READING 4:

You are going to read a text about workaholics. For questions 17-22, choose the answer (a, b, c, or d) which you think fits the best according to the text.

You Might Be a Workaholic!

Workaholics are people who work excessively and find it difficult not to work. This comes at the expense of their sleep, having fun and, spending time with friends or family. Workaholism affects 30% of the general population. About 35 % of high-income earners work an average of 60 hours per week. Being a workaholic, however, differs from working long hours. While the term generally implies that workaholics enjoy their work, it can also imply that they simply feel compelled to do it-they can't stop working or have difficulty controlling how much they work.

Workaholics are typically the first to arrive in the office and the last to leave. But do extra working hours equal extra productive time? Not often, studies say. People are more productive when they take regular breaks, enjoy time off and look after themselves. True workaholism is the inability to turn off thoughts of work and to relax. A workaholic is someone on a sandy beach who is dreaming about being back at work, while someone who is a healthy hard worker is in the office dreaming about being on the beach. Workaholics will often hide work papers in their suitcase while packing for a holiday.

There are some very obvious signs and symptoms of workaholism. Workaholics never seem to have time for anything. Some turn to junk food, some eat lunch quickly at their desks, and others skip meals altogether. They hardly ever exercise, and they don't have a steady sleep schedule. Workaholism can cause headaches, weight gain or loss due to poor diets, anxieties and tiredness. Workaholics experience work related stress and can become very aggressive and impatient. Other symptoms include chest pains, high blood pressure and shortness of breath.



Workaholics need to look no further than to their loved ones for signs of their work addiction. Family members and close friends are often the first to feel their absence. When people who love us tell us we are never around, it's time to re-evaluate our work life balance. Workaholics tend to miss important life events like anniversaries and birthdays because of work. They have a hard time saying “no” to their boss and even harder time saying “yes” to the family. Finally, research reveals that the children of workaholics tend to have more anxiety or feel more stressed themselves.

Breaking the habit is not easy! Workaholics should start by rescheduling their life in the office. For every 48 minutes of work, one has to have a 12-minute break. They shouldn't eat lunch at their desk, and they should switch off emails and work phones when they are not in the office. They need to decide on a strategy to improve their work life balance by writing down a list of steps they can follow. Finally, they should go on holiday. Studies show that workers who don't take time off don't perform well.

Workaholics define themselves by achievement only. They associate their performance at work with the image they have of themselves until it becomes their identity. Healthy workers take pride in their work, but they are able to draw a line between their professional and personal lives. While it might be the most socially acceptable form of addiction, workaholism can have extremely negative effects on our physical health and mental well-being. It's an addiction and it should be treated.

LIVEWORKSHEETS

1. **Workaholics are people who _____**

   a) don't have friends at work.
   b) enjoy their work a lot.
   c) find it difficult to stop working.
   d) don't like rules and regulations.

2. **Workaholics work longer hours _____**

   a) and have an excellent work-life balance.
   b) but may not be more productive.
   c) so they are always very productive.
   d) which helps them get promoted to higher positions.

3. **The signs and symptoms of workaholism include _____**

   a) getting fatter or thinner.
   b) planning longer holidays.
   c) daydreaming at work.
   d) exercising more often.

4. **Workaholics can break the habit if they _____**

   a) set more ambitious goals at work.
   b) quit social media.
   c) take less time off.
   d) dramatically change their lifestyle.

5. **Children of workaholics _____**

   a) may feel stressed too.
   b) also become workaholics.
   c) don't get along with their peers.
   d) don't get birthday presents.

6. What does the writer mean by "**Workaholics define themselves by achievement only**" in the last paragraph?

   a) Workaholics are perfect at everything they do.
   b) Professional success is the only thing that matters to them.
   c) Workaholics do not set realistic goals.
   d) They are always pleased with what they have achieved.

LIVEWORKSHEETS

I.C VOCABULARY

Choose the best answer (a, b, c, or d) for the following questions.

