

Many people think happiness is (1)_____ most important thing in life. But psychologist Susie Orbach says we should think about something different. She believes a meaningful life comes from understanding our true feelings and (2)_____. Orbach says we need to ask ourselves good questions. Why do we want certain things? What do we really need? When we understand these (3)_____, we can live better lives. She also says helping other people is very important. When we give to others, make things, or join community activities, we feel good inside.

During difficult times, Orbach suggests (4)_____ at our problems from different angles. We should also notice small everyday moments—like having good conversations with friends or enjoying simple pleasures. These things help us feel connected and give our lives real meaning.

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|----|------------|-------------|--------------|-----------|
| 1. | A. a | B. an | C. the | D. Ø |
| 2. | A. need | B. needs | C. needy | D. needed |
| 3. | A. answers | B. problems | C. questions | D. ideas |
| 4. | A. look | B. to look | C. looking | D. looks |

Exercise 3: Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

The Truth About Love and Relationships

Many people believe in romantic "myths" about love. They think they must (1)_____ a strong feeling immediately when they meet someone special. (2)_____, experts say this is not always true. Real love often grows slowly through shared values and mutual respect. Some people think good relationships should be easy and (3)_____. This is wrong! All couples have problems and arguments. Fighting can actually be healthy (4)_____ it helps partners understand each other's needs better. The important thing is to communicate honestly. Another myth is that your partner must be your best friend and meet all your needs. This puts too much pressure (5)_____ one person. It's okay to have other friends and hobbies. Some couples even sleep in separate (6)_____ to get better rest, and their relationships are still strong and happy!

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|----|--------------|---------------|-----------------|------------|
| 1. | A. to feel | B. feeling | C. feel | D. feels |
| 2. | A. Therefore | B. However | C. Because | D. While |
| 3. | A. effort | B. effortless | C. effortlessly | D. efforts |
| 4. | A. because | B. while | C. therefore | D. however |
| 5. | A. in | B. at | C. for | D. on |
| 6. | A. beds | B. houses | C. rooms | D. places |

A Teenage Girl's Problem

A 15-year-old girl wrote to ask for advice. She loves her boyfriend, but there is (1)_____ serious problem in their relationship. She must be very careful with everything she says because he gets upset easily. He becomes angry about small things and sometimes threatens to hurt himself. This makes her feel worried all the time. The girl cannot share her good news or feel happy because she is afraid he will be sad. Relationship expert Annalisa Barbieri says this is not healthy love. When you (2)_____ changing your behaviour to make someone happy all the time, the relationship is not good. The (3)_____ advice is that the girl cannot fix her boyfriend's problems. She is not _____ for his feelings.

She needs (4)_____ to a trusted adult - like a parent or teacher - about this situation. It is very (5)_____ to set boundaries and protect herself. If someone threatens self-harm, she must tell an adult (6)_____.

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|----|--------------|----------------|------------------|----------------|
| 1. | A. some | B. the | C. a | D. an |
| 2. | A. are | B. were | C. have been | D. had been |
| 3. | A. expert | B. expert's | C. experts | D. expertise |
| 4. | A. talk | B. talking | C. to talk | D. talked |
| 5. | A. import | B. importance | C. important | D. importantly |
| 6. | A. immediate | B. immediately | C. immediateness | D. immediacy |

Exercise 4: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

Tom and Rita's Blind Date

Tom and Rita went on a blind date last week. They met at a restaurant for dinner. At first, there was a small problem—the restaurant booked them for the wrong night! But they stayed and had a nice evening together.

During dinner, Tom and Rita talked about many things. They discussed food, their families, their jobs, and past dating experiences. Both of them found the conversation easy and enjoyable. Tom thought Rita was very friendly and kind. Rita also said Tom was a nice person and easy to talk to.

After dinner, they went for a drink together. Everything seemed good, but there was no romantic feeling between **them**. They did not kiss goodbye. At the end of the night, there was another awkward moment with Tom's tube card at the barrier.

Later, both Tom and Rita gave the date 7 out of 10 points. Tom said he didn't feel any romance. Rita agreed. However, the biggest problem appeared during their conversation. Tom told Rita he loves his cat very much and has one at home. Unfortunately, Rita is allergic to cats. She cannot be near them without feeling sick.

Rita decided not to meet Tom again. She explained her reason simply: "I would never want him to choose between his cat." It was a good date, but not a love match.

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1. Which of the following is the best title for the text?

