

Unit 1

Enjoy your feelings!



I Lead-in

1. Look at the following four groups of words and expressions about emotions. Consult a dictionary if you do not know some of them. In each group there is one misplaced word or expression. Underline it and copy it into the correct group.

• enraged • fuming • furious • irritated
• livid • outraged • out of sorts • blow up
• flare up • fly into a fury / rage

1

• horrified • scared • terrified
• over the moon • scared out of one's wits
• scared to death • paralyzed with fear

2

• beaming • cheerful • joyful • thrilled
• as happy as a king • in seventh heaven
• on top of the world
• feel a shiver run down one's spine

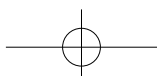
3

• blue • broken-hearted • cheerless
• depressed • heartbroken
• down in the dumps • in low spirits
• get (a case of) the blues • hit the roof

4

2. Work in pairs and tell each other some personal experiences of anger, fear, happiness and sadness.

2





Teacher's Book Unit 1

Enjoy your feelings!

Aims

- Describing emotions
- Promising and refusing to help

I Lead-in

1.

Teaching tip

The four groups of words and expressions in turn describe anger, fear, happiness and sadness. Below are some additional words and expressions you can show the students, if necessary.

Anger: annoyed, irritated, fly off the handle, lose one's temper, lose one's control, see red.
 Fear: afraid, frightened, scary, dreadful.
 Happiness: glad, delighted, thrilled, beside oneself with joy / excitement, smile from ear to ear.
 Sadness: miserable, cheerless, with tears streaming down one's cheeks, tearful, feel low, gloomy.

Key

- ① out of sorts (sadness)
- ② over the moon (happiness)
- ③ feel a shiver run down one's spine (fear)
- ④ hit the roof (anger)

2.

Teaching tip

Encourage students to use the words and expressions in Activity 1. In case the students do not have much to say on the topic, you can display the following tips on the screen to give them some ideas.

Emotions	Causes
Anger	e.g. being cheated out of one's money, ...
Fear	e.g. seeing someone or something approaching in the dark, ...
Happiness	e.g. getting a good mark in a difficult exam, ...
Sadness	e.g. losing one's boyfriend / girlfriend, ...

II Basic listening practice

Listen to the dialogs and choose the best answer to each question you hear.



Word tip

wreck /rek/ 毁坏 (damage)

Language and culture tips

be beside oneself with joy be extremely excited or happy

air your views say what you think is important

- 1 A) She envies the man.
B) She congratulates the man.
C) She thinks money causes trouble.
D) She wants to borrow money from the man.

- 2 A) He was very angry.
B) He is still learning to drive.
C) He is helping Mary obtain a driver's license.
D) He has a driver's license.

- 3 A) She will regret her decision.
B) She does not think much of her boyfriend.
C) She will wait for the right time to get married.
D) She still wants to marry the guy.

- 4 A) The woman has not overcome her grief.
B) The woman has returned to normal.
C) The man's mother died.
D) The woman is comforting the man.

- 5 A) She needs more fresh air in the room.
B) She can't make her voice heard in the noisy room.
C) She has to work too hard.
D) Nobody is listening to her opinions.

II Basic listening practice

1. Script

M: I'm beside myself with joy. I'm so lucky. Guess what? I've won a lot of money in the lottery.

W: Really? Well, you do know that money is the root of all evil, right?

Q: What does the woman mean?

C) She thinks money causes trouble.

2. Script

W: Mary was furious when her son wrecked up her car.

M: He shouldn't have driven a car on his own without a driver's license. He's still taking driving lessons.

Q: What do we know about Mary's son?

B) He is still learning to drive.

3. Script

M: Susan, I hear you're going to marry that guy. Maybe you'll regret it.

W: Is that so? Only time will tell.

Q: What does the woman imply?

D) She still wants to marry the guy.

4. Script

M: Mary, I just want to say how sorry I was to learn of your mother's passing. I know how close you two were.

W: Thank you. It was so sudden. I'm still in a state of shock. I don't know what to do.

Q: Which of the following is true?

A) The woman has not overcome her grief.

5. Script

W: I get furious at work when my opinions aren't considered just because I'm a woman.

M: You should air your views more emphatically and demand that your voice be heard.

Q: What is the woman complaining about?

D) Nobody is listening to her opinions.

III Listening in

Task 1 What a clumsy man!

Listen to the dialog and choose the best answer to each question you hear.



1. A) One of her feet was hit by the box.
B) One of her hands was hit by the box.
C) Jack stepped on her feet.
D) Jack kicked one of her feet.
2. A) He is more careful than Maria.
B) He has made only a few mistakes.
C) He makes lots of mistakes.
D) He never makes stupid mistakes.
3. A) A glass worker.
B) A colleague of Maria's.
C) A customer.
D) The boss.
4. A) To clean up the broken glass.
B) To tell Mr. Johnson about his mistake.
C) Both A) and B).
D) Neither A) nor B).

Word tips

clumsy /'klʌmzi/ 笨拙的 (doing things in a very awkward way)

replace /rɪ'pleɪs/ 更换 (change something that is damaged for a similar new thing)

explode /ɪk'spləʊd/ (感情) 爆发, 迸发 (suddenly express strong feelings such as anger)

Language and culture tips

fly into a rage suddenly become extremely angry

hit the roof be very angry

5. A) He is afraid of his boss.
B) He has a lot of money.
C) He wants to keep his job.
D) He wants to solve the problem.

Now listen again and check your answers.

III Listening in

Teaching tip

If students do the listening tasks out of class, teachers may use the Additional activity to check. The Additional activity can also be used as an alternative to the activities in the Student's Book.

Task 1 What a clumsy man!

Additional activity

Ask students to answer the questions.

1. What does Jack offer to do to solve the problem? (**He'll pay for the damage.**)
2. Suppose you are Mr. Johnson, how will you respond to this accident?

Script

Maria: Jack, can you help me move this heavy box?

Jack: No problem, Maria. Here let me lift this end... Oops!

Maria: Ouch! My foot! Come on, can't you be a little more cautious?

Jack: I'm so sorry. It was an accident. No need to be furious!

Maria: You're always so clumsy, Jack. I'm really losing my patience with all the stupid mistakes you make around the office.

Jack: Calm down, Maria; I'll certainly be more careful next time. This was just an accident.

Maria: If you aren't more careful, then next time someone could be badly hurt. Oh, look! The glass in the box is all broken now. Mr. Johnson is going to fly into a rage.

Jack: Oh no! What can I do to keep him from hitting the roof?

Maria: Well, you can begin by helping me clean up the mess and then honestly tell him about your mistake.

