

## TEST 3

### READING

#### TASK 1

Read the text below. Match choices (A-H) to (1-5).

There are three choices you do not need to use.

Write your answers on the separate answer sheet.

#### HOW TO FEEL BETTER INSTANTLY

1. .... There is something a bit dark about listening to a song that makes you feel sad or bad. It feels like it is going to help but it really doesn't. Pay close attention to the music you listen to. Is it positive, uplifting and happy? There are tons of positive songs out there that you can listen to you. Remember garbage in, garbage out. Whatever you allow in your mind, you'll see show up in your life.
2. .... Go to YouTube and search on words like 'inspiring', 'happiness', 'inspirational', 'kindness', 'amazing'. Then sit down and immerse yourself with the videos. You'll be amazed how you'll feel like you've had a bath in pure sunlight. You'll feel better about yourself, others and the world. Plus, it will save you a fortune in therapy.
3. .... Stand up and do some simple exercises. Your physiology determines much of your emotions. While you're doing some kind of physical activity, smile while you're doing it.
4. .... Allow your troubles to lift off of your shoulders. Imagine them going away from you. Really use your imagination to see them moving farther and farther away from you. It is a simple exercise but one that is powerful.
5. .... Start living in the present moment. Most of what makes you feel bad emotionally has to do with images of the past or fears of the future. Right now is the only time anyone has. Live in it.

- A Communicate more.
- B Take up your favourite hobbies.
- C Look for positive words.
- D Become immediately aware of the present moment.
- E Get up and get moving.
- F Relax or meditate.
- G Have more rest.
- H Listen to positive music.

## TEST 4

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### READING

#### TASK 1

Read the text below. Match choices (A-H) to (1-5).

There are three choices you do not need to use.

Write your answers on the separate answer sheet.

#### HOW TO LIVE HAPPY TODAY

1 ..... Many people worry excessively about the future. But the future is uncertain. Often, what we worry about never materializes. But we stew and fret about what essentially amounts to nothing. We waste today for a future that never comes. To find peace you need to realize that there's little use in wasting away today to try to live for tomorrow.

2 ..... How much do you really appreciate what you already have? Do you appreciate the home you live in, your family, your job and the investments you have? Unfortunately, most people concentrate only on what they lack. They struggle to get more, never thinking that they already possess the things that can make them happy.

3 ..... Activity prevents worry. It alleviates frustration. To live happy means to enjoy what you are doing right now. People find joy in gardening, others enjoy social activities. Others love to take walks with their spouse and children. Activity gets your mind away from your worries and on something that occupies your time.

4 ..... The world today is in a miserable state. While you can't change the world for the better all by yourself, there are things you can do today, no matter how small, to alleviate the pain and suffering of someone. Rather than stew in your own problems, focus your attention outward. Doing something for someone without expecting a reward brings happiness.

5 ..... Living today means enjoying the company of your circle of friends. Go bowling or play bridge. Good company and laughter help elevate the soul and dispels worry, fear and anxiety. Take every opportunity to find new friends.

A Get involved.

B Get active.

C Show thankfulness.

D Seek for companionship.

E Stop worrying.

F Have a positive attitude.

G Concentrating on what you need.

H Be appreciative.