1. **Ever since she heard that her favourite band was going to be in town, she had been _____ about it. As the concert date approached, she_____get front-row tickets and be as close to the stage as possible to see her musical idols perform live.**
   - **a)** enthusiastic/ was dying to
   - **b)** miserable/ was mad about
   - **c)** generous / was into
   - **d)** caring/ was a natural at

2. **When it comes to dressing for a job interview, it's important to make a/an _____ choice that reflects your professionalism and experience, rather than just focusing on your_____.**
   - **a)** imaginative/ goals
   - **b)** sensible/ appearance
   - **c)** caring/ background
   - **d)** attractive/ achievement

3. **Even though the weather was_____, the project manager_____to start construction on the new building, knowing that delays could be costly.**
   - **a)** ordinary/ hung out
   - **b)** bright/ fell out
   - **c)** depressing/ saw red
   - **d)** miserable/ gave the green light

4. **During her research for the medical article, she_____a fascinating case study about a new surgical operation that had shown promising results in_____a rare genetic disorder.**
   - **a)** came across/ treating
   - **b)** uncovered / researching
   - **c)** avoided/ worsening
   - **d)** ignored / understanding

5. **After conducting a thorough medical examination, the doctor was able to _____ the underlying cause of the patient's_____.**
   - **a)** work out/ symptoms
   - **b)** die out/ temperature
   - **c)** find out/ operation
   - **d)** look up/ evidence

LIVEWORKSHEETS

6. **I'm sorry, but I can't come to work today because I'm feeling_____and I don't want to risk making any mistakes while working on important tasks that people_____.**
   a) fit as a fiddle/ come across
   b) lease of life/ set up
   c) on the mend/ bring over
   d) under the weather/ rely on

7. **After her surgery, she realized how much she was_____dancing and how important it was for her to_____quickly so she could get back to her training routine.**
   a) about/ switch off
   b) into / recover
   c) for / look into
   d) under/ call back

8. **His_____got in the way, and he ended up_____his closest friend over something trivial, and now he deeply regrets his actions.**
   a) confidence/ hanging out
   b) imagination/ laughing at
   c) pride/ falling out with
   d) loneliness/ setting off

9. **It's highly_____that he will experience any_____during his speech, as he has practiced it countless times and is a confident speaker.**
   a) unexpected/ pride
   b) unlikely/ embarrassment
   c) probable/ success
   d) sure/ achievement

10. **After he refused to help his friend in need, it became clear that he was showing his _____, and that incident gave us a/an_____about his real character.**
    a) sense of humour/ secret
    b) green light/ appearance
    c) lease of life/ discovery
    d) true colors/ clue

11. **Despite not knowing all the details of the case, the detective approached it with _____, ready to unravel the_____and solve the crime.**
    a) confidence/ mystery
    b) embarrassment/ explanation
    c) pride/ challenge
    d) imagination/ clue

12. **Before reaching a final_____, we need to_____all the available data to ensure that we have considered all possible factors.**
    a) cause/ look up
    b) conclusion/ look into
    c) reason/ look at
    d) theory/ see off

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13. **After the recent software update, the computer seemed to have a new_____,star _____and get to work.**
    - **a)** lease of life/ log in
    - **b)** challenge/ back up
    - **c)** connection/ switch on
    - **d)** competition/ plug in

14. **Spending several thousand dollars on a designer handbag may to thefashion industry's economy but spending that much money on a single accessory seems.**
    - **a)** harm/ funny
    - **b)** block/ amusing
    - **c)** promote/ sensible
    - **d)** contribute / ridiculous

15. **The doctor took my_____and gave me a/an_____of how a fever is thebody's natural response to an infection.**
    - **a)** temperature/ explanation
    - **b)** blood pressure/ summary
    - **c)** symptoms/ mystery
    - **d)** heart rate/ description

16. **_____to the internet opened up a world of_____for the aspiring artist, as she browsed online galleries, watched video tutorials, and discovered new techniquesto incorporate into her work.**
    - **a)** Depending / encouragement
    - **b)** Relying / imagination
    - **c)** Connecting / inspiration
    - **d)** Disconnecting/ influence

17. **The scientist's ground-breaking_____held immense promise for the energyindustry, but they were cautious as a single mistake in its construction could cause itto__.**
    - **a)** invention/ explode
    - **b)** conclusion/ depend on
    - **c)** inspiration/ contribute to
    - **d)** discovery / protect against

18. **I need to_____what's causing my exhaustion and shortness of breath because Ifeel like I'm_____and can't keep up with my daily tasks anymore.**
    - **a)** see off/ on the mend
    - **b)** work out/ fit as a fiddle
    - **c)** find out/ on my last legs
    - **d)** check in/ under the weather

LIVEWORKSHEETS