

Passage 1

1. Type A and Type B are two types of personalities. Some very prominent characteristics are seen in type A people and that is the reason why they are so easily identified. If you see someone freaking out because they are made to wait, even if the wait is for just couple of minutes, you have most probably encountered a type A person! People having a type A personality, are always in a hurry and impatience seems to be their middle name! Time urgency is seen clearly in their personality. They speak fast, walk fast and are constantly aware of the running time.
2. Another peculiar type A personality trait is that they cannot tolerate slow speaking people and they usually end up completing sentences for them! Other special characteristics of type A personality people are that they get upset over small things easily and are also short tempered. When they get really angry, they can be very rude. So, it is better not to provoke these stress junkies! They are rightly called 'stress junkies' for they get stressed out easily. They have high ambitions and they can overcome competition to achieve their goal. They also tend to compete with other people more than work individually.
3. Type A people are said to have greater chances of suffering from hypertension and heart diseases. This is obviously because of their 'stress junkie' nature. Also, they don't sleep for enough hours and this may cause sudden death. So, type A personalities need to calm down. Meditation and breathing exercises prove to be helpful for this personality type. This was about type A personality description. Now let's take a look at type B personality.
4. There are some major differences between type A and B personalities. The biggest difference is that type B personality people are always chilled out! They are mostly calm and composed and in contrast to type A personalities, type B people are never in a hurry! They are the ones who will start talking when they are standing in a line, and by the time their turn comes, they will have made friends.

They will always be thinking about others' problems and always lend a helping hand. They are equally hardworking as type A personalities, but they do not mind losing. So, you won't have competition from a type B in office! They also do not get stressed easily and if ever they become stressed, they usually become more productive. Type A tends to get destructive while type B tend to get productive. And most people come in the middle between A & B.

5. Because of their happy go lucky nature, type B personalities do not face much of health problems. Speaking about sports, type A and type B personalities in sports are quite different from each other as their unique qualities reflect in their game as well. Type A are perfectionists so they always aim to win and can also be dominating. On the other hand, type B personalities are relaxed and they play for entertainment rather than for winning. It's important to remind ourselves by our goal in life is that to balance between work and leisure.

Questions:

Q1: Reducing sleep can cause _____

- A. tension.
- B. heart disease.
- C. sudden death.
- D. hypertension.

Q2: Where are most people between A & B?

- A. in the side of type A
- B. in the side of type B
- C. in the middle
- D. We don't know.

Q3: The underlined word "Individually" most probably means _____

- A. separated.
- B. together.
- C. stressed.
- D. impatient.

Q4: Type A is different from type B in _____

- A. rushing in doing things.
- B. making friends.
- C. food type.
- D. clothing style.

Q5: What is our goal in life?

- A. focus on working hard
- B. try to sleep less
- C. regular meditation
- D. balance between work and leisure