

Directions: Push play on the audio and then type the missing words in the boxes. When you finish, scroll down to the bottom of the page and click '**Finish**', then click '**Check my Answers**'. You can do the Dictation Exercise a total of 3 times. After the 3rd time, take a screenshot of each page of your results and paste them in the homework file.

We've all seen romantic _____ in movies. Maybe a couple has a _____ — or maybe there's just a _____ saying goodbye. But how do you break up with a _____? You won't find the _____ in films. If you decide to _____ a friendship, _____ Kathleen Beaton told Canada's CBC that it's best to be direct. "I see being _____ as important because it makes one's _____ clear," she said.

Psychotherapist Malcolm Welland also _____ the CBC that it's _____ to do it face-to-face or _____ the phone. Seeing your face — or at least hearing your _____ — will cause fewer _____. You should _____ why you're _____ the friendship, but don't _____ every problem you've had.

Psychotherapist Joshua Peters told the CBC you should _____ on "2-3 _____

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emotions you've felt in the relationship and _____ in which you have felt them."

Beaton also _____ using "I" more than "you" — so _____ saying, "You never have time for me," it's _____ to say, "I need someone who has as much _____ for me as I have for them." This puts the focus on your _____, not on what the friend might have done _____. But Beaton also says you should be _____, and _____ positive things about the friend, and _____ times you remember together.

Even if they get _____, psychotherapist Anna Sargent told The Guardian it's probably still best to _____ the friendship rather than continuing it out of _____. However, _____ with a friend is quite _____, therapist Navit Schechter told The Guardian. She says it might be best to just start with a _____ so you can find out why certain things are _____, and explain why they're a problem for you. Instead of breaking up, Schechter said, it might be _____ to quietly _____, and _____ see someone less often, or only see them as part of a group.