

 **2.03 | Listen to the podcast. Number the topics (a–f) in the order that Miguel talks about them.**

- a** visiting art galleries
- b** eating things he didn't like
- c** being invited to the cinema
- d** apologising for things he didn't do
- e** spending a week camping in the jungle
- f** having more space in his apartment

 **2.03 | Listen again and choose the correct options.**

- 1** Miguel says he used to worry about
 - a** disagreeing with other people's opinions.
 - b** other people's opinions of him.
 - c** what things he should eat.
- 2** Miguel didn't have enough time to
 - a** see his friends.
 - b** do his job well.
 - c** do the things he enjoyed.
- 3** Miguel stopped being a 'people pleaser' after he
 - a** watched a television programme.
 - b** read a book.
 - c** read a magazine article.
- 4** Miguel says that now he has more time, energy and
 - a** friends.
 - b** money.
 - c** interests.
- 5** Miguel says if you don't want to do something,
 - a** you should tell your friends the truth.
 - b** you should give an excuse.
 - c** you should do it anyway.
- 6** Miguel says he once felt guilty about
 - a** refusing his friends' invitations.
 - b** doing things he wanted to do.
 - c** not being truthful to his friends.