



With Grammar Lift

Student's Book

ENGLISH ELEVATOR INTERNATIONAL

Upper Intermediate

Second Edition

Michael Downie | David Gray



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Annoying Habits

1 Match the annoying habits to the photos. Have you got any of these habits?

- | | |
|--|------------------|
| a. biting your nails | e. snoring |
| b. leaving the lids off jars | f. being messy |
| c. talking loudly on a mobile phone | g. arriving late |
| d. playing loud music on an MP3 player | h. whistling |

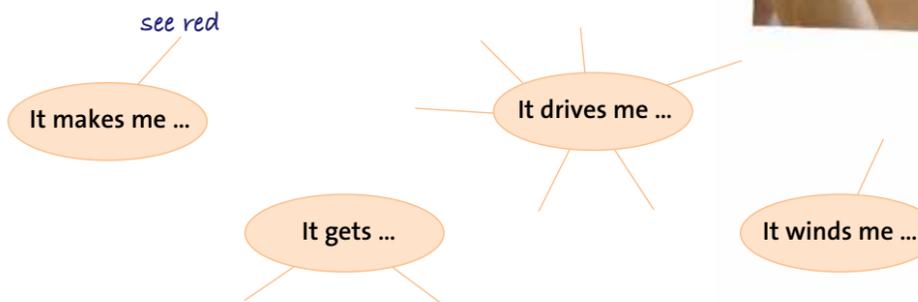
2 Listen to Amy and Tom. Which of the annoying habits do they mention?

3 Listen again and answer the questions.

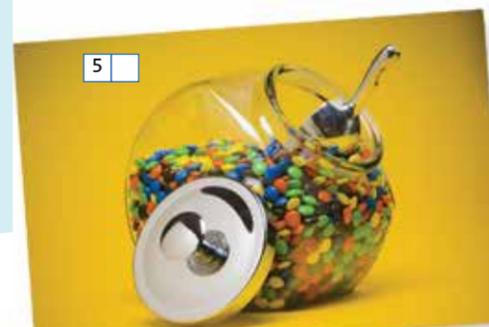
- What does Amy think Tom should do to stop biting his nails?
- When does Tom's brother whistle?
- What happened to Amy with the jar of jam?
- Where had Tom's sister left her hairdryer?
- Who had Tom's MP3 player?

4 Complete the word spots with the words and phrases in the box.

~~see red~~ out of my mind up on my nerves up the wall
round the bend mad bananas my goat insane



5 Look at the pictures. In pairs, discuss what effect these things have on you.



Grammar

Elevator Expressing Habits

6 Read the examples and match them to their meanings.

a. He bites his nails.	1. His habit annoys me.
b. He's always biting his nails.	2. This is his typical behaviour.
c. He'll bite his nails without realising it.	3. This is a fact about him.

7 Read the examples. What other adverbs apart from *always* do we use to talk about annoying habits?

- He's forever playing his music loudly.
- She's continually losing her mobile phone.
- They're constantly arriving late.

► Now read page 90

8 Listen. What is the difference in meaning when *will* is not contracted?

- She'll leave things lying around.
- She will leave things lying around.

P Listen again and practise saying the sentences.

9 Look at the pictures of Sarah's boyfriend. Write a sentence about each of her boyfriend's annoying habits. Compare your answers with a partner's.

a He's always leaving the tap running.



10 Work in pairs. Have people in your family got any annoying habits? Tell your partner about them. Whose family is more annoying?



- 1 What are you afraid of? Have you got any phobias? Do you know anybody who has?
- 2 Read the article. What phobia have these famous people got? What has helped them get over it?

Phobias and Fame

There are many millions of people who suffer from one kind of phobia or another. Agoraphobia, a fear of public spaces or of situations that they associate with these spaces, is one of the most common. Most sufferers learn to live with their fear, generally by avoiding situations that could bring on a panic attack or trigger feelings of extreme anxiety. But for many others, the very career they find themselves in is in fact the source of their discomfort and fear.

