

# FRIENDS AND FAMILY

## LESSON A ► What kind of person are you?

ENG. 5

### 1 STARTING POINT Personality survey

A Do you agree with these statements? Complete the survey.

Personality Survey		Definitely agree	Somewhat agree	Definitely disagree
1. I'm not afraid of giving speeches in front of the class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. I enjoy going to parties where I don't know everyone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. I avoid expressing my feelings and ideas in public.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. I insist on making my own decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. I don't mind giving up my time to help other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. I never worry about getting places on time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. I always feel like going dancing!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8. I can't stand being in a messy, disorganized room.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9. I prefer telling people how I feel, even if it's embarrassing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



B **Pair work** Compare your responses to the survey. Find two ways you and your partner are different.

"I'm not afraid of giving speeches in front of the class. How about you?"

"Oh, I'm definitely afraid of doing that!"

### 2 VOCABULARY & SPEAKING How would you describe yourself?

A Which statement from the survey best matches these personality traits? Write the correct number. Then compare answers with a partner.

- 2 a. friendly and outgoing  
 \_\_\_ b. strong and independent  
 \_\_\_ c. laid-back and relaxed

- \_\_\_ d. kind and generous  
 \_\_\_ e. honest and sincere  
 \_\_\_ f. shy and reserved

- \_\_\_ g. wild and crazy  
 \_\_\_ h. calm and cool  
 \_\_\_ i. neat and tidy

B **Pair work** Choose another partner. Find two traits you have in common. Find one way that you're different.

"So, how would you describe yourself?"

"Well, I'd say I'm pretty laid-back and relaxed."

"Me, too. I never worry about getting places on time."

"I don't either. I like taking it easy and ..."

#### Useful expressions

##### Same traits

So am I. (I am, too.)  
 I'm the same way.  
 So do I. (I do, too.)  
 Neither do I. (I don't either.)

##### Different traits

I'm not like that.  
 I'd say I'm more ...  
 Really? I don't.  
 That's not true for me.

VOCABULARY PLUS see page 130



### 3 GRAMMAR

#### Verbs followed by gerunds

Use the gerund form after these verbs.

I **enjoy going** to parties where I don't know everyone.

I **avoid expressing** my feelings and ideas in public.

I **don't mind giving up** my time to help other people.

Use the gerund or infinitive form after these verbs.

I **can't stand being / to be** in a messy room.

I **love taking / to take** my friends to cool new clubs.

I **hate getting up / to get up** for early morning classes.

Use the gerund form after these expressions containing prepositions.

I **insist on making** my own decisions.

I always **feel like going** dancing!

I'm **into going out** to new foreign restaurants.

**GRAMMAR PLUS** see page 106

**A** Look at the Starting Point on page 2 again. Can you find other expressions that are followed by gerunds? Which of them can also be followed by infinitives?

**B Pair work** How do you feel about these things? Discuss your answers using verbs or expressions followed by gerunds and infinitives.

1. tell people that I'm angry with them
2. help with chores around the house
3. listen to people's personal problems
4. eat a full meal late at night
5. start conversations with people I don't know
6. go to places where I have to use English

*"I usually avoid telling people that I'm angry with them. I guess I'm just afraid of making them angry at me."*

### 4 SPEAKING

#### Personal profiles

**A** Look at the information about these people. Which person is most similar to you? Why?

## Meet Your Neighbors

	Emily	Carlos	Linda	Chris
<b>Job</b>	college student	artist	lawyer	teacher
<b>Personality</b>	friendly and outgoing	wild and crazy	shy and reserved	laid-back and relaxed
<b>Lifestyle</b>	<ul style="list-style-type: none"> <li>■ loves playing sports</li> <li>■ into traveling</li> </ul>	<ul style="list-style-type: none"> <li>■ loves to dance</li> <li>■ can't stand going home early</li> </ul>	<ul style="list-style-type: none"> <li>■ into watching old movies</li> </ul>	<ul style="list-style-type: none"> <li>■ enjoys cooking meals for friends</li> <li>■ loves to tell jokes</li> </ul>

**B Class activity** Write a similar profile for yourself. Don't write your name. Your teacher will take your profile and give you the profile of another student. Ask questions around the class to find the other student.