Jack: Maybe if I offer to pay for the damage, he won't be so angry. What do you think?

Maria: That might help solve the problem, though it could be quite expensive to replace it.

Jack: Well, I'm willing to do what it takes to keep Mr. Johnson from exploding. I need to keep my job!

Questions and key

1. Why did Maria get angry with Jack?
A) One of her feet was hit by the box.
2. What can you infer about Jack from the dialog?
C) He makes lots of mistakes.
3. Judging from the dialog, who is Mr. Johnson most likely to be?
D) The boss.
4. What does Maria advise Jack to do?
C) Both A) and B).
5. Which of the following is NOT mentioned as a reason why Jack wants to pay for the damage?
B) He has a lot of money.

Task 2 Causes of depression

Listen to the passage and complete the table with what you hear.

Factors	Description
Heredity	The tendency to develop depression is inherited and may run in (1)_____.
Physiology	Depression may be caused by changes or imbalances in (2)_____ called neurotransmitters, which transmit (3)_____ in the brain. Antidepressant medications relieve (4)_____ of depression.
Psychology	Low (5)_____ and self-defeating thinking are connected with depression. Sufferers who make corrections to their (6)_____ can show improved (7)_____ and self-esteem.
Early experiences	Events like the death of a parent, the (8)_____ of the parents, neglect, chronic illness, and severe (9)_____ can increase the likelihood of depression.
Present experiences	Job loss, (10)_____, long periods of unemployment, the loss of a spouse or other family member, or long-term (11)_____ may trigger depression.
Living with someone with depression	This causes increased (12)_____ for those who live with them.

Now listen again and check your answers.



Word tips

heredity /hə'redəti/ 遗传

physiology /ˌfɪzɪ'ɒlədʒi/ 生理学

neurotransmitter /ˌnɒrəʊtrænz'mɪtər/ 神经传递素

antidepressant /ˌæntɪdɪ'presnt/ 抗抑郁药

medication /ˌmedɪ'keɪʃn/ 药物


Task 2

Causes of depression

Additional activity

Ask students to discuss the question.

What ways do you use to deal with the problem of depression?

Script

Hello, everyone. Today I invite you to join me in an exploration of the causes of depression. There are many factors involved, but I believe some deserve special attention.

Heredity certainly plays a role. The tendency to develop depression may be inherited; there is evidence that this disorder may run in families.

Physiology is another factor related to depression. There may be changes or imbalances in chemicals which transmit information in the brain, called neurotransmitters. Many modern antidepressant drugs attempt to increase levels of certain neurotransmitters so as to increase brain communication. While the causal relationship is unclear, it is known that antidepressant medications do relieve certain symptoms of depression.

Researchers also study psychological factors. They include the complex development of one's personality and how one has learned to cope with external environmental factors, such as stress. It is frequently observed that low self-esteem and self-defeating thinking are connected with depression. While it is not clear which is the cause and which is the effect, it is known that sufferers who are able to make corrections to their thinking patterns can show improved mood and self-esteem.

Another factor causing depression is one's early experiences. Events such as the death of a parent, the divorce of the parents, neglect, chronic illness, and severe physical abuse can increase the likelihood of depression later in life.

Some present experiences may also lead to depression. Job loss, financial difficulties, long periods of unemployment, the loss of a spouse or other family member, or other painful events may trigger depression. Long-term stress at home, work, or school can also be involved.

It is worth noting that those living with someone suffering from depression experience increased anxiety, which adds to the possibility of their also becoming depressed.

Key

- | | | | |
|---------------------------|------------------------------------|------------------------|-----------------------------|
| (1) <u>families</u> | (2) <u>chemicals</u> | (3) <u>information</u> | (4) <u>certain symptoms</u> |
| (5) <u>self-esteem</u> | (6) <u>thinking patterns</u> | (7) <u>mood</u> | (8) <u>divorce</u> |
| (9) <u>physical abuse</u> | (10) <u>financial difficulties</u> | (11) <u>stress</u> | (12) <u>anxiety</u> |

Task 3 Happiness index

Listen to the passage and choose the best answer to each question you hear.



1. A) Australia.
B) The United States.
C) The United Kingdom.
D) Russia.
2. A) A lot of money can surely bring happiness.
B) Even a lot of money can hardly bring happiness.
C) People can be happy even if they have little money.
D) People are likely to be unhappy if they have little money.
3. A) People in their 50s.
B) People in their 40s.
C) People in their 20s.
D) Teenagers.
4. A) A good car.
B) A happy marriage.
C) Good health.
D) Financial security.

Word tips

proclaim /prəˈkleɪm/ 正式宣布 (declare formally)

optimism /ˈɒptɪˌmɪzəm/ 乐观 (a tendency to believe that good things will happen)

determinant /dɪˈtɜːmɪnənt/ 决定因素 (a determining factor)

gadget /ˈɡædʒət/ 小器具; 小玩意儿 (a small tool or device that does something useful or impressive)

Language and culture tip

get the wooden spoon come last in a competition

5. A) The happiest and the least happy people.
B) The factors that determine happiness.
C) An investigation on happiness and the determinants.
D) An investigation on happiness and ways to increase happiness.

Now listen again and check your answers.

Task 3 Happiness index

Additional activity

Ask students to discuss the questions.

1. Do you think money can surely make you happy? Why?
2. Do you think older people are happier or less happy than young people? Give examples to illustrate your point of view.

Script

Australians were the happiest people in the world according to a survey undertaken by two market researchers. They conducted door-to-door surveys and interviews with nearly 30,000 people in 30 countries. They asked respondents how satisfied they were with their overall quality of life. Forty-six percent of Australians proclaimed to be “very happy” and expressed optimism about their future. Following them in the “very happy” group was the USA (40 percent), Egypt (36 percent), India (34 percent) and the UK and Canada (32 percent). Hungary got the wooden spoon, finishing bottom of the happiness chart. Thirty-five percent of its citizens said they were either “disappointed” or “very unhappy”, followed by Russians at 30 percent.

The research demonstrated that money and age were key determinants in how happy people are. Although the study did not indicate money could buy happiness, it did reveal a link between a lack of money and unhappiness. Less happy populations were found among lower-income groups or the unemployed.

The study also suggested that on the whole, the older we become, the less happy we are. Globally, teenagers are the happiest people. The age group with the lowest levels of happiness was 50-59. Only 16 percent of those in their 50s said they were very happy.

The factors that make us happy include good health, financial security and a happy marriage. Material comforts such as cars, clothes and gadgets ranked comparatively low.

