1 Complete the dialogues with the words below.

fair feel feeling important know something sorry stronger world yourself

1 A I failed the exam – I only got 49%!
B I _____ how much work you did. But it's _____ to remember that you did your best.

2 A I can't believe it! Ben dropped the ball and we lost the game.
B It isn't _____ to blame Ben. How would you _____ if it was you who dropped the ball?

3 A Tonya doesn't want to be my friend any more.
B I guess you must be _____ hurt right now. But I'm sure you'll come out of it _____.

4 A I didn't get the part in the school play. They said I'm not right for it.
B I'm really _____ they rejected you. It's just _____ you have to go through.

5 A My dad has a new job. We're moving abroad.
B It's not the end of the _____ – we can still talk online. Put _____ in his shoes – it's a great opportunity.

2 4.04 Listen to three short conversations. In which conversation did someone …

A not perform well enough? _____
B lose a competition? _____
C get injured in a sporting activity? _____

3 4.04 Listen again and tick (✓) the things the other person did in each conversation. Which expressions in Ex 1 did they use?

	Conversation		
	1	2	3
Show sympathy	☐	☐	☐
Stay positive	☐	☐	☐
Encourage understanding	☐	☐	☐

4 Read the social media post below.

1 What happened last week?
2 What happened today?
3 Why was Laura amazed?
4 How does she feel now?

Laura B
23 March

Last week, our athletics coach said he wanted me to be on the team to take part in the national championships. I was really happy – there are so few opportunities like that. But today, in training, we were warming up and he came over to me and said, 'Laura, I'm really sorry – you have to drop out of the team.' I asked him why and he said something about me not making much effort, and not keeping up with my training. I was amazed, because I train every day and I even signed up for extra coaching. Later, I found out he'd asked my best friend Jess to be on the team instead of me. I'm really upset and angry at both of them. I don't know what to do – I just feel like giving up athletics altogether.

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5 Complete the comments with phrases in Ex 1–3.

Comments

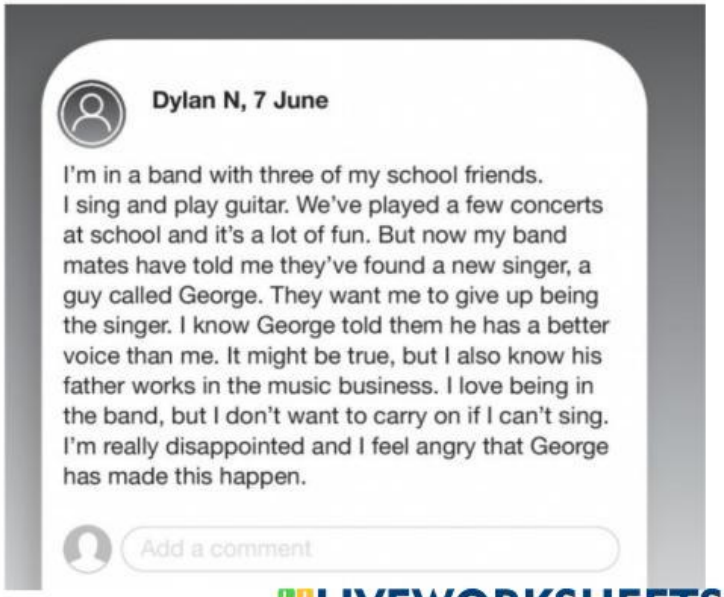
A **Marco P > Laura B**
Hey Laura, I [1] _____ pretty bad right now. I can understand that you feel like giving up, but take a little time to think about it. It's [2] _____ stay positive and remember that you're a really good athlete. We've all had a disappointment like this at some time in the past. You just have to carry on and focus on the next competition. If you do, I'm [3] _____ this stronger.

B **Cat1902 > Laura B**
I'm [4] _____ this has happened, but you know what? It's not [5] _____. So you didn't make the team – well, unfortunately, most people don't. Disappointment is part of life. It's just [6] _____ and learn from. You'll get other chances to compete. I mean, how [7] _____ if you couldn't run at all? Stop complaining.

C **Ruby Collins > Laura B**
Oh, Laura, this is really disappointing for you. I [8] _____ training you do – you're a fantastic sportswoman and a really hard worker. Try to stay positive – there will be other competitions. Also, I understand that you feel angry with Jess right now, but [9] _____ her shoes. The coach has given her an opportunity, and [10] _____ to blame her for taking it. Hang in there, Laura.

6 Which comment do you think is less sensitive than the others? Give reasons for your answer. _____

7 Read the social media post below. Write a comment for Dylan. Make sure you use phrases to express sympathy, stay positive and encourage Dylan to understand the other people's position.



Dylan N, 7 June

I'm in a band with three of my school friends. I sing and play guitar. We've played a few concerts at school and it's a lot of fun. But now my band mates have told me they've found a new singer, a guy called George. They want me to give up being the singer. I know George told them he has a better voice than me. It might be true, but I also know his father works in the music business. I love being in the band, but I don't want to carry on if I can't sing. I'm really disappointed and I feel angry that George has made this happen.

Add a comment

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