- A. How to Have a Perfect Blind Date
- B. A Pleasant Date Without Romance
- C. The Problems of Cat Allergies
- D. Finding True Love at a Restaurant

2. During the date, Tom and Rita talked about _____.

- A. their pets and allergies only
- B. why they don't like blind dates
- C. food, family, work and past relationships
- D. their plans to meet again soon

3. What was the biggest problem between Tom and Rita?

- A. The restaurant booked them for the wrong night.

B. Tom's tube card didn't work at the barrier.

- A. give her more money immediately
 - B. say she is ungrateful
 - C. decide to sell the business
 - D. ask her brother to share with her
4. According to the expert, what is the real problem?
- A. The doctor needs more money for her mortgage.
 - B. The brother worked harder than the doctor.
 - C. The doctor feels unloved and less valued by her parents.
 - D. The parents are too old to understand.
5. Which of the following is NOT true about the doctor?
- A. She received help with university fees and housing from her parents.
 - B. She has problems paying her mortgage.
 - C. Her parents never helped her at all.
 - D. She feels hurt by her parents' favouritism towards her brother.

Exercise 5: Four phrases/sentences have been removed from the text below. Choose the correct answer to complete the text. Write only the letter A-D in each blank.

Start a Garden This New Year

Many people make New Year's resolutions to join a gym or start a diet. However, starting a garden can be a better choice. (1) _____. It also helps reduce stress, gives you vitamin D from the sun, and doesn't cost as much as gym memberships.

If you are a beginner, it's important to start small. Don't try to plant too much at first. (2) _____. If you plant too many things, you might feel tired and give up in the summer when weeds take over your garden.

Choose your plants carefully. Check how much sunlight, water, and what type of soil your plants need. Put plants in the right place where they can grow well. If your garden doesn't have enough sun, you can use movable containers instead.

Watering is very important for a healthy garden. Place your plants near a water source so it's easy to water them. Water deeply but not too often. (3) _____. Drip irrigation or soaker hoses are simple and effective tools to use.

Use compost and mulch to help your plants. They provide nutrients and keep the soil moist. Also, remove weeds early before they grow big and compete with your plants. (4) _____

Don't worry if some plants die at first. Gardening is about learning and enjoying the outdoors. You will get better with practice!

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- A. Start with a few containers or a small flower bed.
- B. This helps keep your plants healthy and saves water.
- C. You can also grow vegetables that you like to eat.
- D. Gardening gives you gentle exercise and time outdoors.

Surviving Office Holiday Parties

Office holiday parties can be difficult for introverts, shy people, and those with social anxiety. Not everyone enjoys partying, and that's okay. (1) _____

There are some simple things you can do to make the party easier. First, wear comfortable clothes so you feel relaxed. Arrive early when there are fewer people around. (2) _____. If you stand at the edge of the room, you might feel more isolated and uncomfortable.

You don't have to stay at the party for a long time. It's fine to make a brief appearance and then leave politely. Before the party, prepare a few easy talking points. Use open-ended questions to keep conversations light and friendly. Avoid controversial topics like politics or religion. (3) _____

If there is silence during a conversation, don't panic. You don't need to fill every quiet moment. Don't assume that people are judging you negatively—this type of "mind reading" often leads to wrong interpretations.

Try to find allies or bring a supportive colleague with you. Look for people standing alone and approach them—they might feel nervous too. (4) _____. For example, decide to talk to just one or two people, then leave. Remember, you can feel anxious and still attend. Often, you'll leave feeling accomplished!

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- A. When talking to senior leaders, keep your conversation short and courteous.
- B. However, there is pressure in many workplaces to attend and look cheerful.
- C. Position yourself toward the middle of the room, not hiding at the edges.
- D. Set a clear intention and time limit before you go to the party.

✎ WRITING

Exercise 1: Reorder the words to make correct sentences.

1. early / healthy / Getting / is / lifestyle. / up / part / a / of

□ _____

2. breakfast / should / every / a / You / healthy / morning. / eat

□ _____

3. water / to / drink / important / eight / It's / glasses / day. / of / a

□ _____

4. exercise / week. / should / at / least / People / three / a / times

□ _____

5. night / hours / Adults / at / sleep / need / seven / least / a / to / eight.

□ _____

6. phones / to / before / use / better / bed. / not / It's / mobile

□ _____

7. vegetables / eat / and / should / We / every / fresh / fruit / day.

□ _____

8. a / once / dentist / You / visit / should / year. / twice / or / the

□ _____