Questions and key

1. According to the passage, which country ranks the second happiest?
B) The United States.
2. What conclusion can we draw from the passage about money and happiness?
D) People are likely to be unhappy if they have little money.
3. According to the survey, which age group is the least happy?
A) People in their 50s.
4. According to the survey, which of the following is the least important in making people happy?
A) A good car.
5. What is the passage mainly about?
C) An investigation on happiness and the determinants.

IV Speaking out

Promising and refusing to help

Model 1 Don't let it get to you.

1. Watch the video clip and pay attention to the blanks. If you have difficulty understanding the words missing from the blanks, you may refer to the boxes of useful expressions.

Susan: You look so angry. What happened?

Chris: Nothing. I'd rather not talk about it. Just don't ask.

Susan: Come on. Relax. Talk to me.

Chris: All right. This morning I took my car to the garage to check the air conditioner. They only gave it a quick look, refilled it with some Freon, and charged me 300 bucks!

Susan: (1)_____. (2)_____.

Chris: Yeah. And they were rude. They said I didn't know anything about cars, which I don't, but (3)_____!

Susan: Sounds like you got a raw deal!

Chris: What's worse, as I was leaving, I heard them saying, "Don't trust this guy. He looks broke." When I heard that, (4)_____.

Susan: Don't let it get to you. Better ignore them.

Chris: I agree. I did manage (5)_____.

Susan: Well, the best thing you could do is to (6)_____.

Chris: Sounds like a good idea.



Chris tells Susan his anger with the repairmen at the garage.

Word tips

Freon /'fri:ən/ 氟利昂 (用作制冷剂及推进剂)

livid /'lɪvɪd/ 狂怒的 (extremely angry; furious)

blunt /blʌnt/ 直言的; 不转弯抹角的 (too frank in speech)

broke /brəʊk/ 身无分文的 (completely without money)

Language and culture tips

raw deal unfair treatment

get to influence or affect, especially adversely

keep one's cool keep calm

IV Speaking out

Promising and refusing to help

Teaching tips

1. The first line in each box of the useful expressions is the original script from the video clip. If students have difficulty understanding the video clips, ask them to refer to the box of useful expressions.
2. If there is enough time, the pair of students can continue the role-play by changing roles.
3. These tips can also be used in the rest units of the book.

Model 1 Don't let it get to you.

Script

Susan: You look so angry. What happened?

Chris: Nothing. I'd rather not talk about it. Just don't ask.

Susan: Come on. Relax. Talk to me.

Chris: All right. This morning I took my car to the garage to check the air conditioner. They only gave it a quick look, refilled it with some Freon, and charged me 300 bucks!

Susan: (1)No wonder you're livid. (2)I'd be mad too if someone ripped me off like that.

Chris: Yeah. And they were rude. They said I didn't know anything about cars, which I don't, but (3)they didn't have to be so blunt!

Susan: Sounds like you got a raw deal!

Chris: What's worse, as I was leaving, I heard them saying, "Don't trust this guy. He looks broke." When I heard that, (4)I almost hit the roof.

Susan: Don't let it get to you. Better ignore them.

Chris: I agree. I did manage (5)to keep my cool.

Susan: Well, the best thing you could do is to (6)file a complaint with the Consumer Protection Agency.

Chris: Sounds like a good idea.



Unit 1 Enjoy your feelings!

Useful expressions

(1) a. No wonder you're livid b. It's not surprising you're livid with rage c. No wonder you're so furious	(4) a. I almost hit the roof b. I flew into a rage c. I got furious
(2) a. I'd be mad too if someone ripped me off like that b. I'd be mad too if I were tricked like that c. I would be too if someone stole money from me like that	(5) a. to keep my cool b. not to lose my cool c. to keep calm
(3) a. they didn't have to be so blunt b. they needn't have been so rude c. they shouldn't have been so impolite	(6) a. file a complaint with the Consumer Protection Agency b. complain to the Consumer Protection Agency c. go to the Consumer Protection Agency with a complaint

2. Watch the video clip again and repeat the dialog line by line. Then role-play it with your partner. You may use the optional expressions in the boxes.

Model 2 I'm too depressed.

1. Watch the video clip and pay attention to the blanks. If you have difficulty understanding the words missing from the blanks, you may refer to the boxes of useful expressions.



Susan promises to help Chris out with his frustration.

Susan: Chris, I hear (1) _____, so (2) _____.

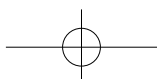
Chris: It's not gonna work. (3) _____.

Susan: Come on. (4) _____.

Chris: Everything. My girlfriend left me, my dog ran away, my wallet was stolen...

Susan: Don't worry. (5) _____: finding you a new girlfriend.

Chris: Forget it. Anyway, I'm getting bad grades, and I was told that I have to repeat a lot of courses next year. When I heard that, I almost lost it.



Useful expressions

(1) a. No wonder you're livid b. It's not surprising you're livid with rage c. No wonder you're so furious d. It makes sense for you to be angry	(4) a. I almost hit the roof b. I flew into a rage c. I got furious d. I exploded
(2) a. I'd be mad too if someone ripped me off like that b. I'd be mad too if I were tricked like that c. I would be too if someone stole money from me like that d. I'd be furious if I were cheated like that	(5) a. to keep my cool b. not to lose my cool c. to keep calm d. to stay calm
(3) a. they didn't have to be so blunt b. they needn't have been so rude c. they shouldn't have been so impolite d. they didn't have to be so mean about it	(6) a. file a complaint with the Consumer Protection Agency b. complain to the Consumer Protection Agency c. go to the Consumer Protection Agency with a complaint d. lodge a complaint with the Consumer Protection Agency

Model 2 → I'm too depressed.

Script

Susan: Chris, I hear (1)you've been down in the dumps, so (2)I've come to cheer you up.

Chris: It's not gonna work. (3)I'm too depressed.

Susan: Come on. (4)Tell me what's on your mind.

Chris: Everything. My girlfriend left me, my dog ran away, my wallet was stolen...

Susan: Don't worry. (5)I'll help you solve the biggest problem: finding you a new girlfriend.

Chris: Forget it. Anyway, I'm getting bad grades, and I was told that I have to repeat a lot of courses next year. When I heard that, I almost lost it.



Unit 1 Enjoy your feelings!

Susan: Look, relax. I'll help you with those courses.
Chris: Yeah, but I also have three weeks' laundry to do, and my room is a pigsty.
Susan: (6) _____.
Chris: Come on. What are friends for?
Susan: To keep you in high spirits, not to do your laundry.

