



With Student's Audio CD

Workbook

ENGLISH ELEVATOR INTERNATIONAL

Upper Intermediate

Second Edition

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1st floor Annoying Habits

Expressing Irritation and Anger

1 Unscramble the sentences.

a drives/mind/it/me/out/my/of

It drives me out of my mind

b insane/drives/me/people swearing

c nerves/my/on/gets/that dog

d mad/drives/really/smoking/me

e see/red/make/me/inconsiderate people

f rude customers/get/goat/my

g winds/really/it/up/me

h the/up/wall/drives/me/bad customer service

i his/drives/music/the/bend/round/me

2 Match the sentences to two follow-up sentences.

a The way my brother drives gets on my nerves.

3

b My sister's boyfriend is so rude. He really winds me up.

c My friend drives me up the wall when we're watching a film on TV.

d My girlfriend drives me round the bend when we go shopping together.



- 1 He never says 'please' or 'thank you'.
- 2 She tries on lots of clothes.
- 3 He always flashes his lights if he thinks the car in front is going too slowly.
- 4 She always changes channels when the adverts come on.
- 5 It takes her ages to decide what to buy.
- 6 By the time she goes back to the original channel, the film has already started again.
- 7 He's always trying to overtake slower drivers.
- 8 He talks with his mouth full.

Expressing Habits

3 Match the sentences to the people they are complaining about.

a My best friend is obsessed with her mobile phone.

1 — —

b I can't stand travelling with my boyfriend.

— — —

c One of my work colleagues is quite annoying.

— — —

- 1 She is constantly checking for messages.
- 2 He's always complaining about the local food.
- 3 He'll say he misses his own bed.
- 4 She's always closing the window so it's really hot in the office.
- 5 She's constantly leaving half-empty cups of coffee on my desk.
- 6 She's always showing everybody its functions.
- 7 She'll borrow things and never give them back.
- 8 She'll keep you waiting while she answers the phone.
- 9 He's always getting sunburnt.

4 Circle the correct option.

a

A: Agh! Is Melissa vacuuming again?

B: Yes, it's annoying, isn't it?

A: Why does she do / is she doing it on Saturday mornings? I want to sleep!

b

A: I can't find my keys. I think I've lost them.

B: Not again! I'm getting fed up now. *You're always losing/You're always lose* your keys.

c

A: Would you like a cup of coffee?

B: No, thanks. *I never drink/I'm never drinking* coffee before going to bed.

d

A: What are we doing on Friday?

B: Let's go to the cinema. I think the new *Star Trek* film is out.

A: No, let's do something else. *We're always go/We're always going* to the cinema on Friday nights. It's time for a change!

e

A: Whose jeans are those?

B: I think they're Mike's. He forgot to put them away.

A: It drives me mad! *He's always forgetting/He's always forgets* to put his clothes away.

5 Complete the sentences with the correct form of the verbs and adverbs.

continually/watch always/talk

~~constantly~~/look always/buy

constantly/answer

a Trisha really thinks she's a model. Haven't you noticed? She is constantly looking at herself in the mirror.

b Jason is so self-centred. He _____ about himself. He doesn't seem to notice anybody else!

c Sophie loves wasting money. She _____ things she doesn't need.

d My husband's new job is so demanding. When we go out these days, he _____ his mobile phone and never pays attention to me.

e Isn't there anything else on? You _____ sport. I'm really fed up.

2nd floor Fears and Phobias

Verbs + Prepositions

1 Complete the word spots with the appropriate prepositions.

bring
suffer
blame
apologise

for
with
from
in

succeed
insist
depend
cope
recover
prevent

2 Complete the story with the correct prepositions.

My claustrophobia was brought (a) on by a childhood experience.

I was locked in a cupboard while playing hide-and-seek.

I spent a long time inside the cupboard until I was finally

rescued. It was awful. I eventually recovered (b) _____ the experience, but I've

suffered (c) _____ claustrophobia ever since. For years after it happened, I insisted (d)

_____ sleeping with the light on. My

brother, who was playing hide-and-seek with me at the time, has always felt guilty about what

happened. He apologised (e) _____

leaving me inside the cupboard, but actually I've

never blamed him (f) _____ it. As I grew

older, I managed to cope (g) _____ my

phobia. It has sometimes prevented me

(h) _____ using lifts, but I have succeeded

(i) _____ leading a normal life.



Pronunciation: Vowel Sounds

3 Put the words in the correct category.

whistle free leave pick
slim need things people

/ɪ/

/i:/

life pay drive high
afraid stage heights crazy

/aɪ/

/eɪ/

start nut actor thanks arm partner
stuff habit tough star chat

/ʌ/

/æ/

/ɑ:/

4 Listen and check.

5 Listen again and practise the words.

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

6 Circle the correct option.

a I used to/would have lots of free time when I was at university – I only had twenty hours of lectures a week.

b I'll have to get used to *travelling*/travel to work by train. The traffic is getting really bad.

c We used to *go*/going skiing in Scotland at Christmas.

d After her accident, Katherine *would have/had* a panic attack before every car journey.

e Pete is starting to *be/get* used to the Canadian winters.

f I *am used to/used to* doing exercise every morning. If I don't, I feel awful.

g When they were living in London, they never used to *use/using* their car – they would travel everywhere on the underground.

h My dad *used to/would* be overweight until the doctor told him to go on a diet.

i We *used to/would* live on quite a busy road until we moved to the country.

j I *was used/used to* listen to really loud rock music, but I can't stand it now.

