

Exam practice: Reading

1. Find words in the text that have these definitions.

- 1 difficult (paragraph 1)
- 2 be confident that someone is honest and reliable (paragraph 2)
- 3 spending time together in the same place (paragraph 2)
- 4 a group of people that are connected together (paragraph 3)
- 5 continue for a long time (paragraph 4)

2. Complete the summary using NO MORE THAN THREE words from the text.

Friendship plays an important role in people's lives, helping them deal with emotions such as (1) and (2) , while also providing (3) during difficult situations. It is beneficial for both mental and physical health.

There are several (4) of friendship. At the most basic level, (5) are people we recognise but do not know well. As relationships develop, (6) friends may become close friends, with whom people share their (7) . The strongest friendships are those in which people feel comfortable being themselves and can rely on each other through (8) . (9) suggests that the amount of time people spend together influences the development of friendships. For example, after around (10) , acquaintances may become casual friends, while close friendships may take much longer to form, around (11) .

People differ in how they manage friendships. Some (12) a small number of close friends, while others enjoy having (13) of friends from different social activities. These groups often have different interests and may not know each other well.

Friendship

Friends can make you happier and less lonely. They can help with emotions like disappointment or anger, and they can support you during challenging times. Friends are good



for your health, too, as they can reduce stress, anxiety and sadness. However, not all friendships are the same.

It's generally agreed that there are different levels of friendship. Acquaintances are the people you recognise and say hello to, but don't really know. Then there are casual friends, who you might meet up with from time to time. The next level up is close friends, who you trust with your secrets. Finally, there are best friends. They're the ones who you get on really well with and who you can be yourself with through thick and thin. Research at the University of Kansas found that the level of friendship depends on the amount of face-to-face time you spend together. After spending about 50 hours together, acquaintances can become casual friends, but someone only becomes a close friend after around 200 hours.

As well as having different levels of friendship, people also have different styles of friendship, depending on their personality and lifestyle. Some people prefer to have just one or two close friends and perhaps a few casual friends. Others have separate groups of friends for different activities. They might have friends they do sports with, friends from school and friends from their neighbourhood. These different groups of friends don't usually know each other. There are also people who love being part of a large network of friends who all know each other well. They hang out together a lot and tend to have many interests in common.

Every friendship has its ups and downs but not all friendships can last. Sometimes you may lose touch with a friend as your lives change and you don't have time to stay in contact. But sometimes a friendship may turn toxic. A friend might start to make you feel bad about yourself instead of good, or you might feel they only talk to you when they need something. In some cases, toxic friendships can be fixed but sometimes it is healthier to let the friendship end.

However, friendships are not always stable. Sometimes people (14) due to changes in their lives, or relationships may become (15) . In such cases, it may be better to end the (16) rather than try to repair it.