

Friends are forever?

“Friendship is born at that moment when one person says to another: ‘What! You too? I thought I was the only one.’”

-C.S. Lewis

Exercise 1. Do you agree? Is a good friend a person who’s usually similar to us or someone who has a completely different personality? What is it like with you and your friends?



Exercise 2. Is it important to have good friends around you? How do friends improve the quality of our life? Think of five aspects of your life that would be different without your friends.



- 1.
- 2.
- 3.
- 4.
- 5.

VIDEO:

Guide to maintaining friendships

<https://www.youtube.com/watch?v=o9ulSfCGMU8>



Exercise 3. Watch the first part of the video (0:00 – 1:50) and fill in the the gaps in the sentences below.

1. The main characters usually live next door to each other, spend _____ amounts of time together.
2. It isn't uncommon to grow _____ from your friends at this age.
3. How comfortable you feel _____ in each other.
4. What if your friendships are no longer based on _____ or convenience?
5. Sha has a _____ of new stories about new friends and places that you don't quite fit into.



Exercise 4. Watch the second part of the video (2:00 – 4:32) and note down four suggestions on how to maintain your friendships:

- 1.
- 2.
- 3.
- 4.

Exercise 5. After you watch:

1. Do you find those tips useful?
2. Has it ever happened to you that you and one of your best friends grew apart from each other?
3. Do you find it easy to maintain your friendships?



Exercise 6. Match the idioms below with their definitions.

- | | |
|-------------------------------|---|
| 1. through thick and thin | a) to immediately start liking someone |
| 2. like two peas in a pod | b) to end a conflict |
| 3. a shoulder to cry on | c) someone who listens sympathetically |
| 4. to hit it off | d) through all circumstances, no matter how difficult |
| 5. to know someone inside out | e) to know someone very well |
| 6. to bury the hatchet | f) very similar |



Exercise 7. Fill in the gaps with correct forms of the words in the brackets.

What do your behaviors say about your personality?

There are so many actions throughout your day that go unremembered – pulling off a few sheets of toilet paper, sending a quick email to a colleague, picking up toiletries at the drugstore.

But these small, 1. _____ (SEEM) insignificant behaviors can provide 2. _____ insights into your emotions, your personality traits, and the way you approach life in general.

We dug up 3. _____ (PSYCHOLOGY) research and expert opinion on what different daily habits might reveal about you.

Your eating habits may reveal how you approach life

The Huffington Post spoke to experts on food-related 4. _____ (BEHAVE) and learned that our eating habits can say a lot about our 5. _____ (PERSON).

Specifically, slow eaters generally like to be in control and know how to appreciate life. Fast eaters tend to be 6. _____ (AMBITION), goal-oriented, open to new experiences, and often 7. _____ (PATIENCE).

8. _____ (ADVENTURE) eaters probably like to step out of their comfort zones, while picky eaters are likely neurotic in different areas of their lives.

Finally, those who separate different foods on their plate are inclined to be detail oriented and disciplined.

Your punctuality may reveal whether you're Type A or B

Just because your friend is always late doesn't 9. _____ (NECESSARY) mean he's 10. _____ (CONSIDER).

One study found that those who are chronically late are probably more laid-back, "Type B" individuals.

The perfectionist won't leave the house until everything is in order. The crisis maker gets a high from racing to meet the deadline. The defier is rebelling against authority and societal norms. The dreamer is overly optimistic about how much they can get done in a certain amount of time.

(Author: Shana Lebowitz, source: <https://www.inc.com/business-insider/11-daily-habits-reveal-personality-traits-science-says.html>)

KEY:

Exercise 3.

1. copious
2. apart
3. confiding
4. proximity
5. bunch

Exercise 4.

1. Communicate: meet in person, see, call, text, e-mail
2. Send YOU greetings
3. Don't be hard on your friend, forget about the differences, remember about the experiences you shared
4. Take advantage of big events, if there's a birthday, reunion or a wedding, go! No parties? Throw one yourself!

Exercise 6.

1. d
2. f
3. c
4. a
5. e
6. b

Exercise 7.

1. seemingly
2. meaningful
3. psychological
4. behavior/behavior
5. personalities
6. ambitious
7. impatient
8. adventurous
9. necessarily
10. inconsiderate