Unit 6A **Listening Practice**

Listen and write missing information about each call.

P = presenter, C = caller

P Our first caller this evening is Andy. Hi, Andy. What's your tip for being positive?

C1 Hello. Well, I think it's very important to live in the _____(1) and not in the past. Don't think about mistakes you made in the past – you can't change things now. The _____(2) thing is to think about how you can do things better now and in the future.

P Thank you, Andy. And now we have another caller. What's your name, please?

C2 Hi, my name's Julie. My tip is think _____(3) thoughts, not negative ones. We all have negative thoughts sometimes, but when we start having them, we need to stop and try to change them into positive ones. Like, if you have an _____(4) tomorrow and you start thinking, 'I'm sure I'll fail,' then you'll fail the exam. So you need to change that negative thought to a positive thought. Just think to yourself, 'I'll pass. that exam' I do this and it usually works.

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P Thank you, Julie. And our next caller is Martin. Hi, Martin.

C3 Hi. My tip is don't spend a lot of time following the _____(5) online or on TV. It's always bad news and it just makes you feel depressed. Read a book or listen to your favourite music instead, and you won't _____(6) so bad.

P Thanks, Martin. Good tip! And our next caller is Miriam. Miriam?

C4 Hi.

P Hi, Miriam. What's your tip?

C4 Every week, make a list of all the _____(7) things that happened to you, on your phone or on a piece of paper. Then if you're feeling a bit sad or depressed, read the list and it'll make you feel _____(8).

P Thanks, Miriam. And our last call is from Michael. Hi, Michael.

We're listening.

C5 Hi. I think it's good to try to use positive _____(9) when you speak to other people. You know, if your friend has a problem,

don't say, 'I'm sorry' or 'Oh, poor you.' Say something positive, like 'Don't worry! Everything'll be OK.' That way, you'll make the other person think more positively about _____(10) _____(11).

P Thank you, Michael. Well that's all we've got time for. A big thank you to all our callers.

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