

# Positive vs. Negative Thinking

a Listen to the introduction to a radio programme. Why is positive thinking good for you? (⟨⟨⟩⟩)

b Try to guess the missing words in these callers' tips. Listen to the rest of the programme and check.

Caller 1 Live in the p\_\_\_\_\_ , not in the p\_\_\_\_\_ .



Caller 2 Think p\_\_\_\_\_ thoughts, not n\_\_\_\_\_ ones.

Caller 3 Don't spend a lot of time following the n\_\_\_\_\_ online or on TV.

Caller 4 Every week, make a list of all the g\_\_\_\_\_ th\_\_\_\_\_ that happened to you.

Caller 5 Try to use positive l\_\_\_\_\_ when you speak to other people.



c Which tips do you think are the most useful? Do you have any tips of your own?



d Look at the cartoon in the article of a girl who has an exam the next day. Do you think she is an optimist or a pessimist?

e Read the article. What is 'defensive pessimism'?

15 Then they look at each possible problem and plan how to avoid it. So for the exam situation, they go to bed early and have a good night's sleep; they find out in advance exactly where the exam is; they eat a good breakfast, and take lots of pens and pencils, and a bottle of water; and they leave home 20 early. That puts them in control, and it means that the exam will be better than for an optimist, who just thinks 'Oh, everything will be fine!' Because sometimes everything goes wrong, and it's good to be prepared.

Adapted from a US website

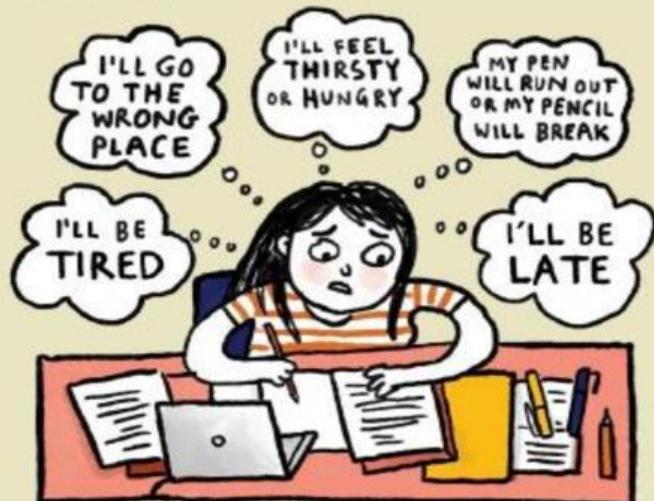
f Complete these sentences from the article with the same word.

- 1 I'll go to the \_\_\_\_\_ place.
- 2 Sometimes everything goes \_\_\_\_\_.

g What do these sentences mean?

- 1 There's something **wrong** with the printer.
- 2 I'm sorry, you've got the **wrong** number.
- 3 Our journey was fine, nothing **went wrong**.

h Read the article again. Then look at the things a defensive pessimist thinks about catching a flight. What can he do to avoid these problems?



- 1.
- 2.
- 3.
- 4.
- 5.

i Do you think defensive pessimism is a good idea? Can you think of any situations where you behave in this way?

j Look at the picture. Write the predictions with the words in brackets and *will* / *won't*.

**k** Look at the lines on your own hand and write predictions about your future. Use the information in **j** and **will / won't**.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

| Complete the conversations with a verb from the list and *will* / *won't*. Use contractions where possible.

catch forget have not find not sell not win pass

1 A We're going camping next weekend.  
B I'm sure you'll have a great time.

2 A Are you in the tennis final tomorrow?  
B Yes, but I'm playing Andy, so I'm sure  
I \_\_\_\_\_.

3 A I told Nick that it's Jane's birthday on Friday.  
B Thanks, but you know Nick!  
He \_\_\_\_\_.

4 A It's Louisa's exam tomorrow.  
B I'm sure she \_\_\_\_\_. She's worked  
very hard.

5 A I'm getting the 8.50 train.  
B It's 8.40 now. \_\_\_\_\_ you  
\_\_\_\_\_ it?

6 A We can park near the cinema.  
B At this time? We \_\_\_\_\_ a parking  
space.

7 A I'm going to put my tablet on eBay.  
B It's too old. You \_\_\_\_\_ it.

