

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.



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| 1. ...attention and you're sure that everyone's watching you, revelling in how embarrassing your <u>faux pas</u> was. | a) a problem, usually a small one _____ |
| 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 <u>visage</u> gracing its fabric. | b) to guess an amount that is too high or a size that is too big _____ |
| 3. So participants vastly <u>overestimated</u> how many of the people in that room noticed the T-shirt. | c) the fact of preferring a particular subject or thing _____ |
| 4. ...but the reality is not nearly what we think it is. There's one <u>wrinkle</u> to all of this that's worth mentioning, though. | d) words or behaviour that are a social mistake or not polite _____ |
| 5. They weren't as <u>susceptible</u> to the spotlight effect. | e) easily influenced or harmed by something _____ |
| 6. And when researchers gave people a chance to let that spotlight wear off, they no longer were prey to this <u>bias</u> ... | 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 _____



LIVE **LIVWORKSHEETS**



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 to ...
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 ...