2.03 | Listen to the podcast. Number the topics (a–f) in the order that Miguel talks about them.

a visiting art galleries
b eating things he didn't like
c being invited to the cinema
d apologising for things he didn't do
e spending a week camping in the jungle
f having more space in his apartment

2.03 | Listen again and choose the correct options.

1 Miguel says he used to worry about
- **a** disagreeing with other people's opinions.
- **b** other people's opinions of him.
- **c** what things he should eat.

2 Miguel didn't have enough time to
- **a** see his friends.
- **b** do his job well.
- **c** do the things he enjoyed.

3 Miguel stopped being a 'people pleaser' after he
- **a** watched a television programme.
- **b** read a book.
- **c** read a magazine article.

4 Miguel says that now he has more time, energy and
- **a** friends.
- **b** money.
- **c** interests.

5 Miguel says if you don't want to do something,
- **a** you should tell your friends the truth.
- **b** you should give an excuse.
- **c** you should do it anyway.

6 Miguel says he once felt guilty about
- **a** refusing his friends' invitations.
- **b** doing things he wanted to do.
- **c** not being truthful to his friends.

LIVEWORKSHEETS