

Vox pops

- Work with a partner. Are these activities good or bad habits? Do you agree with each other?
 - using plastic bags
 - checking a smartphone every few minutes
 - glancing at your reflection every time you walk past a mirror
 - talking to yourself

Do you have any bad habits that you would like to give up?

- Watch the video. Do sections 1 and 2.

Tell us about something you've given up completely.

- Connect each speaker to a habit and a reason.

Person	Habit	Reason
Devon	playing squash	A physical problem occurred and it prevented me continuing.
Sami	ballet	I need to look after my state of health.
Shuang	nothing	I find it very difficult to make this kind of commitment.
Stephen	eating junk food	It became increasingly difficult and so I lost my enthusiasm.



Is there something that you would like to give up but can't? Why?

- Is the information in 1–4 true (T), false (F) or not given (NG)? Correct the false sentences.
 - Devon succeeded in giving up using his smartphone for three whole days. T F NG
 - Age hasn't affected the way Sami thinks about exercise. T F NG
 - Stephen has never tried to give up a bad habit. T F NG
 - Kamina has to eat meat when she goes to see her parents. T F NG

- Work in small groups. Discuss the questions.

- How do people manage to give up bad habits?
- What kind of professional help can they seek?
- How can they help themselves?