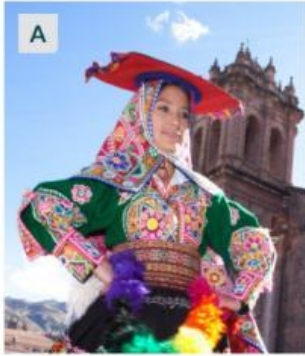


Listen to three people being asked to describe themselves. What aspects of their identity does each person mention? Which aspects of identity are shown in photos A–D?



capable

compassionate

conceited

dedicated

defensive

passionate

resilient

self-aware

self-centred

self-obsessed

tough

trustworthy

underconfident

Carrie

Sarah

James

Read the article about identity below. In pairs, discuss the questions.

1. Why is it important to get to know yourself?
2. Which of the four elements of identity do you find most important? Say why.

# THE PERSON I KNOW BEST?

How well do we know ourselves? Do we understand **what makes us tick**? Take a moment to stop and think about the things that define us.

## INTERESTS

Some people find it easy to follow their passion. They've always **been nuts about** music or horses or fashion. But what if we are not really sure what our thing is? Maybe we could think about the times in the last few weeks when we have felt absorbed by something, or remember the things we used to **get a kick out of** when we were children. One of those might just turn into a lifelong hobby or even a career.

## VALUES

What values do we **set great store by**? Do we prize spontaneity or stability? Are we rather laid-back or strong-willed? How crucial is commitment? How highly do we rate tactfulness over frankness? When we know this, we can consider whether the choices we make **are in line with** these values.

## POSSESSIONS

What kind of car would we ideally **plump for**? Maybe we always buy the same type of phone? These sorts of decisions can also **say a lot about us**. Or maybe we **are not that into** possessions themselves, but have a small collection of items with real sentimental value. The things we choose to use regularly or to surround ourselves with can also define us, which is why we might find new friends checking out our books or music collection.

## TRIBE

Who do we choose to spend time with? Our 'tribe' is a key part of our identity. If we are a Real Madrid supporter, or a history student, or a kind-hearted volunteer, we're already hanging out with like-minded people. If you haven't found your tribe yet, be more open-minded – get out there, try some new things and meet some new people.

When we know these things, it's easier to be ourselves and to find careers and the tribe that we really **click with**.

- A. What makes us tick •
- B. Be nuts about •
- C. Get a kick out of •
- D. Set great store by •
- E. Be in line with •
- F. Plump for •
- G. Say a lot about us •
- H. Be not that into •
- I. Click with •

- 1. Have a feeling of excitement and energy.
- 2. Not be very keen on something.
- 3. Match with.
- 4. Something which makes us behave in a certain way.
- 5. Hit it off with someone.
- 6. Reveal our traits.
- 7. Be crazy about something.
- 8. Choose.
- 9. Consider something to be important.

Complete the fixed expressions in bold with the prepositions from the box. Some prepositions can be used more than once.

about by for into out with

- 1 I really **get a kick**  **out** of renovating furniture.
- 2 He is **nuts**  remote control cars.
- 3 She **sets great store**  good table manners.
- 4 Their salaries should be increased **in line**  inflation.
- 5 It was a tough choice, but I finally **plumped**  the blue one.
- 6 Your results **say a lot**  how hard you must have worked.
- 7 I'm just **not that**  cooking, it's too much effort.
- 8 I **clicked**  her straightaway and we've been friends ever since.

Complete the sentences with the compound adjectives from the box.

 Keyboard instructions ▼

 Move

like-minded	high-spirited	strong-willed	streetwise	laid-back	thin-skinned	kind-hearted	forward-looking
tight-fisted				narrow-minded	absent-minded	highly strung	

- 1 She's so **tight-fisted** that when she opens her purse, moths fly out!
- 2 I joined this club hoping to meet  people I'd have something in common with.
- 3 She's always been really . Once she makes up her mind, there's no shifting her.
- 4 He's so  that some people take advantage of it.
- 5 Their dog is rather . He barks whenever anyone walks past the house.
- 6 I'm so  I can't find my glasses even when they're on top of my head!
- 7 Because he was brought up in a small village, he isn't very .
- 8 Be careful what you say to her. She's really  and can't take criticism at all.
- 9 She smiled as she watched her  daughter doing cartwheels across the grass.
- 10 This business is stuck in the past. They need a more  approach.
- 11 Why won't you at least try the food? You're so ! You might actually love it.
- 12 He never seems to worry about anything – he's so .