**
5. I need to learn how to **deal with** stressful situations better.
6. When she's angry, she tends to **lash out** at those around her.
7. I'm sorry if I **hurt** your **feelings** with my words.
8. I **wonder a thing** or two about the future.
9. It is wrong to **judge** someone **by** your own experience.
10. My **experience of** you has been nothing but positive.
11. It was **wrong of me** to assume he wouldn't like the gift.
12. I can't help but **feel guilty** for not spending more time with my family.
13. I'm **done feeling** sorry for myself and ready to take action.

Read the review of a book and fill in the gaps with words from the box

deal with (*2) **experience with** **psychic** **hurt** **make the most of** **judge by**

Feelings and food are closely related, and this new cookbook by renowned _____ chef, Maria Smith, aims to help readers _____ their meals. The book is divided into chapters that specific emotions like anger, sadness, and even joy. Each chapter includes recipes that are meant to help you _____ those feelings. For example, if you're feeling angry, try the spicy chicken curry recipe. If you're feeling sad, the warm and comforting beef stew might be just what you need.

The author also shares personal stories about her own _____ food and emotions, which adds a nice touch to the book. However, some of the recipes seem a bit too complicated for the average home cook, and the ingredient lists can be quite long. Additionally, some of the anecdotes shared in the book may _____ feelings or come across as judgmental to certain readers. Overall, while the concept of the book is interesting, it might not be for everyone. It's up to each reader to _____ experience whether or not this book is right for them.



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