

Listening 5: Lesson 2A, Exercise 3

Presenter Hello and welcome to *Mind over Matter*. On today's programme we're going to discuss one of the most negative emotions a person can feel – jealousy. Psychologist, Eleanor Pearce is here in the studio to tell us a bit about it. Eleanor?

Psychologist Well, you're absolutely right, Jimmy, jealousy really is a negative emotion, and it can create some very negative feelings, like being angry, feeling fed up and even depressed. Now, it's very normal to feel jealous if an attractive person comes up to your boyfriend or girlfriend, and starts talking to them. However, you don't become jealous just because the person you love is paying attention to someone else. In fact, the problem is inside you and is not caused by the situation or events happening at that moment.

Presenter So perhaps we feel jealous because we are afraid about something?

Psychologist Exactly. If you're feeling jealous, it's often because you don't feel confident about yourself as a person. Your feelings of jealousy are related to your self-esteem, in other words, your own opinion of your character and your abilities. If your self-esteem is low, you can improve it by thinking positive thoughts about yourself. Every day, write down three things about yourself that make you happy. Another common cause for jealousy is fear and insecurity about losing the person you are with. The best way of dealing with this is communication.

Presenter So, the best thing to do is talk about the problem ...

Psychologist That's right. Tell your boyfriend or girlfriend that you're feeling jealous, and ask them if they find the other person attractive. Their answer will probably make you feel more confident, and the fact that you asked the question in the first place will make you feel better.

Presenter Thank you, Eleanor Pearce, for that advice. And now the lines are open to take some calls from our listeners. And our first caller is ...

Listening 6: Lesson 2C, Exercises 3 and 4

- Interviewer** Beryl, how old were you when you were evacuated?
- Beryl** I was ten. It was the spring of 1941 and the Second World War had started two years before.
- Interviewer** Why did your parents think you would be safer in the country?
- Beryl** Well, we lived in Plymouth, a large city in the south-west of England. Plymouth is on the coast and it has a port. At that time, it had an important naval base and so there had been a lot of bombing already. Then we were told that the situation was going to get much worse, so my parents started thinking about sending us to Cornwall.
- Interviewer** How many of your family were evacuated?
- Beryl** Only my sister Sylvia and me. I've got five brothers and sisters, but we were the youngest, and so we were the ones my parents thought should go. We weren't evacuated together though, as we were going to different schools at the time. We both went to Cornwall, but my sister was sent to Truro with her classmates, and I went to Newquay with mine.
- Interviewer** How did you travel?
- Beryl** We went by train. I don't remember much about the journey except that we all had little suitcases and boxes with our gas masks in, tied up with string.
- Interviewer** What was your host family like?
- Beryl** All I can remember is that the mother was called Mrs Pascoe and she had a daughter called Hilda. I stayed there with another girl from my school called Sheila. We both went to school with Hilda and sometimes she took us to the beach to play.
- Interviewer** How long were you away from home in the end, Beryl?

Beryl

I don't really know. It seemed as if I was there for years, but it could only have been about two or three months. I was really relieved when I got back home, but that feeling didn't last long as the bombing hadn't stopped. In fact, our house was bombed soon after we returned. Fortunately no one was hurt, but there was nothing left of our house or our belongings.

Listening 7: Lesson 2F, Exercise 2

- Alan** And now here's Jamie Arndale with the week's alternative news stories. Jamie, what have you got for us today?
- Jamie** Well, the first story is about a wedding, Alan.
- Alan** A wedding? Anyone we know?
- Jamie** No, no. This actually happened to an American couple: Katy Miles and Bill Sullivan.
- Alan** OK, so what happened?
- Jamie** Well, after the wedding – it was a romantic ceremony on a clifftop by the sea – the couple went down to the beach for the wedding photos. They found the perfect spot, right next to the water. The photographer took a few lovely shots and then disaster struck.
- Alan** Well, go on! Tell us what went wrong!
- Jamie** Remember that I told you they were standing very close to the sea?
- Alan** Yes.
- Jamie** Well, suddenly this enormous wave came in and covered the couple with water. They were both extremely surprised and ... completely wet!
- Alan** What a nightmare! So what did they do?
- Jamie** Well, what would you do? They got out of the sea and tried to dry themselves off. But then something else went wrong.
- Alan** What? What happened?
- Jamie** As they were leaving the beach, the man discovered that he'd lost his wedding ring – he thought he had lost it in the water.
- Alan** Oh no!
- Jamie** Yes, but don't worry. He found it again. He went back to where they had been standing and looked around on the sand. And a few minutes later, he saw something shiny at the edge of the sea. It was his ring!
- Alan** That was lucky!
- Jamie** Yes, it was. Really lucky! So he picked up the ring, dried it off and put it back on his finger. Then he went back to his wife, who was waiting in the car and they drove home.
- Alan** What a great story, Jamie! Have you got any more like that?

Listening 8: Get Ready for your Exam 1

- Speaker 1** All governments try to control their citizens' behaviour. It is how much a particular government controls public behaviour that is important. That is what the political system is based on. The policies of each political party represent a certain degree of control and affect the amount of personal freedom allowed. Everyone needs to consider this when they vote.
- Speaker 2** Absolutely governments need to control people's behaviour, otherwise we'd all suffer. We need laws to stop people robbing, hurting or killing each other. And governments should control things that are bad for us like drugs and smoking. For example, if it weren't for laws about drink driving, many more people would die in car crashes.
- Speaker 3** I think governments should only try to control people's behaviour when it is harmful to others. Otherwise, I think people should decide for themselves what they want to do. If people want to smoke, for example, it is their choice – as long as they are only hurting themselves.
- Speaker 4** We are giving governments more control over us because they know more and more about us. All our details are on computers already. Nothing seems to be private anymore. I think it's worrying. If politicians have too much power over us, they will be very tempted to abuse it.
- Speaker 5** I don't think politicians necessarily tell the truth about what – and who – they are trying to control. Governments should be open and straightforward about what they are trying to do. Laws and taxes should be clear. Instead politicians treat their citizens like children. No wonder people don't trust governments any more.