Word tip

pigsty /'pɪg,staɪ/ 肮脏的地方 (a dirty or very untidy place)

Language and culture tip

down in the dumps in low spirits



Useful expressions

- (1) a. you've been down in the dumps
 b. you look depressed
 c. you've got a bad case of the blues

- (4) a. Tell me what's on your mind
 b. Tell me what's bothering you
 c. Tell me what the problem is

- (2) a. I've come to cheer you up
 b. I'm here to brighten your life
 c. I'll help bring some sunshine into your life

- (5) a. I'll help you solve the biggest problem
 b. I'll help you with the main problem
 c. I can help you sort out the major difficulty

- (3) a. I'm too depressed
 b. I'm too sad
 c. I'm feeling really low

- (6) a. Forget it. You're on your own
 b. Forget about it. There's nobody here but you
 c. Don't give it a thought. You're the only one who sees it

2. Watch the video clip again and repeat the dialog line by line. Then role-play it with your partner. You may use the optional expressions in the boxes.

Susan: Look, relax. I'll help you with those courses.

Chris: Yeah, but I also have three weeks' laundry to do, and my room is a pigsty.

Susan: (6) **Forget it. You're on your own.**

Chris: Come on. What are friends for?

Susan: To keep you in high spirits, not to do your laundry.

Useful expressions

<p>(1) a. you've been down in the dumps b. you look depressed c. you've got a bad case of the blues d. seems you're feeling down</p>	<p>(4) a. Tell me what's on your mind b. Tell me what's bothering you c. Tell me what the problem is d. Let me know your problem</p>
<p>(2) a. I've come to cheer you up b. I'm here to brighten your life c. I'll help bring some sunshine into your life d. I'll make you feel better</p>	<p>(5) a. I'll help you solve the biggest problem b. I'll help you with the main problem c. I can help you sort out the major difficulty d. Let me help you with what's bothering you</p>
<p>(3) a. I'm too depressed b. I'm too sad c. I'm feeling really low d. I'm not feeling up for it</p>	<p>(6) a. Forget it. You're on your own b. Forget about it. There's nobody here but you c. Don't give it a thought. You're the only one who sees it d. Forget all about it. You have to learn to depend on yourself</p>



Model 3 You seem to be on top of the world.

1. Watch the video clip and pay attention to the blanks. If you have difficulty understanding the words missing from the blanks, you may refer to the boxes of useful expressions.



John tells Nora about his great happiness.

Word tips

blessing /'blesɪŋ/ 幸福; 幸事 (something promoting happiness or prosperity)

beam /bim/ 眉开眼笑 (smile broadly)

multinational /ˌmʌlti'næʃənl/ 跨国公司 (a company or corporation operating in more than two countries; a transnational corporation)

Language and culture tips

on top of the world extremely happy
 Misfortunes never come singly.
Bad things tend to come one after another.

Nora: Oh, hey, John!

John: Hey!

Nora: (1)_____. What's up?

John: (2)_____. Guess what?

Nora: You've got me.

John: It might be true that misfortunes never come singly, but you can also have a "double blessing". And that's what I had.

Nora: You mean you've had two happy events in your life?

John: Exactly. You know, I was strong in all subjects except physics. Now I've finally passed the test—the one I needed to (3)_____.

Nora: Congratulations! You'd failed it three times. (4)_____. What's the other good news?

John: (5)_____.

Nora: Wow, wonderful, simply wonderful!

John: (6)_____. Shall we go to a bar?

Nora: Why not?


Model 3

You seem to be on top of the world.

Script

Nora: Oh, hey, John!

John: Hey!

Nora: (1)You seem to be on top of the world tonight. What's up?

John: (2)I'm so happy I'm about to burst. Guess what?

Nora: You've got me.

John: It might be true that misfortunes never come singly, but you can also have a “double blessing”. And that's what I had.

Nora: You mean you've had two happy events in your life?

John: Exactly. You know, I was strong in all subjects except physics. Now I've finally passed the test—the one I needed to (3)qualify for a bachelor's degree.

Nora: Congratulations! You'd failed it three times. (4)No wonder you're beaming. What's the other good news?

John: (5)The multinational I was doing my field project at offered me a job at a good starting salary.

Nora: Wow, wonderful, simply wonderful!

John: (6)I feel like celebrating. Shall we go to a bar?

Nora: Why not?



Unit 1 Enjoy your feelings!



Useful expressions

- | | |
|--|---|
| <p>(1) a. You seem to be on top of the world tonight
 b. You look as if you're in seventh heaven
 c. Clearly, you've got the world by the tail</p> | <p>(4) a. No wonder you're beaming
 b. That's why you're beaming all over
 c. Now I see why you're smiling from ear to ear</p> |
| <p>(2) a. I'm so happy I'm about to burst
 b. I'm so happy I could jump for joy
 c. I almost burst with happiness</p> | <p>(5) a. The multinational I was doing my field project at offered me a job at a good starting salary
 b. The multinational corporation in which I was having my field practice offered me a job with a good salary
 c. The transnational corporation where I was practicing promised me a well-paid job</p> |
| <p>(3) a. qualify for a bachelor's degree
 b. be qualified for a bachelor's degree
 c. meet the requirements of the bachelor's degree</p> | <p>(6) a. I feel like celebrating
 b. I'd like to celebrate
 c. I'm in the mood for a celebration</p> |

2. Watch the video clip again and repeat the dialog line by line. Then role-play it with your partner. You may use the optional expressions in the boxes.

Useful expressions

<p>(1) a. You seem to be on top of the world tonight b. You look as if you're in seventh heaven c. Clearly, you've got the world by the tail d. You look really happy</p>	<p>(4) a. No wonder you're beaming b. That's why you're beaming all over c. Now I see why you're smiling from ear to ear d. Now I know why you're smiling like that</p>
<p>(2) a. I'm so happy I'm about to burst b. I'm so happy I could jump for joy c. I almost burst with happiness d. I'm beside myself with joy</p>	<p>(5) a. The multinational I was doing my field project at offered me a job at a good starting salary b. The multinational corporation in which I was having my field practice offered me a job with a good salary c. The transnational corporation where I was practicing promised me a well-paid job d. The transnational corporation where I did my internship gave me a high-paying job</p>
<p>(3) a. qualify for a bachelor's degree b. be qualified for a bachelor's degree c. meet the requirements of the bachelor's degree d. be able to earn my bachelor's degree</p>	<p>(6) a. I feel like celebrating b. I'd like to celebrate c. I'm in the mood for a celebration d. Let's have some fun</p>

Now your turn

1. Create a dialog with your partner according to the given situation, using the expressions in the following table as well as the expressions in the previous model dialogs. The first two lines have been done for you.

Situation

Jim asks why Wallace looks sad. Wallace says he has to repeat several courses, and Jim promises to help him. Wallace then complains that he cannot find an internship, and Jim also promises to provide help. Finally Wallace asks Jim to buy breakfast for him. This time, Jim refuses to help him.

