GRAMMAR

infinitive and *-ing* forms

4 A Choose the correct words to complete the sentences.

1. I think the plan is **to meet** / **meeting** Max outside the venue.
2. Annoyingly, he forgot **to set** / **setting** a timer and burnt the dinner.
3. I remember **to get up** / **getting up** early and watching TV.
4. No, he stopped **to go** / **going** to Spanish classes last month.
5. Mum rang – she wants **to have** / **having** dinner with you tonight.
6. Remember **to lock** / **locking** the door when you leave.

B Complete the anecdote with the correct form of the verbs in brackets.

As a child, my primary goal was [1] _____ (climb) the really big mountain I could see from my bedroom window. I did some exercise every day – which involved running up and down the stairs – [2] _____ (improve) my stamina, so I could make the climb.

Then, one morning, I remember [3] _____ (set off) with some sandwiches in my schoolbag, announcing to my dad I'd be back in time for dinner after my day's climbing. I walked and walked, and eventually turned back so as [4] _____ (make sure) I was home before dark. I was tired and looking forward to [5] _____ (have) a big bowl of soup.

In reality, I'd only been gone an hour, with my dad trailing me from a distance. The whole family still laugh about my adventure – but I'm going to try [6] _____ (reach) the top of that mountain one day!

LIVEWORKSHEETS

READING

5 A Skim the article and tick the topics that are mentioned.

1 What happens in the brain
2 How we adapt stories to our audience
3 How and why we adapt stories
4 Why we forget things
5 What the research tells us
6 How people experience things differently

B Scan the article again and underline the following information.

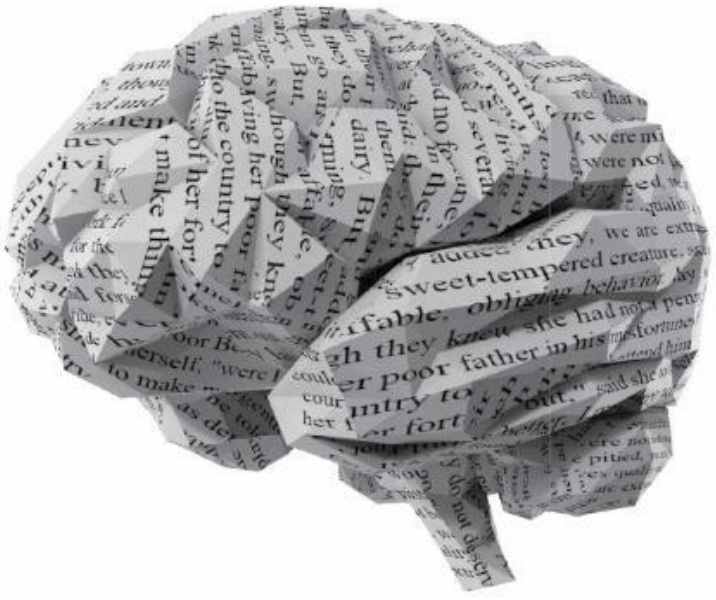
1 Why our memories are useful to us
2 Why we make minor changes every time we tell a story
3 What we call memories that are entirely invented
4 The name for the process of changing our memory according to who we're talking to
5 What we do when we can't remember something

C Read the article again choose the correct option (a–c).

1 What does the writer say in the second paragraph?
   - **a** We often change stories that we think make us look bad.
   - **b** We may or may not be aware that we are adapting our stories.
   - **c** We usually know how someone will react to a story.

2 What point does the writer make in the fourth paragraph?
   - **a** Despite changes, memories are likely to be relatively accurate.
   - **b** We invent more 'facts' each time we recall a memory.
   - **c** A memory becomes what we last described it to be.

3 What would make the best alternative title for the article?
   - **a** How our memories change as we get older
   - **b** Your memory may not be as good as you think it is
   - **c** Why it is sometimes difficult to remember things



Why you can't trust your own memory

Ayodele Odetoyinbo | Mon 27 Jun

Have you got a good memory? If you answered 'yes', then you might want to think again. Research has shown that our memories may not be as reliable as we think. Since our memories help us recall past events, learn from our mistakes and play a part in creating our identities, this may not be the best news!

When we describe something that has happened to us, we often make tiny adjustments each time we tell it, without even realising we're doing it. The reason for this could be because we wish that what we are saying is true, or we want our listener to think in a particular way about what we're telling them. For example, we might want to make them laugh or feel sorry for us – in which case, we may make changes consciously. When we recall the story again in the future, it is likely to be rather different to what we really experienced.

And think about those times when you were with friends and you experienced something amazing, exciting or terrible together. You can be almost certain that their memory of the occasion isn't quite the same as yours, even though you experienced exactly the same thing. Sometimes we even create 'false memories' based on stories we know about ourselves that we don't remember. But because we have heard them so many times, as we imagine them, we turn them into memories.

Also, when we talk about what we remember to different people, the way we tell the story may change – and when we do that, the memory changes, too. This is known as the 'audience-tuning' effect. The way you tell a story to someone becomes your memory of what happened, whether or not it is accurate. Our memories change over time depending on our reasons for re-telling them and how we re-tell them. Even as we go over a memory in our heads, we are likely to make small changes to it. And if we can't bring to mind some of the smaller details, we will fill in the gaps over time. What's more, we tend not to question our memories once they are made. So, whatever was our most recent version of the memory becomes the memory itself.

So, next time someone asks whether you're telling the truth and you think you are – you actually may not be!

LIVEWORKSHEETS