Strange as it may seem, American singer and actress Barbra Streisand battled with agoraphobia for a very long time. The condition actually prevented her from singing in public for twenty-seven years. Streisand had known that she suffered from this phobia for a while, but in 1967, during a concert in New York's Central Park, she had such an acute attack that she actually forgot the words to several songs and was unable to continue. From then on, Streisand tried to avoid public engagements. She took up therapy to cope with her condition, and gave a comeback tour in 1994. She gradually got used to performing live, starting with small warm-up shows, and then performing in a national



Barbra Streisand



Kim Basinger

tour. Getting a positive response from the audience to each performance was crucial for Streisand's recovery. With the support of her fans and her family, she slowly managed to beat the phobia and gain real confidence on stage.

Another star who used to suffer from agoraphobia is Oscar-winning actress Kim Basinger. When Basinger accepted her Oscar in 1998, the words of her acceptance speech simply would not come out, even though she had been practising for days. Basinger later related that she could trace her anxiety disorders back to her childhood. When she was growing up, she used to hate going to school because she was so afraid of reading aloud. She would have panic attacks before class. Her fear of school was so great that on a number of occasions, teachers thought she was having a nervous breakdown. However, over the years, and also with the help of psychological therapy, Basinger too has succeeded in overcoming her fears.

Both Streisand and Basinger have demonstrated great courage in conquering their agoraphobia, and are both living proof that phobias can be beaten by facing up to the fear, rather than avoiding it.

- 3 Read the article again and mark the statements *T* [true] or *F* [false].
 - a. Barbra Streisand found out that she suffered from agoraphobia in 1967. ___
 - b. She was able to perform live again thanks to her husband. ___
 - c. Streisand was cured because she did not try to rush her comeback. ___
 - d. When Kim Basinger was awarded an Oscar, she was unable to give her speech. ___
 - e. Basinger's teachers knew that she suffered from agoraphobia. ___
- 4 Look at the verbs in bold. Then complete the sentences with the correct prepositions.
 - a. Millions of people **suffer** _____ agoraphobia.
 - b. Claustrophobia is **brought** _____ by enclosed spaces.
 - c. Sufferers often **depend** _____ support from their friends and family.
 - d. I **succeeded** _____ finding a good therapist.
 - e. Agoraphobia **prevents** many people _____ leading a normal life.
 - f. Support groups help people **cope** _____ the condition.
 - g. You should never **apologise** _____ having a phobia.
 - h. People sometimes **blame** sufferers _____ having the condition.
 - i. When she'd **recovered** _____ agoraphobia, she started working again.
 - j. He **insisted** _____ going outside on his own.
- 5 How would you try to get over a phobia?

Look!

Would and Used to

Would can only be used for past actions, not past states. For past states, we use *used to*:

I would sometimes drive to work.

I used to be afraid of spiders.

Grammar

Elevator *Used to, Be used to, Get used to and Would*

- 6 Match examples a–d to their meanings 1–4.
 - a. Barbra Streisand used to suffer from agoraphobia.
 - b. She's used to appearing on TV shows.
 - c. She's getting used to performing in front of crowds.
 - d. Kim Basinger would have panic attacks before class.
 1. something that you are accustomed to _____
 2. a past state that has changed _____
 3. something that becomes familiar _____
 4. a past action that is no longer true _____
- 7 Answer the questions.
 - a. What forms of the verb follow *used to, be used to, get used to* and *would*?
 - b. How do we form the negative and questions with *used to, be used to, get used to* and *would*?

► Now read page 90

- 8 Listen to sentences a, b and c in 6. How do we pronounce *used to*?
 - a. _____ be afraid of spiders.
 - b. _____ look for them in the shower before getting in.
- 9 Think of something you used to be afraid of as a child. Write sentences using *used to, get used to, be used to* or *would*, but don't write the structures in your sentences.