Jim: You look down in the dumps. What can I do to cheer you up?

Wallace: It's not going to work. I'm too depressed.

Jim: ...



Promising to help	Refusing to help
What can I do to cheer you up?	Forget it. You're on your own.
Don't worry. I'll help you solve the problem.	I'm sorry, but I just can't help you right now.
Relax. I'll help you with it.	Don't give it a thought. You should depend on yourself.
Take it easy. Let me see what I can do for you.	Don't even think about it. You must do it yourself.

Now your turn

1. For reference

Jim: You look down in the dumps. What can I do to cheer you up?

Wallace: It's not going to work. I'm too depressed.

Jim: Come on. Tell me what's on your mind.

Wallace: Simply too many big problems.

Jim: To begin with?

Wallace: I'm getting bad grades, and I'll have to repeat a lot of courses next semester. I do feel low now.

Jim: Look, relax. I'll help you with those courses. What's your second problem?

Wallace: I can't find a company that is willing to accept me as an intern. You see, without field practice, I can't hope to graduate.

Jim: Don't worry. I'll help you solve the problem as well. I'll recommend you to the company I worked for during the summer vacation.

Wallace: It's kind of you to offer help, but I also hope you can go to the canteen to buy the breakfast for me. I'm too tired to get out of bed.

Jim: Forget it, you lazybones. You're on your own.



Unit 1 Enjoy your feelings!

2. Work in groups of four and brainstorm the harm that anger causes and the ways to control anger. You may refer to the following tips, though you are not limited to them.

Harm that anger causes:

- *bad for your health*
- *ruining your interpersonal relationship*
- *resulting in making mistakes or even committing crimes*

Ways to control anger:

- *releasing your anger in private*
- *talking about the problem with your friends*
- *analyzing the causes of the problem*

Work with the whole class and vote for two most effective anger-controlling ways.



2. For reference

Harm that anger causes:

- Anger is harmful to your physical and mental well-being. Uncontrollable anger leaves your nervous system in disorder and causes health problems such as high blood pressure, heart disease, stomachache, liver trouble, and even sudden death.
- Anger harms your dignity. If you often fly into a rage, you look stupid in others' eyes. Your irrational behavior only shows that you are not a well-mannered person. Others may think you lack self-respect.
- Anger harms your interpersonal relations. After you blow up and say something vicious, you have certainly given vent to your ill feeling and you may therefore feel better. But the person hearing your vicious words will feel bad and is likely to react viciously to make you feel bad as well.
- A towering rage can make you lose common sense and ignore serious consequences. You may do foolish things and even commit a crime such as damaging property or inflicting bodily harm.

Ways to control anger:

- Do something in private that can somewhat give vent to your pent-up indignation. For example, throwing a cup on the floor, practicing boxing by beating a sandbag (imagining that the sandbag is the person who offended you), kicking the sofa, etc.
- Practice self-control. Instead of blowing up, you can try to calm yourself down by taking a walk, take a few deep breaths, run for a few minutes, count to 20, drink some water, etc., because usually a rage doesn't last long.
- If you force yourself to smile or laugh, maybe some pleasant things will come into your mind to reduce your anger.
- After something has angered you, you had better analyze its causes. Maybe the person who offended you did not do it deliberately; maybe it was due to your mistake in the first place.
- Figure out ways to solve the conflict. Before taking actions, you can consider the questions below.
 - What are the main differences between you and the other person?
 - Are there any possible solutions?
 - Which of these solutions is acceptable or unacceptable to the other party?
 - Which solutions are probably acceptable to both parties?

V Let's talk

William's feelings

1. Watch the video clip for the main idea. Then listen to it again and complete the table with what you hear.

Emotions	Events
Shy and scared	When I first met my parents, I was really (1)_____, and I was, and I was in my foster home and I ran upstairs, shy, and I was in my bedroom (2)_____, and my mum came up and said, "Oh William, are you OK?" and I ignored my mum, 'cause I didn't know her and I was (3)_____.
Happy	So, then my foster mum came up and I (4)_____ and we had some (5)_____ time. It was (6)_____ when I first arrived. I thought, "Oh goody, (7)_____, I can play with them."
Annoyed	But now it's just, "Oh no, not them again!" I (8)_____ with one of my sisters about her rabbits, 'cause she doesn't let me (9)_____ them. Well, she does, but...
Contented	When I have a bit of a (10)_____ with my sister, I go and (11)_____ with my mum and my dad. I feel most (12)_____ speaking to my dad about all my worries and stuff.
Dissatisfied	I wish I had a (13)_____ in this family, but then it's just nice (being...) having two sisters, but I'd rather have a brother anyway.
Calm	I mix with different people. I'm mostly friends with (14)_____, 'cause I normally see adults more than (15)_____ for some reason, I don't know why.
From scared to confident	It was scary going from my primary school to (16)_____ school, but then that's just me (17)_____, and I've got to take the chances and take, just take what I've learned already and just move on and (18)_____ different things.

Now watch the video clip again and check your answers.

Word tips

foster /'fɑ:stər/ **home** 寄养家庭
goody /'gʊdi/ 好哇, 太好了 (used for saying that you are happy or excited about something, especially by children)

Language and culture tips

and stuff and so on
I'm mostly friends with Most of my friends are...

V Let's talk

William's feelings

1. Script and key

Emotions	Events
Shy and scared	When I first met my parents, I was really (1) <u>shy</u> , and I was, and I was in my foster home and I ran upstairs, shy, and I was in my bedroom (2) <u>crying</u> , and my mum came up and said, "Oh William, are you OK?" and I ignored my mum, 'cause I didn't know her and I was (3) <u>scared</u> .
Happy	So, then my foster mum came up and I (4) <u>came down</u> and we had some (5) <u>fun</u> time. It was (6) <u>nice</u> when I first arrived. I thought, "Oh goody, (7) <u>two sisters</u> , I can play with them."
Annoyed	But now it's just, "Oh no, not them again!" I (8) <u>argue</u> with one of my sisters about her rabbits, 'cause she doesn't let me (9) <u>touch</u> them. Well she does, but...
Contented	When I have a bit of a (10) <u>bad time</u> with my sister, I go and (11) <u>speak</u> with my mum and my dad. I feel most (12) <u>comfortable</u> speaking to my dad about all my worries and stuff.
Dissatisfied	I wish I had a (13) <u>brother</u> in this family, but then it's just nice (being...) having two sisters, but I'd rather have a brother anyway.
Calm	I mix with different people. I'm mostly friends with (14) <u>adults</u> , 'cause I normally see adults more than (15) <u>children</u> for some reason, I don't know why.
From scared to confident	It was scary going from my primary school to (16) <u>secondary</u> school, but then that's just me (17) <u>growing up</u> , and I've got to take the chances and take, just take what I've learned already and just move on and (18) <u>learn</u> different things.

