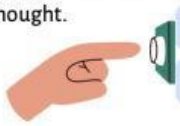
Life is full of unpredictable events, and it's easy to misunderstand what we're capable of when we face difficulties. Sometimes, we overestimate our abilities and fail to see the challenges ahead. Other times, we underestimate the resources we already have, or even distrust our own abilities. No matter what, it's important to reorganise our thoughts and avoid overthinking.

For example, when we receive unclear instructions, it's common to misinterpret them and feel discouraged. But, instead of giving up, we can always review and rewrite our plan. Facing obstacles requires resilience and willingness to keep moving forward, even if we make mistakes along the way. Missteps are part of the process, but they don't have to define us.

We must remember that underestimating ourselves can lead to missed opportunities, just as overestimating the risks might prevent us from taking the necessary steps. Every challenge teaches us something new and, by the end, we usually realise that the experience wasn't as overwhelming as we initially thought.



1. Discuss the questions in pairs.

1. Can you share a time when you underestimated or overestimated a challenge? What happened?
2. The text mentions "avoiding overthinking". How do you usually handle situations where you're tempted to overthink?
3. What do you think the author means by "missteps are part of the process"?

2. Write the correct prefixes for the words in the text.

1. _____ predictable
2. _____ understand
3. _____ estimate
4. _____ estimate
5. _____ trust
6. _____ organise
7. _____ thinking
8. _____ clear
9. _____ interpret
10. _____ couraged
11. _____ view
12. _____ write
13. _____ steps
14. _____ whelming

LIVEWORKSHEETS

Prefix	Meaning	Example
un-/dis-	not (mainly adjectives)	1. discouraged, 2._____, 3. _____
mis-	bad(ly), wrong(ly)	4. misstep, 5._____, 6. _____
over-	too much	7. _____, 8._____, 9. _____
under-	not enough	10. _____
re-	do again	11. rewrite, 12._____, 13. _____
dis-/un-	opposite (mainly verbs)	14. _____

Prefixes can be added to a root word to create new words with changed meanings. For example: estimate, overestimate, and underestimate.

· un-, dis- are used with verbs to create opposites: *unlock, discontinue,* _____

· re- means to do something again: *rewrite, rebuild,* _____

· mis- means something bad or wrong: *misunderstand, misbehave, misinterpret,* _____

· over-/under- mean either 'too much' or 'not enough': *overthink, underestimate, overwhelming,* _____.

LIVEWORKSHEETS

not at all, 5 – very much). After rating, discuss your choices in pairs.

overwhelming	It's natural to feel _____ when facing difficult changes, but it's also a chance to develop strength.	1	2	3	4	5
distrust	Life's _____ challenges teach us more than planned experiences ever could.	1	2	3	4	5
discouraged	When things go wrong, _____ our plan can help us move forward.	1	2	3	4	5
unpredictable	When a problem feels _____, breaking it down into steps can help.	1	2	3	4	5
rewriting	_____ goals after a setback shows we can adapt.	1	2	3	4	5
reorganising	_____ in a group can make teamwork hard.	1	2	3	4	5

LIVEWORKSHEETS