- 10 Work in pairs. Give your incomplete sentences to your partner. Complete each other's sentences.
- 11 Ask your partner questions to find out if you completed his/her sentences correctly.

Did you use to be afraid of spiders?

Would you look for them in the shower?

- 12 Whose fears were more unusual? Do you or your partner still suffer from these fears?

1



1 Have you ever written to someone for advice about a personal problem? Why do you think advice pages in magazines, in newspapers and on websites are popular?

2 Read the letters to 'Heidi's Helpline' and identify the problem in each. Complete the problem column in the table.

Letter	Problem	Advice
a.		
b.		
c.		

3 Read Heidi's replies and match them to the letters. Then complete the table with her advice.

4 Listen to one of the people who wrote to Heidi. Which person is it? Did he/she take her advice?

5 Do you agree with the advice Heidi gave? Why or why not? What other advice would you give the people?

Heidi's Helpline

a Hi, Heidi!
My housemate is addicted to chat rooms. He spends all his free time logging on and chatting to people on the Internet. The problem is we haven't got broadband in the house, so when he's online, nobody can use the phone. Another thing is the cost! We share the phone bill, but he's using it a lot more than anyone else. He's driving us mad! Please help!
Hannah

b Dear Heidi,
I'm a university student, and I'm getting very worried about a good friend of mine, Mandy. She always used to go to class and do her work, but recently she's been sleeping in all day and not studying at all. She then gets up at about 8 o'clock and wants to go out to the pub. I like going out as well, but she's just taking it too far now. We've got exams soon, and I'm really worried she's going to fail. I don't want her to waste her time here because she's really intelligent and could do well.
Tom

c I'm concerned about my best friend, Alice. She has always been slim, but recently she appears to be getting a lot thinner. She also seems quite depressed. She has started making excuses for not eating with the rest of us. I've tried asking if anything's wrong, but she says things are fine. Should I contact a doctor?
Tanya



1 It sounds to me like she might not be dealing with the pressure of exams too well. You're going to have to talk to her about this. If I were you, I'd take her somewhere quiet; maybe go for a long walk one Sunday. Once you're away from the university, it will be easier to find out what the problem is. It's crucial that you don't get angry with her – that really won't help. Just try to make her understand that going out all the time isn't the solution.

2 Well done for getting in touch. Your friend might have a very serious problem. Do everything you can to encourage her to talk to her doctor. If she refuses, get in touch with her family. They need to know what's happening. It's absolutely vital that your friend gets the help she needs.

3 He sounds quite selfish! If I were you, I'd have a meeting with him and all your housemates. First, you need to explain the impact his behaviour is having on everyone else. Then, you need to agree on and set up some house rules. Why don't you have a 'phone only' time when nobody is allowed online? You could also suggest changing the way you pay the bill, and all pay for the time you use the line, rather than splitting it among you.

Express

Elevator

Giving Advice

6 Categorise the phrases according to degree and complete the table.

It's crucial that you ... Why don't you ...?
You're going to have to ... Make absolutely sure that you ...
Don't you think it would be a good idea to ...?
It's paramount that you ... Have you thought about ...?
If I were you, I'd ... It's absolutely vital that you ... You could ...

Advice	Strong advice

7 Listen and mark the strongest stress in the sentences.

- a. It's crucial that you speak to your lecturer.
- b. It's absolutely vital that you pass your exams.
- c. You're going to have to talk to her.
- d. Make absolutely sure that you have a good night's sleep.

P Listen again and practise saying the sentences.

8 Think of a problem that you or a friend has got. Write some notes about it.

- When did the problem start?
- Who does it involve?

9 Work in pairs.

Student A: Explain the problem to your partner.

Student B: Listen to your partner and ask questions to find out more information. Give your partner some advice. Use the phrases in the Express Elevator.

My boyfriend has started gambling online.

Oh dear! When did that start?

10 Swap roles. Whose problem was the easiest to solve?