2. For reference

- 1) He was really shy. He ran upstairs, staying in his bedroom crying. He ignored his mother because he didn't know her and he was scared.
- 2) He had some fun time with his foster mother.
- 3) He spoke with his mother and father. He felt most comfortable speaking to his father about all his worries. He mixed with different people. He was mostly friends with adults.
- 4)
 - Play with the child.
 - Introduce the child to the neighbor's children so that they can play together.
 - Find other adults to talk to him / her.
 - Speak softly to him / her.
 - Give the child toys and candy.
 - Watch a children's TV program with him / her.
 - Take him / her to an amusement park.
 - Take him / her to a movie theater.
 - Tell him / her a story.



Unit 1 Enjoy your feelings!

2. Work in groups and discuss the questions.



- 1) What was the child's response when he first met his parents?
- 2) What happened to the child after he came downstairs?
- 3) Who did the child communicate with?
- 4) What can YOU do to make a child who is afraid of a new environment feel happy?
- 5) Work in groups of four to six to brainstorm factors that determine whether you are happy as an adult. Then vote for three factors you consider most important and explain your choices.

3. Work in pairs and discuss ways to reduce depression. You may refer to the following tips, though you are not limited to them.

- *doing physical exercise*
- *eating more nutritious foods containing vitamins and protein*
- *considering problems from a different angle*
- *expanding your social contacts*
- *doing things you like*
- *seeing a doctor to solve the problems*
- *staying with happy people*

Work with the whole class and share your ways with other pairs.



5)

Teaching tip

If the students do not have enough ideas, display the following tips to give them some ideas.

- income
- whether you like your job
- owning an apartment
- your social security
- your medical insurance
- your relationship with family members
- whether you have a hobby
- whether you have close friends
- your own personality
- having gadgets like a 3G phone

Different people with different characters have different priorities, but generally speaking, I think, your income, relationship with family members and the ownership of an apartment where you can live are especially important in making you feel happy.

Your income level is important. A good income makes it possible for you to buy material comforts and satisfy your self-esteem. Your relationship with family members is often more important than your relationship with colleagues and friends, for normally you spend more time with the former and have a blood relationship with them. It goes without saying that a cozy apartment is essential, for most Chinese want security. Living in a rented apartment, many Chinese lack a sense of security or happiness.

As a matter of fact, your personality may be especially important in determining whether you feel happy. But since you cannot easily change your personality, I won't name it as an important factor.

3. For reference

- **Do physical exercise:** Physical exercise can increase your blood circulation and excite you, thus reducing your depression and increasing your self-confidence.
- **Eat nutritious foods containing vitamins and protein:** It is said that foods such as vegetables and eggs that contain a lot of vitamins and protein can help an angry or depressed person feel better. It is also reported that such foods as chocolate and bananas can excite you.
- **Consider problems from a different angle:** Some causes of your depression may not be justified. You should consider the problem from different angles. For example, if a friend of yours did not greet you on the street, the reason may not be that he / she chose to ignore you. Rather, he / she may not have noticed you. Try to convince yourself of the second possibility.
- **Expand your social contacts:** It is said that friends are the best medicine. Staying with your good friends can make you feel happy and even live longer.
- **Do the work you like:** Do the work that you like so that you are fully occupied most of the time—too busy to feel blue.
- **Do the leisure activities you enjoy:** Do things you enjoy during your leisure time such as shopping, traveling, listening to music, etc.
- **See a doctor to solve physiological problems:** If a physiological problem has depressed you, you can consult a doctor and take the appropriate medicines.
- **Stay with happy people:** Good, but the problem is that they may not want to keep your company.
- **Think about people who are in a worse situation than you:** This can make you may feel better, but some ambitious people will not be satisfied with this.

VI Further listening and speaking

Listening

Task 1 Big John is coming!

Listen to the passage three times. When the passage is read for the first time, listen for the general idea. When the passage is read for the second time, fill in the blanks numbered from S1 to S7 with the exact words you hear. For blanks numbered from S8 to S10, write down either the exact words you hear or the main points in your own words. When the passage is read for the third time, check what you have written.

A bar owner in the Old West just hired a timid bartender. The (S1) _____ of the establishment was giving his new employee some instructions on (S2) _____ the place. He told the timid man, "If you ever hear that Big John is coming to town, (S3) _____ everything and (S4) _____ for the hills! He's the biggest, nastiest outlaw who's ever lived!"

A few weeks passed uneventfully. But one afternoon, a (S5) _____ cowhand came running through town (S6) _____, "Big John is coming to town! Run for your (S7) _____!"

When the bartender left the bar to start running, he was knocked to the ground by several townspeople rushing out of town. (S8) _____

_____ . He was muscular, and was growling as he approached the bar.

He stepped up to the door, ordered the poor bartender inside, and demanded, "I want a beer NOW!"

And with one strike of his heavy fist, he split the bar in half. (S9) _____

_____ . He took the beer, bit the top of the bottle off, and downed the beer in one gulp.

As the terrified bartender hid behind the bar, the big man got up to leave. "Do you want another beer?" the bartender asked in a trembling voice.

"Dang it, I don't have time!" the big man yelled. (S10) _____
_____ ?"



Word tips

bartender /'bɑː,tendə/ 酒吧服务员 (barman)

outlaw /'aʊt,lɔ/ 罪犯 (a criminal)

uneventfully /,ʌnɪ'ventfəli/ 太平无事地
(marked by no noteworthy incidents)

cowhand /'kaʊ,hænd/ 牧场工人 (a cowboy or cowgirl)

muscular /'mʌskjələ/ 肌肉发达的 (having well-developed muscles)

growl /graʊl/ 咆哮 (make a deep, angry sound in the throat)

gulp /gʌlp/ 一大口 (a large amount swallowed at one time)

dang /dæŋ/ 该死的 (a less offensive word for damn)

VI Further listening and speaking

Listening

Teaching tip

Listening exercises in this part are optional. Either use them in class or assign them as homework.

Task 1

Big John is coming!

Script and key

A bar owner in the Old West just hired a timid bartender. The (S1)owner of the establishment was giving his new employee some instructions on (S2)running the place. He told the timid man, "If you ever hear that Big John is coming to town, (S3)drop everything and (S4)run for the hills! He's the biggest, nastiest outlaw who's ever lived!"

