


Vocabulary: Collocations page 93

1  1.5 Complete the diagrams with *do*, *make*, *have*, or *take*. Listen and check.



Reading page 6

2 Read the text. Complete the tips with *do*, *make*, *have*, or *take*.

The best ways to deal with stress

Over 60% of adults say their lives are too stressful. So if you're stressed right now, you should stop for a minute and read our tips—they might be very helpful!



- 1 First, _____ a **deep breath** and give yourself time to think.
- 2 Then _____ a **list** of everything you have to do.
- 3 Next, _____ a **decision** about what you can realistically do today.
- 4 Remember to _____ a **break** every two or three hours.
- 5 You should _____ **something** that makes you feel happy.
- 6 Try to _____ a **talk** with friends and family about the situation.
- 7 And finally, _____ **your best** to eat well, exercise, and get at least eight hours' sleep.

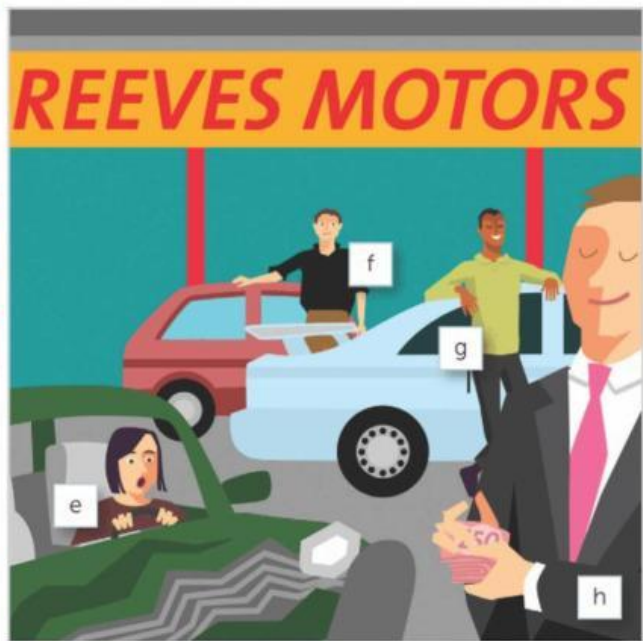
Speaking practice

What do you do to deal with stress?

I take a deep breath



- 1 Roberto feels very **confident**. He thinks he'll get the job. _____
- 2 Mr. Wallace doesn't like his job. He looks **miserable**. _____
- 3 Karen isn't worried about the interview. She's very **calm** today. _____
- 4 Peter hates interviews. He gets very **nervous**. _____



- 5 Kevin's very **proud** of his expensive new car. _____
- 6 Joe's **envious** of Kevin's car. He can't afford a new one. _____
- 7 Mr. Reeves has made a lot of money. He's **delighted**. _____
- 8 Sally's very **upset** because she had a car accident. _____



- 9 Vikram loves his job. He's very **cheerful** today. _____
- 10 Lucia forgot Jess's birthday, and is one hour late. She feels **guilty**. _____
- 11 Jess is celebrating her birthday by herself. She feels very **lonely**. _____
- 12 Mr. Lee's **jealous**. He doesn't like his wife talking to Vincent. _____

2 Choose the correct words to complete the sentences.

- 1 I studied really hard for this exam. I'm *proud / confident / delighted* I will pass. _____
- 2 Claire's really *calm / guilty / upset* because her boss invited everyone to a party except her. _____
- 3 Patrick borrowed his neighbor's coffeemaker and broke it. He feels really *guilty / envious / miserable*. _____
- 4 I was *cheerful / delighted / confident* when I got a pay raise and a promotion at work. _____
- 5 I moved to the city last year. I see lots of people, but I still feel *envious / confident / lonely* sometimes. _____
- 6 My son won a writing competition. I'm very *proud / confident / delighted* of him. _____
- 7 My neighbor finishes work at 2:00 p.m. every day. I sometimes feel really *upset / envious / guilty* of her! _____
- 8 When she listens to classical music, she always feels very *cheerful / confident / calm*. _____
- 9 Jo doesn't like public speaking, but she's going to give a presentation this afternoon. She's really *lonely / nervous / upset*. _____
- 10 I feel *miserable / jealous / guilty*. My train was late, I lost my phone, and now it's starting to rain! _____

1C First conditional

We use the first conditional to talk about the result of a possible future action.

If you help me with my homework, I'll buy you coffee.

There are two parts to a first conditional sentence: an *if* clause to describe the possible future action, and the main clause to describe the result.

If it rains tomorrow, I'll take a taxi to the meeting.



We can put either clause first with no change in meaning. However, if we put the main clause first, we don't use a comma between the two clauses.

If I get sick on vacation, I'll feel miserable.

I'll feel miserable if I get sick on vacation.

We form the *if* clause with *if* + simple present, and we form the main clause with *will* + the base form.

	1.11 <i>if</i> clause	main clause
+	If I pass my driving test,	I'll buy a car.
-	If they don't invite me to the wedding,	I won't buy them a present.
?	If you take the medicine,	will you feel better?
Y/N	Yes, I will . / No, I won't .	

We can also use *may* or *might* + the base form in the main clause to describe results that we are not sure about.

If I get the new job in Shanghai, I might move house.

She may come to the party if she finishes work early.

We use *can* + the base form or *will be able to* + the base form in the main clause to say that a result will be possible.

If I fix my bike, I can ride it to work.

He won't be able to bake a cake if he doesn't buy some eggs.

Look! We can also use the imperative in the main clause to give people instructions for possible situations.

Please tell Carla about the new class if you see her tonight.

If you use this computer, don't press this button!

1 Choose the correct words to complete the sentences.

- 1 If she *passes* / *'ll pass* all her exams, her dad *is* / *will be* really proud.
- 2 If we *don't* / *won't* hurry up, we *miss* / *'ll miss* the bus.
- 3 I *am* / *'ll be* surprised if his plane *lands* / *will land* on time tonight.
- 4 If he *calls* / *will call*, *don't* / *won't* answer the phone.
- 5 I *tell* / *'ll tell* you a secret if you *promise* / *'ll promise* not to tell anyone.
- 6 She *is* / *'ll be* really disappointed if you *don't* / *won't* go to her party.
- 7 What *do* / *will* you say if he *asks* / *'ll ask* you to marry him?
- 8 If I *get* / *'ll get* lonely, *do* / *will* you give me a call?
- 9 He *'s* / *'ll be* really embarrassed if he *'s* / *he'll be* late to his own wedding.
- 10 We *don't* / *may not* have time for lunch if the meeting *doesn't* / *won't* finish soon.
- 11 *Remind* / *Will remind* me if I *forget* / *'ll forget* to call the builder.
- 12 If you *don't* / *won't* leave now, I *call* / *'ll call* the police.

2 Write first conditional sentences.

- 1 I / write to you / if / I / have time

- 2 if / you / see him / you / give him this message, please?

- 3 she / not get her money back / if / she / lose the receipt

- 4 if / he / not get the job / he / be really miserable

- 5 if / you / not fix your car soon / the police / stop you

- 6 my mom / not forgive me / if / I / not remember her birthday

- 7 if / my phone / ring / not answer it!

- 8 if / she / move to Italy / you / visit her?

- 9 if / you / go for a walk / it / help you to feel better

- 10 if / he / not get too nervous / he / do well on the exam
