

## 1. Choose the correct option

1. The smell of freshly baked bread can \_\_\_\_\_ memories of my grandmother's kitchen.  
a) burden  
b) trigger  
c) cope  
d) recall
2. When I look through my old school photos, I often \_\_\_\_\_ to my childhood.  
a) drift back  
b) come flooding back  
c) cope with  
d) prone to
3. She described the event in such \_\_\_\_\_ detail that I could imagine being there.  
a) remarkable  
b) vivid  
c) burden  
d) prone
4. For some people, having an excellent memory is a \_\_\_\_\_, while for others it can be stressful.  
a) recall  
b) burden  
c) blessing  
d) trigger
5. Certain smells can make memories \_\_\_\_\_ unexpectedly.  
a) come flooding back  
b) drift back  
c) cope with  
d) recall
6. She can \_\_\_\_\_ almost every detail of that day.  
a) relive  
b) recall  
c) trigger  
d) burden
7. Having to constantly \_\_\_\_\_ painful experiences can be emotionally exhausting.  
a) recall  
b) relive  
c) cope with  
d) drift back
8. Some people are more \_\_\_\_\_ anxiety when they are under pressure.  
a) vivid  
b) remarkable  
c) prone to  
d) blessing
9. Scientists are still trying to understand how she \_\_\_\_\_ such a huge amount of information.  
a) copes with  
b) recalls

- c) drifts back
  - d) triggers
10. Her ability to remember almost every day of her life is truly \_\_\_\_.
- a) vivid
  - b) remarkable
  - c) burden
  - d) prone
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## 2. Fill in the gaps

Use the correct word or phrase from the box. **You may need to change the form.**

**vivid • recall • trigger • drift back • come flooding back • blessing • burden • relive • cope with • prone to • remarkable**

1. I can still \_\_\_\_\_ the first time I travelled abroad.
2. That old song always \_\_\_\_\_ memories of my university years.
3. Looking through my childhood photos makes me \_\_\_\_\_ to those days.
4. As soon as I entered the old house, memories came \_\_\_\_\_.
5. He has a very \_\_\_\_\_ memory of his childhood — he remembers even small details.
6. Being able to remember everything might seem like a \_\_\_\_\_, but it could also become a \_\_\_\_\_.
7. She doesn't want to \_\_\_\_\_ the most painful moments of her past.
8. How do you usually \_\_\_\_\_ stress at work?
9. People who are \_\_\_\_\_ anxiety may find it harder to deal with constant stress.
10. It's \_\_\_\_\_ that she can remember events from so many years ago.

## 3. Choose the word that fits both sentences

1. **A / B**

- This photo really \_\_\_\_\_ memories of my school days.
- The smell of coffee can \_\_\_\_\_ a very old memory.

2. a) trigger  
b) burden

3. **A / B**

- I can \_\_\_\_\_ exactly what I was doing that morning.
- She couldn't \_\_\_\_\_ his name.

4. a) recall  
b) relive

5. **A / B**

- The memories suddenly came \_\_\_\_\_ when I heard the song.
  - Looking at the photos made me \_\_\_\_\_ to my childhood.
6. a) flooding back  
b) remarkable

7. **A / B**

- Her description was extremely \_\_\_\_\_.
  - He has a very \_\_\_\_\_ memory of that holiday.
8. a) vivid  
b) prone

9. **A / B**

- She had to learn how to \_\_\_\_\_ the pressure.
  - Having so many memories can become a \_\_\_\_\_.
10. a) cope with / burden  
b) drift back / blessing