A few weeks passed uneventfully. But one afternoon, a (S5)local cowhand came running through town (S6)yelling, "Big John is coming to town! Run for your (S7)lives!"

When the bartender left the bar to start running, he was knocked to the ground by several townspeople rushing out of town. (S8)As he was picking himself up, he saw a large man, almost seven feet tall. He was muscular, and was growling as he approached the bar.

He stepped up to the door, ordered the poor bartender inside, and demanded, "I want a beer NOW!"

And with one strike of his heavy fist, he split the bar in half. (S9)The bartender nervously handed the big man a beer, hands shaking. He took the beer, bit the top of the bottle off, and downed the beer in one gulp.

As the terrified bartender hid behind the bar, the big man got up to leave. "Do you want another beer?" the bartender asked in a trembling voice.

"Dang it, I don't have time!" the big man yelled. (S10)I got to get out of town! Didn't you hear Big John is coming?"

Task 2 Reason and emotion

Listen to the passage and choose the best answer to each question you hear.

- A) Something you may regret later.
 B) Something you desire.
 C) An emotional response from the audience.
 D) Logical argument by the audience.
- A) They complement each other.
 B) They contradict each other.
 C) Emotion is more important.
 D) Reason is more important.
- A) Cold attitude to other people.
 B) Feeling cold when criticized.
 C) Using only intellectual logic.
 D) Combining logic with feeling.
- A) They should accept everything in their religion.
 B) They should reject anything in a different religion.
 C) They should keep a balance between passion and reason.
 D) They should place human feelings above logical argument.

Word tips

distinctive /dɪ'stɪŋktɪv/ 特别的 (characteristic or typical)

empirical /em'pɪrɪkl/ 以科学实验或实际经验为根据的 (based on scientific experiments or experience)

instinctive /ɪn'stɪŋktɪv/ 本能的 (of instinct)

continuum /kən'tɪnjuəm/ 连续体

merit /'merɪt/ 值得 (be worthy of; deserve)

ideology /,aɪdɪ'ɒlədʒi/ 意识形态 (a set of ideas that an economic or political system is based on)

- A) Most decisions are based on emotion.
 B) Most decisions are based on reason.
 C) It is not easy to combine reason with emotion.
 D) In most decisions there is no clear distinction between reason and emotion.

Now listen again and check your answers.

Task 3 Every cloud has a silver lining.

Listen to the dialog and mark the statements T (true) or F (false).

- T F** 1. The problem with the man is that he failed in the last exam and does not know how to deal with the next one.
- T F** 2. The woman advises the man to work harder though she is not yet sure if he can get better marks.
- T F** 3. After working for just half an hour, the man begins to get a little bored.
- T F** 4. The woman advises the man to look at the bright side of the issue to stay in high spirits.
- T F** 5. Finally the man decides to take the woman's advice.

Word tip

self-discipline /,self 'dɪsɪplɪn/ 自我约束 (control of one's conduct)

Language and culture tips

be bound to be sure / certain to

silver lining a hopeful prospect in difficulty

Now listen again and check your answers.


Task 2

Reason and emotion

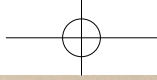
Script

Emotion is sometimes regarded as the opposite of reason, as is suggested by phrases such as “appeal to emotions rather than reason” and “don’t let your emotions take over”. Emotional reactions sometimes produce consequences or thoughts which people may later regret or disagree with; but during an emotional state, they cannot control themselves. Thus, it is generally believed that one of the most distinctive facts about human beings is the contradiction between emotion and reason.

However, recent empirical studies do not suggest that there is a clear distinction between reason and emotion. Indeed, anger or fear can often be thought of as an instinctive response to observed facts. The human mind possesses many possible reactions to the external world. Those reactions can lie on a continuum, with some of them involving the extreme of pure intellectual logic, which is often called “cold”, and others involving the extreme of pure emotion not related to any logical argument, which is called “the heat of passion”. The relation between logic and emotion merits careful study. Passion, emotion, or feeling can reinforce an argument, even one based primarily on reason. This is especially true in religion or ideology, which frequently demands an all-or-nothing rejection or acceptance. In such areas of thought, human beings have to adopt a comprehensive view partly backed by empirical argument and partly by feeling and passion. Moreover, several researchers have suggested that typically there is no “pure” decision or thought; that is, no thought is based “purely” on intellectual logic or “purely” on emotion—most decisions are founded on a mixture of both.

Questions and key

1. According to the speaker, what results may sometimes come from emotional reactions?
A) Something you may regret later.
2. What is the popular belief about reason and emotion?
B) They contradict each other.
3. What does the speaker mean by “cold”?
C) Using only intellectual logic.
4. According to the passage, what should people do in religious matters?
C) They should keep a balance between passion and reason.
5. What is the speaker’s conclusion?
D) In most decisions there is no clear distinction between reason and emotion.



Unit 1 Enjoy your feelings!

Viewing and speaking

Bungee jumping at the Victoria Falls



1. Watch the video clip for the main idea. Then listen to it again and fill in the blanks with what you hear.

Reporter: They are, of course, one of the (1)_____ Wonders of the World, but when a certain Dr. Livingstone chanced upon them (2)_____ years ago, one can only presume he didn't indulge in this...

Attendant: 5, 4, 3, 2, 1 BUNGEE!

Reporter: The Victoria Falls, long a (3)_____ with tourists, now a mecca for bungee jumpers from across the globe. They launch themselves from the (4)_____ spanning the magnificent gorge. At (5)_____ metres, it's the highest natural bungee jump in the world.

Man: It just goes by so (6)_____ you don't really know what's happening. (7)_____ as that, you don't know what's happening.

Woman: Um, it's pretty awesome, yeah it's cool!

Reporter: Briton Tim Barker is nervously contemplating his first ever jump; the first time he's (8)_____ his life to an ankle harness and an elasticated rope.

Attendant #1: You gotta check one...

Attendant #2: Check two...

Attendant #1: You gotta check one and two...

Tim Barker: I'm crazy. I don't know.

Attendant: A bit of adrenalin?

Tim Barker: No, I think I'm (9)_____!

Attendant: BUNGEE!

Reporter: Are you glad you (10)_____ it?

Tim Barker: Yeah, I am. I'd never do it again though. (11)_____!

Reporter: The world's bungee aficionados describe this as the (12)_____ thrill, what you might call the alternative Victoria Falls. The experts are already taking danger to the (13)_____, plunging into the Zambezi before springing back (14)_____. But if sheer fear isn't enough to deter you, the price, (15)_____ a jump, probably will. These thrills don't come (16)_____!

Now watch the video clip again and check your answers.


