

1 Complete the table.

Accidents and injuries	
Noun / Phrase	Verb
1 blood	_____
2 a _____	burn yourself
3 a cut	_____ your finger
4 a _____	sprain your ankle
5 an injury	_____ yourself
6 a _____ arm	break your arm

2 Complete the sentences with the words below.

bruise fell over hurt hurts pain slipped

- I've got a big black _____ where I banged my arm.
- I've got a _____ in my shoulder.
- My finger _____.
- Joe _____ himself when he was playing football.
- My mum _____ on the ice and _____.

3 Read the text. Are the sentences true (T) or false (F)?

- Lenkei took about half an hour to hypnotise himself. ☐
- Lenkei didn't speak during the operation. ☐
- All the operations were successful. ☐

Reading Strategy

When you do a matching task, follow these steps:

- 1 Read the text to get a general idea of the meaning. Do not worry if you do not understand every word.
- 2 Read the task and all the options carefully.
- 3 Read the paragraphs of the text carefully one by one and match them to the correct option.
- 4 Check that the extra options do not match any of the paragraphs.

4 Read the Reading Strategy. Then match the questions below with paragraphs 1–3 of the text. There is one extra question.

In which paragraph does the writer tell us ...

- when the first operation happened? ☐
- why Lenkei needed an operation on his arm? ☐
- what Lenkei did just before the operation on his arm? ☐
- on what part of his body the third operation was? ☐
- when Doctor Llewellyn-Clerk realised that Lenkei was not in pain? ☐
- when Lenkei first hypnotised someone? ☐
- what happens to pain signals in his body while he is hypnotised? ☐
- when Lenkei had his second operation? ☐
- how long the operation on his arm took? ☐
- what the doctor did to Lenkei's arm during the operation? ☐

It didn't hurt!

1 In 2008, Alex Lenkei had a problem with the bone in his arm and he needed a serious operation. Normally, with an operation like that, the doctor gives the patient an anaesthetic so that he or she doesn't feel any pain. But Lenkei refused the anaesthetic. Instead, he hypnotised himself and simply told himself that he could not feel any pain. That took about thirty seconds. Then the operation started. According to Mr Lenkei, pain signals do not reach his brain when he is hypnotised.

2 The doctor, David Llewellyn-Clerk, was a bit worried. He had to take some bone from Lenkei's arm. He watched Lenkei carefully during the operation, as he wasn't sure that Lenkei could feel no pain. 'I didn't think Mr Lenkei could hear us,' said Dr Llewellyn-Clerk, 'but half way through the operation, he said "How's it going?"' That's when the doctor realised that Lenkei was not in pain. The operation lasted 83 minutes.

3 Mr Lenkei started hypnotising people when he was sixteen and is now an expert. It wasn't his first operation without anaesthetic. In 1996, a friend hypnotised him before a thirty-minute operation on his stomach. Both operations were successful, so Lenkei had a third operation without anaesthetic in 2013, this time on his ankle, which also went well.

