

# THE SPOTLIGHT EFFECT



2. Watch the video again and fill in the gaps with the missing words (1-3 words).

1. ... attention and you're sure that everyone's watching you, revelling in how \_\_\_\_\_ your \*faux pas was.
2. On average, people thought that about 50% of the people in that room noticed the shirt and would be able to identify the embarrassing \_\_\_\_\_ gracing its fabric.
3. So participants \_\_\_\_\_ how many of the people in that room noticed the T-shirt.
4. ...but the reality is not nearly what we think it is. There's \_\_\_\_\_ all of this that's worth mentioning, though.
5. They weren't as \_\_\_\_\_ the spotlight effect.
6. And when researchers gave people a chance to let that spotlight wear off, they no longer were prey

## Match the underlined words with their meanings.

1. ...attention and you're sure that everyone's watching you, revelling in how embarrassing your faux pas was.

2. On average, people thought that about 50% of the people in that room noticed the shirt and would be able to identify the embarrassing visage gracing its fabric.

3. So participants vastly overestimated how many of the people in that room noticed the T-shirt.

4. ...but the reality is not nearly what we think it is. There's one wrinkle to all of this that's worth mentioning, though.

5. They weren't as susceptible to the spotlight effect.

6. And when researchers gave people a chance to let that spotlight wear off, they no longer were prey to this bias...

a) a problem, usually a small one \_\_\_\_\_

b) to guess an amount that is too high or a size that is too big \_\_\_\_\_

c) the fact of preferring a particular subject or thing \_\_\_\_\_

d) words or behaviour that are a social mistake or not polite \_\_\_\_\_

e) easily influenced or harmed by something \_\_\_\_\_

f) the face \_\_\_\_\_

# MORE VOCABULARY PRACTICE

**Beth:** Hey Laura, you look lovely today.

**Laura:** Oh thanks. I'm not so sure about this dress though.

**Beth:** What? No way! It looks amazing on you!

**Laura:** Thanks for trying to make me feel better, but I can't help feeling like there's something off about it.

**Beth:** That's just the spotlight effect talking.

**Laura:** The what?

**Beth:** You know, the tendency to think that people are paying more attention to you than they actually are. Like, you're worried about a

1) \_\_\_\_\_ in your outfit, but no one else notices because they're too busy worrying about their own appearance.

**Laura:** Hmm, I've never heard of that before.

**Beth:** Yeah, it's definitely something we all do. We tend to 2) \_\_\_\_\_ how much others notice us. Some people are just more 3) \_\_\_\_\_ this than others.

**Laura:** Interesting. So do you think this dress is okay then?

**Beth:** Definitely! And remember, our 4) \_\_\_\_\_ may seem flawed to us, but others don't see those little imperfections like

we do.

**Laura:** I guess you're right. Maybe I'll stop being so self-critical from now on.

**Beth:** Exactly. Don't let your 5) \_\_\_\_\_ affect you too much. And if you ever make a small 6) \_\_\_\_\_, just remember that most people are too focused on themselves to notice.

**Laura:** Thanks Beth, you always know how to put things into perspective.

a) susceptible to \_\_\_\_\_

d) overestimate \_\_\_\_\_

b) bias \_\_\_\_\_

e) visage \_\_\_\_\_

c) faux pas \_\_\_\_\_

f) wrinkle \_\_\_\_\_





1. I'm always so conscious of my visage during ...
2. I think I'm just falling victim to the spotlight effect when ...
3. I tend to be more susceptible to the spotlight effect when it comes ti ...
4. I sometimes overestimate any faux pas regarding...
5. I once made a minor faux pas that made me spent days obsessing over ...
6. I realize I probably overestimated how ...
7. The spotlight effect may make you
8. Others attention to our visage is something that ...
9. I used to be so susceptible to ...