7 Complete the sentences with the correct form of the verbs in the box.

play ~~eat~~ drive get up live write send

a I'm really full – I'm not used to eating so much.

b I used to _____ to work, but I walk now – it's much healthier.

c My mother used to _____ a lot of letters, but she's getting used to _____ e-mails now.

d I feel really sleepy – I'm not used to _____ this early.

e I used to _____ computer games all the time, but now I think they're a waste of time.

f Julia isn't very happy with her housemates. She isn't used to _____ with other people.

8 Rewrite the sentences using *used to* or *be/get used to*.



a It's difficult for me to drive on the left because I've never done it before.

I'm not used to driving on the left.

b I stopped biting my nails five years ago.

c Bad weather makes me depressed. It's always very warm in my country.

d I've never worn a uniform at work. It's new for me.

e She finds it hard to live in a big city. She's not accustomed to the traffic and the noise.

f When I was a child, I loved climbing trees and playing hide-and-seek.

g When you buy new shoes, it takes a while before they feel comfortable.

h She hates getting up so early. She always got up at 8.30 a.m. before.

3rd floor Reading an Advice Leaflet

1 Read or listen to the advice leaflet and choose the best title.

- a Positive thinking ___
- b Changing behaviour ___
- c Stopping smoking ___



Do you want to stop late-night snacking? Give up smoking? Control your temper? If this sounds like you, then read on. This article could change your life!

Firstly, start by changing your way of thinking. Work out why you developed the bad habit to start with. Bad habits often take root when we try to distract ourselves from uncomfortable emotions such as anxiety, fear or anger. Think back. Is this what happened to you? Here are our top tips to help you change for the better.

Bad habit	Constant snacking	Losing your temper	Smoking
Ask yourself	Why am I always snacking? Is it stress? Am I lonely or disappointed?	Why am I always losing my temper? Is it insecurity? Am I feeling frustrated?	Why am I smoking? Is it anxiety? Am I bored?
Make a change	Start small – allow yourself a small snack once a day. Take a walk when cravings hit. Keep reminding yourself why you are stopping.	Recognise the first signs. Count to ten before lashing out. Forgive and forget. Talk to friends and family and seek professional help if you, or they, are worried.	If you decide to give up smoking, set a date to stop. Seek support from family and friends. Remember to avoid situations and people that may trigger the urge. Take up exercise, try new hobbies and expect lapses.

And whatever you do, remember – we're all human. So if you do slip up, don't be too hard on yourself. Just remind yourself why you want to kick the habit and you'll feel motivated again.

Glossary

- to lash out** = to suddenly speak loudly and angrily
- to trigger** = to make something happen
- urge** = a strong wish or need

2 For which bad habits is the following advice suggested?

- a asking friends or family for support
- b counting to ten
- c announcing a date to stop
- d going for a walk or doing exercise
- e getting professional advice

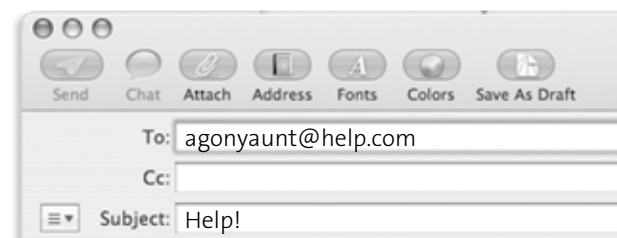
3 Find the words in the leaflet that match the definitions below.

- a strong desires
- b stop feeling angry at someone, although they've done something wrong
- c look for
- d stop doing something harmful
- e make a mistake
- f become fixed or established

Writing an Advice Leaflet

1 Read the e-mail and choose the appropriate subject line.

- a I'm a shopaholic
- b I'm addicted to Internet chat rooms
- c I'm so messy



I'm really worried. I have always enjoyed spending money on clothes, but recently things have started getting out of control. The problem is I am always shopping and buying expensive items and I'm spending money that I don't have. I'm getting into terrible debt and I don't know what to do. I haven't told my family, but I have asked my best friend to lend me money twice and I think she's starting to worry, too. What should I do?

Jack Robinson

2 Put these notes in the correct place in the table.

- Am I unhappy about something?
- Why am I always buying things I don't really need?
- Set a budget and stick to it.
- Spending too much money.
- When did this bad habit start?
- Start doing exercise or take up a hobby to fill your free time.
- Find out what is making you unhappy.

Bad habit	
Ask yourself	
Make a change	

3 Choose one of the other problems in 1. Write an advice leaflet for this problem. Use the notes in 2 to help you. (50 words)

Bad habit –
