

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

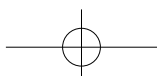
• beaming • cheerful • joyful • thrilled
• as happy as a king • in seventh heaven
• on top of the world
• feel a shiver run down one's spine

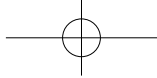
3

• 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.





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

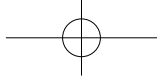
- 1 A) She envies the man.
B) She congratulates the man.
C) She thinks money causes trouble.
D) She wants to borrow money from the man.

- 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.



III Listening in

Task 1 What a clumsy man!

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



- 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.
- 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.
- A) A glass worker.
 B) A colleague of Maria's.
 C) A customer.
 D) The boss.
- 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)

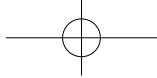
Language and culture tips

fly into a rage suddenly become extremely angry

hit the roof be very angry

- 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.



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

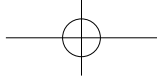
heredity /hə'redəti/ 遗传

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 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)

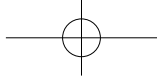
gadget /ˈɡædʒət/ 小器具; 小玩意儿 (a small tool or device that does something useful or impressive)

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.



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.



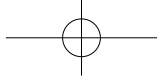
Chris tells Susan his anger with the repairmen at the garage.

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



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) _____.

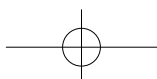
Chris: It's not gonna work. (3) _____.

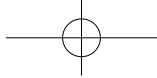
Susan: Come on. (4) _____.

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.





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,stɑɪ/ 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

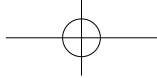
- (2) a. I've come to cheer you up
- b. I'm here to brighten your life
- c. I'll help bring some sunshine into your life

- (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.



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 /ˈblesɪŋ/ 幸福; 幸事 (something promoting happiness or prosperity)

beam /bi:m/ 眉开眼笑 (smile broadly)

multinational /ˌmʌltiˈnæʃənl/ 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)_____.

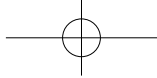
Nora: Congratulations! You'd failed it three times. (4)_____. What's the other good news?

John: (5)_____.

Nora: Wow, wonderful, simply wonderful!

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

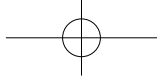
Nora: Why not?



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.



Unit 1 Enjoy your feelings!

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.

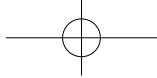
Jim: You look down in the dumps. What can I do to cheer you up?

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.



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:

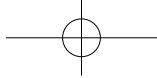
- bad for your health
- ruining your interpersonal relationship
- resulting in making mistakes or even committing crimes

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.





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.

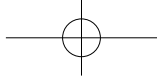
Now watch the video clip again and check your answers.

Word tips

foster /'fɑ:stə/ **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...



2. Work in groups and discuss the questions.



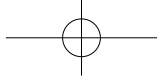
- 1) What was the child's response when he first met his parents?
- 2) What happened to the child after he came downstairs?
- 3) Who did the child communicate with?
- 4) What can YOU do to make a child who is afraid of a new environment feel happy?
- 5) Work in groups of four to six to brainstorm factors 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.





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,tendər/ 酒吧服务员 (barman)

outlaw /'aʊt,lɔː/ 罪犯 (a criminal)

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

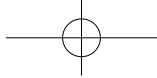
cowhand /'kaʊ,hænd/ 牧场工人 (a cowboy or cowgirl)

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)



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 /drɪ'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

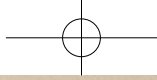
self-discipline /,self 'dɪsɪplɪn/ 自我约束 (control of one's conduct)

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.



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.

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 /'brɪtɪn/ 英国人 (a person from Britain)

Tim Barker /'tɪm 'bɑːkər/ 蒂姆·巴克 [人名]

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

ankle /'æŋkl/ 踝; 踝关节

elasticated /ɪ'læstɪkeɪtɪd/ 有松紧带的

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

aficionado /ə,fɪ'ʃiə'nɑːdoʊ/ 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