Task 3

Every cloud has a silver lining.

Script

Pat: You look depressed. Are you feeling blue? I've come to cheer you up.

Ted: But there's nothing that can cheer me up. I'm down in the dumps. Life's miserable.

Pat: You have to try to get your mind off things.

Ted: But I can't. I just feel there's too much pressure on me sometimes!

Pat: You can't let things get you down. Learn to relax and stop worrying all the time. What's your problem anyway?

Ted: I failed my last exam, and another exam is coming. What can I do?

Pat: If I were you, I'd start working hard. If you work hard for a long time, you're bound to get better grades. You see, "no pain, no gain."

Ted: It's easier said than done. I get bored after reading only for 15 minutes.

Pat: You have to learn some self-discipline.

Ted: Worse than that! If I work for half an hour, I get a headache. Then I start to worry about passing the next exam.

Pat: It's all in your mind. Stay cheerful and everything will soon be OK.

Ted: But how can I stay cheerful all the time?

Pat: Try to look on the bright side of things.

Ted: But what if there isn't a bright side?

Pat: You know the saying: Every cloud has a silver lining. It means there're always two sides of everything—both the dark and bright sides. So, try to identify your strengths and then bring them into full play.

Ted: Oh no! Your old sayings are making me even more depressed.

Key

1. T 2. F 3. F 4. T 5. F

Viewing and speaking

Bungee jumping at the Victoria Falls

1. Script and key

Reporter: They are, of course, one of the (1)Seven Wonders of the World, but when a certain Dr. Livingstone chanced upon them (2)150 years ago, one can only presume he didn't indulge in this...

Attendant: 5, 4, 3, 2, 1 BUNGEE!

Reporter: The Victoria Falls, long a (3)favourite with tourists, now a mecca for bungee jumpers from across the globe. They launch themselves from the (4)bridge

Word tips

Victoria Falls 维多利亚瀑布 (a waterfall located in southern Africa on the Zambezi River)

Livingstone /'lɪvɪŋstən/ 利文斯敦 [人名]

chance upon 偶然碰见 (find or meet by chance)

span /spæn/ 横跨 (stretch across something from one side to another)

gorge /gɔːrdʒ/ 峡谷 (a deep narrow valley)

awesome /'ɔːsəm/ 令人惊叹的 (very good or exciting)

Briton /'brɪtn/ 英国人 (a person from Britain)

Tim Barker /'tɪm 'bɑːkər/ 蒂姆·巴克 [人名]

contemplate /'kɒntem,plert/ 沉思; 考虑 (think about)

ankle /'æŋkl/ 踝; 踝关节

elasticated /'læstɪkətɪd/ 有松紧带的

adrenalin /ə'drenəlɪn/ 肾上腺素 (使人心跳加速, 精力充沛)

aficionado /ə,fɪʃiə'nɑːdɒ/ 爱好者 (a person who likes a particular sport or subject very much)

thrill /θrɪl/ 激动 (a strong feeling of excitement)

plunge /plʌndʒ/ 突然向前倒下 (move suddenly downward)

Zambezi /zæm'bɪzi/ 赞比西河 (the fourth-longest river in Africa)

spring /sprɪŋ/ 弹跳 (jump)

sheer /ʃɪr/ 全然的 (complete)

deter /dɪ'tɜːr/ 阻止; 威慑 (make somebody not do something because of the difficulties or dangers)

Language and culture tip

Seven Wonders of the World The Seven Natural Wonders of the World are Grand Canyon, Great Barrier Reef, Harbor of Rio de Janeiro, Mount Qomolangma, Aurora, Parícutin volcano, and Victoria Falls.

2. Work in pairs and discuss the questions.



- 1) Would you like to take a bungee jump?
- 2) Describe to your partner your possible feelings if you were taking a bungee jump.
- 3) Work in groups and brainstorm as many examples of leisure activities (such as fishing) and adventurous activities (such as bungee jumping and F1 car racing) as you can. Then vote to see whether most of you like the former or the latter. Finally, explain your choice.

You may use some of the following words and expressions in your description.

- excited
- thrilling
- exhilarating
- breathtaking
- great excitement
- My heart would be beating fast.
- A cold sweat would break out all over my body.
- frightening
- terrifying
- panicky
- panic-stricken

spanning the magnificent gorge. At (5)**111** metres, it's the highest natural bungee jump in the world.

Man: It just goes by so (6)**fast** and just you don't really know what's happening. (7)**Simple** as that, you don't know what's happening.

Woman: Um, it's pretty awesome, yeah it's cool!

Reporter: Briton Tim Barker is nervously contemplating his first ever jump; the first time he's (8)**trusted** his life to an ankle harness and an elasticated rope.

Attendant #1: You gotta check one...

Attendant #2: Check two...

Attendant #1: You gotta check one and two...

Tim Barker: I'm crazy. I don't know.

Attendant: A bit of adrenalin?

Tim Barker: No, I think I'm (9)**stupid!**

Attendant: BUNGEE!

Reporter: Are you glad you (10)**did** it?

Tim Barker: Yeah, I am. I'd never do it again though. (11)**No way!**

Reporter: The world's bungee aficionados describe this as the (12)**ultimate** thrill, what you might call the alternative Victoria Falls.

The experts are already taking danger to the (13)**limits**, plunging into the Zambezi before springing back (14)**skywards**. But if sheer fear isn't enough to deter you, the price, (15)**£60** a jump, probably will. These thrills don't come (16)**cheap!**

2. For reference

2)

- While jumping down from a dazzling height, I would feel extremely excited. Similarly, I enjoy the experience on a roller coaster.
- I would be panic-stricken and my heart would pound wildly. I might feel that would be the end of the world.
- A cold sweat would break out all over my body. My mind would go numb, and I would not be able to see or hear anything.

3)

Leisurely activities
fishing, playing golf, sunbathing on a beach, enjoying afternoon tea, playing chess, playing cards, listening to music
Adventurous activities
bungee jumping, traveling in a hot-air balloon, mountain climbing, surfing, skiing down a steep mountain, playing rugby, boxing, car racing

Traditionally, Chinese liked static, stable and safe activities. They built the Great Wall to protect themselves instead of crossing the sea to conquer other nations. Our ancestors liked such sedentary amusements as fishing, playing chess, and playing a musical instrument.

Westerners invented a lot of adventurous games such as mountain climbing, surfing and car racing, which often involve an element of danger. Maybe this spirit of adventure led their ancestors to cross the dangerous Atlantic to conquer new continents.

In the contemporary world globalization and cultural diversification are both strong trends. In the face of such trends we should preserve our own traditions while absorbing useful ideas from foreign cultures.