

# Lesson 1C

HOW TO ... | encourage people

VOCABULARY | feelings

PRONUNCIATION | stress in short phrases

## VOCABULARY

### feelings

1 A Match the statements (1–8) with the feelings in the box.

afraid confident interested lonely  
pleased positive stressed unhappy

- 1 I'm sure I can pass my driving test. I've had a lot of practice.
- 2 Bad things happen sometimes, but mostly things go well!
- 3 I don't like high places. I don't want to fall!
- 4 They offered me the job!
- 5 Moving to a new city is hard. I don't have anyone to talk to.
- 6 It's 4 p.m. and I have a lot of work to finish before I can go home.
- 7 The food arrived late and it wasn't what I ordered!
- 8 You lived in Mozambique? Wow, tell me all about it!

B Choose the correct word or phrase to complete the sentences.

- 1 I'm sorry you're **afraid** / **pleased** / **unhappy** with the room in your hotel.
- 2 Are you feeling **confident** / **interested** / **lonely** about your exam?
- 3 I'd like to try a dangerous sport, but I'm too **afraid** / **positive** / **stressed**!
- 4 I feel very **interested** / **lonely** / **positive** when I live on my own and no one comes to visit me.
- 5 I'm really **interested** / **pleased** / **positive** in learning more about these trees.
- 6 Eddie looks tired and **confident** / **pleased** / **stressed** today.

## PRONUNCIATION

2 1.05 | stress in short phrases | Listen to the phrases and choose the word with the main stress (a or b).

- 1 It's fine, really.  
a fine                      b really
- 2 You can do it!  
a can                      b do
- 3 It looks great!  
a looks                    b great
- 4 That's all right.  
a all                      b right
- 5 What do you think?  
a you                      b think
- 6 I know what you mean.  
a what                    b mean

## How to ...

### encourage people

3 A 1.06 | Listen to the conversations (1–4). Are the statements True (T) or False (F)?

- 1 Someone is making some changes to their home.
- 2 Someone is running and wants to stop.
- 3 Someone didn't go to a meeting and is pleased about it.
- 4 A student wants to give a talk alone.

B 1.06 | Choose the correct words or phrases to complete the sentences. Then listen again and check.

- 1 Wow! It **looks** / **watches** great! Kind / Nice colour.
- 2 Well **do** / **done**! It's not an easy room to paint.
- 3 Just a few more minutes. You can do **it** / **them**.
- 4 You can! Go **on** / **off**! Keep running!
- 5 That's **all right** / **wrong**. I thought it was probably a bus problem.
- 6 **Don't** / **Not** worry. It's fine **really** / **very**. Just get a coffee and relax.
- 7 Not everyone likes giving presentations. I **understand** / **'m understanding**.
- 8 **That's** / **What's** a great idea! Yes, that's fine.

## SPEAKING

4 A Complete the conversation with the words in the box.

mean that's think well worry you'll

A: My cousin wants me to introduce her and her new husband at their wedding dinner, but I've never talked in front of a lot of people before.

B: I know what you <sup>1</sup> \_\_\_\_\_. It's scary.

A: And my brother doesn't think I can do it.

B: Oh no! It's not important what he thinks. What do you <sup>2</sup> \_\_\_\_\_?

A: I think I can do it.

B: Then don't <sup>3</sup> \_\_\_\_\_. Give the introduction.

A: Can I practise with you now?

B: Yes, <sup>4</sup> \_\_\_\_\_ a good idea!

A: OK, here goes ... Ladies and Gentlemen, your attention, please. Please stand for the bride and groom, Mr and Mrs Brooks!

B: Oh, <sup>5</sup> \_\_\_\_\_ done! That was great! Very clear and confident.

A: Thanks! So, shall I tell my cousin I can do it?

B: Yes, <sup>6</sup> \_\_\_\_\_ be great!

B 1.07 | Listen and check.

C 1.08 | You are B in Ex 4A. Listen and speak after the beep. Record the conversation if you can.

D Listen to your recording and compare it to Ex 4B.