# GRAMMAR PLUS

## 1A Verbs followed by gerunds

These verbs are followed by a gerund.

deny    discuss    finish    mention    practice    quit    resist    suggest

These verbs are followed by an infinitive.

arrange    claim    decide    demand    deserve    expect    pretend    refuse    volunteer

Some common expressions are always followed by gerunds.

She **had fun / a good time** arranging the party.

He **has trouble / a tough time** getting his assignments in on time.

He's **busy** cooking dinner right now.

She never **worries about** cleaning up after herself.

Some verbs take either a gerund or an infinitive, but the meaning of the sentence will be different.

I **stopped to drink** some coffee. (*I ended one activity and began another.*)

I **stopped drinking** coffee. (*I don't do that activity anymore.*)

I **stopped running** when I got tired. (*I temporarily ended the activity.*)

- 1 Complete these sentences with the gerund or infinitive form of the verb in parentheses.

1. I practiced speaking (speak) English with an American friend last night.
2. He volunteered \_\_\_\_\_ (help) at the hospital fund-raiser.
3. They discussed \_\_\_\_\_ (go) somewhere exotic on their vacation this year.
4. She's stopped \_\_\_\_\_ (talk) to him because they had a big argument.
5. My great-grandmother has trouble \_\_\_\_\_ (get) to our family reunions.
6. Laura always denies \_\_\_\_\_ (be) wild and crazy, but she really is.

- 2 Choose the best answer to complete the sentences.

My friend Shanda is pretty cool and very outgoing. She's usually busy (1) *to do / doing* a million things at once. Last week, I suggested (2) *to go / going* out for dinner and (3) *to see / seeing* a movie. We arranged (4) *to meet / meeting* at 7:00. Well, I know she doesn't worry about (5) *to be / being* on time, but she didn't show up until 7:30. At first, she said it took her a long time to finish (6) *to get / getting* ready. Then, after the movie, she couldn't resist (7) *to tell / telling* me what really happened. She was having such a good time (8) *to play / playing* video games with her brother that she forgot about our plans. It's a good thing I'm the laid-back type!



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STARTUP LIFE

## 20 Simple Activities That Science Proves Can Change Your Personality for the Better

Just wanting to change isn't enough, but these simple exercises can shift your personality. 

BY JESSICA STILLMAN @ENTRYLEVELREBEL



Getty Images

Many people think of personality as something unchanging — you get a certain set of characteristics at birth and by and large you're stuck with them forever. But science paints a very different picture. Give the same person a personality test as 14 years old and again at 77 and they'll appear to be two completely different individuals.

But while it's clear that personality is more malleable than many of us believe, that leaves an important question unanswered: can you control the drift of your character or are you captive to random experience and the biology of aging? Can you choose to change your personality or is personality evolution just something that happens?

A new study aimed to find out not only if you can shape your own character but exactly what it takes to do so. Its conclusions are good news for those of us who would like to be more outgoing or less neurotic.

## **The more you try the more you'll change.**

To understand the study it's important to first have a little background on how scientists view personality. Forget all those Facebook quizzes and even popular typing tests like the Myers Briggs. They are little better than astrology.

Article continues after video.

### **FEATURED VIDEO**

Forget Big-Picture: Why You Should Build Mental Toughness Through Small Steps

Psychologists agree that the only valid way to measure personality is a framework called the Big Five. It measures each individual's personality according to where they fall on five scales measuring our levels of extraversion (do you like hanging out with other people?), agreeableness (are you nice?), conscientiousness (do you do what you say you will do?), neuroticism (are you emotionally stable?), and openness (do you like new things?).

The study team wanted to know if people can actively choose to shift where they fall on one of those scales. To find out they recruited 377 student guinea pigs for a 15-



week experiment, asking each one to identify some aspect of their personality they'd like to change. Most wanted to be either more outgoing (i.e. more extroverted) or less neurotic.

