

1 Read the definitions. Match the correct vocabulary words.

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|--|---|------------|
| 1. Something you do often, without thinking about it | • | • anxious  |
| 2. Feeling stressed                                  | • | • careless |
| 3. Not feeling like doing anything                   | • | • hopeful  |
| 4. Makes a lot of mistakes                           | • | • habit    |
| 5. Feeling happy                                     | • | • lazy     |
| 6. Feeling like you can do anything                  | • | • cheerful |

2 Match the sentences with the best responses.

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|---|---|--|
| 1. I have a bad habit of chewing my nails when I'm anxious. | • | • a. Why don't you try getting more sleep?                   |
| 2. I have a bad habit of being lazy on the weekends.        | • | • b. Why don't you try breathing slowly instead?             |
| 3. I have a habit of being careless when I'm sleepy.        | • | • c. Why don't you try being quiet instead?                  |
| 4. I have a habit of being too cheerful and loud at school. | • | • d. Why don't you try getting some exercise every Saturday? |

3 Unscramble. Then match the sentences with the pictures.

1. of a crowd. / I always feel / I have to / nervous when / speak in front

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2. When I spill / terribly careless. / my shirt, I feel / my coffee on

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3. when / I never / in the morning. / I go jogging / feel lazy

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4. my grandmother. / I feel / when / I visit / cheerful

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5. hopeful, / a lot. / When I / I smile / feel

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