

GRAMMAR

present perfect simple and continuous

3 A  Choose the correct word or phrase to complete the sentences.

- 1 I've called / been calling / 'm calling the doctor's all morning, but no one's answering.
- 2 Have you had / having / been having your hair cut? It's looks great!
- 3 Felix has been / had / been having lessons recently and is making great progress so far.
- 4 How many times have you visited / been visiting / been Canada?
- 5 I've studied / study / been studying Japanese for just over a year now.
- 6 She's raised / been raising / raising €1,000 for charity.

B Complete the blog post using the correct form of the verbs in brackets.

Something I'm working on

Ellie Behr | Fri 23 Oct | 10.27 GMT

Regular followers of my blog will know that, I ¹ always (be) a shy, quiet person who hates conflict and walks away from any kind of argument. Recently, though, I ² (work) on being more assertive, by which I mean being stronger and more confident. I ³ (have) three sessions with a life coach, who ⁴ (help) me to finally understand that being assertive is not the same as being aggressive, and that people have more respect for you when you stand up for yourself. Recently, I ⁵ (practise) the things we've talked about and it ⁶ (be) a real eye-opener!

LISTENING

5 A  **1.02** | Listen to an interview about identity. Put the topics in the order they are discussed.

- a Other factors that influence our identity
- b How to find yourself
- c The elements that form our identity
- d How we develop our sense of self
- e The importance of self-identity

B  **1.02** | Listen to the interview again. Complete the sentences with no more than three words from the recording.

- 1 Identity is a combination of your
your likes and dislikes, your moral code and what
motivates you.
- 2 Without a clear sense of self, it can be difficult
to
- 3 Parents provide for how their
children should behave.
- 4 Your identity isn't – it develops
over the course of your life.
- 5 Our relationships and experiences
our sense of self.