The students were tested on their initial personality and then given a set of tasks designed to push them towards their desired personality change. A follow-up test at the end of the study checked to see if they'd actually made any progress towards their goal.

Here's what the researchers discovered [according to the British Psychological Society Research Digest blog](#): "the more trait-consistent behavioral challenges that the students successfully completed, the more their personality traits shifted over the course of the study." Or to put that in everyday language: the more you take action, the more you change.

Or as study author Nathan Hudson commented: "The single largest implication of our study is that actively engaging in behaviors designed to change one's personality traits does, in fact, predict greater amounts of trait growth across time."

## **What kinds of activities actually change your personality?**

While it's not a huge shocker to hear that simply wishing yourself a new, improved personality isn't going to work, it's good to know that concrete action to change your character really does pay dividends. But what actions should you take?

I emailed Hudson to ask for a list of the suggested interventions given to the study subjects. He sent back a massive appendix from the study listing a wide array of challenges, varying in difficulty from dead easy to agonizingly hard. Here are a few examples for the most desired personality changes. If you want to be more extroverted,

1. Before you go to bed, reflect on a positive social experience you had during the day, and what you liked about it
2. Say hello to a cashier at a store
3. Prepare a few well-rehearsed and brief responses to commonly asked questions, such as "What do you do for a living?"
4. Say hello to someone you've never met and comment on your shared surroundings (e.g., "The weather is nice!", "These flowers are beautiful!", "I love the song this store is playing!")
5. Call a friend that you haven't spoken with in a while
6. Write a list of questions to ask new people [[Inc.com can help.](#)]
7. Find a volunteer organization and attend a volunteer event
8. Find people playing casual/pick-up sports and ask to play with them
9. When someone asks for your opinion (e.g., "where should we eat?"; "what do you think about this topic?"), give your honest opinion
10. Open up and honestly tell a close friend about a problem you're currently experiencing

If you want to be less neurotic:

1. When you wake up, say aloud to yourself, "I choose to be happy today"
2. When you feel overwhelmed, stop and take several deep breaths
3. Before you go to bed, write down a positive thing that happened to you during the day, and how it made you feel
4. Express gratitude to another person (e.g., tell a friend why you appreciate them)
5. If you are religious, spend at least five minutes praying. If you are not religious, spend at least five minutes meditating.
6. Spend at least five minutes journaling about your day. Write about what happened, but also about your feelings



7. When you feel stressed, take at least two minutes to reflect on similar circumstances in the past where you have succeeded (e.g., if you are nervous about giving a speech, reflect on past times when you've succeeded in giving speeches)
8. Spend at least 30 minutes going on a photo hunt with your phone. Take pictures of things that make you happy (e.g., pretty flowers, friends, a comfortable bed, yourself)
9. When you notice a negative thought, acknowledge the negative thought, but think three true positive thoughts about the same topic (e.g., "I hate that it's raining on my Saturday. But we need the rain, slow weekends help me appreciate fast ones, and this gives me time to catch up on work")
10. Identify someone who has hurt you in the past and choose to forgive them

As you can see these interventions are completely intuitive (and probably align with lots of advice for improving your life you've read and heard over the years). The important takeaway from this study isn't that changing your personality is complicated. It's that it requires action.

These actions can be simple. They can even be easy. But if you actually do things to change your personality you're likely to succeed.

be stuck with, background, hang out with, agonize, overwhelm

What about your personality would you like to change? What are you doing to change your personality?

How has your character changed over the years?

Have you ever taken a personality test? What did you learn about yourself?

Do you like hanging out with other people? Where do you hang out?

Are you nice? How do you react when people aren't nice to you?

Do you keep your word? How do you react when people don't do what they said they would do?

Are you usually emotionally stable? What makes you emotionally volatile?

Do you like new things?

From the 20 activities, which three would you like to try?

Which three don't seem useful for your situation?