

EPISODE 95
LEVEL A1.2/A2.1

READING COMPREHENSION



ANGER

I left my job yesterday. It made me go **crazy** (= very angry)! My boss was so **irritating** (= he made me angry) and I always **argued** with the people I worked with (= we spoke in an angry way because of different opinions). The first time, for example, was when my boss asked me to prepare a presentation for the next day - I had to work all night - I **went nuts** (= became very angry)! The second time was when I helped a colleague with one of his clients, and then he told our boss that he did it all by himself! I was so **furious** I almost **went through the roof** (= an idiom meaning to become very very angry). The third time was when I did some really good work and I got a bonus - one of the other workers thought that he was better than me and he should get the bonus, and he started being **aggressive** and shouting at me! All of this just made me **see red** (= an idiom meaning to become very angry) and finally I decided to stop working there. Now I'm looking for a new, better job.



More contexts for the new words:

- We **argue** a lot. (= We have a lot of **arguments**)
- If you are angry, you can say that you **go crazy** / **go mad** / **go nuts**.



EXERCISE 1

Add the missing vowels (A, E, I, O, U) to complete the sentences.

1. My parents will go CRZY if they find out.
2. I always see RD when people don't clean up after their dogs.
3. The politician's comments provoked a FRS public response.
4. You could go NTS sitting around wondering what might happen.
5. She went through the RF when she found out her husband had been cheating on her.

6. The police tried to control the GGRSSV crowd.



EXERCISE 2

Rearrange the words and phrases to make questions, and then answer them.

1. you went/ the last time/ through the roof?/ When was
2. of other people/ see red?/ makes you/ Which behavior
3. have you found/ today /irritating?/ Which events

ENGLISH IN USE



Let's look at ordinal numbers.

*The **first** time was when my boss asked me to prepare a presentation for the next day.*

*The **second** time was when I helped a colleague with one of his clients.*

*The **third** time was when I did some really good work and I got a bonus.*

- 1 (one) - 1st (first)
- 2 (two) - 2nd (second)
- 3 (three) - 3rd (third)
- 4 (four) - 4th (fourth)
- 5 (five) - 5th (fifth)
- 6 (six) - 6th (sixth)
- 7 (seven) - 7th (seventh)
- 8 (eight) - 8th (eighth)
- 9 (nine) - 9th (ninth)

More examples:

*I have **one** dog.*

*I have **three** brothers.*

*This is my **fifth** cup of coffee today.*

*This is the **eighth** time I've watched this film.*

IDIOM CLOSE-UP



A/ I haven't finished that report.

*B/ Uh-oh. The boss will **BLOW HIS TOP** when he finds out.*

If you **blow your top**, you suddenly become very angry.



PHRASAL VERBS CLOSE-UP

1. When you TICK someone OFF, you speak angrily to someone who has done something wrong. This is an informal British expression.

*He **ticked** me **off** for parking in front of his house.
I had to **tick** him **off** for being late again.*

2. When something bad such as violence or anger FLARES UP, it suddenly starts or gets much worse.

*Violence **flared up** again last night.
Anger **flared up** when people had to wait at the airport.*

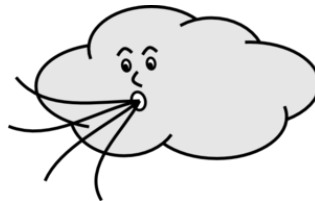


EXERCISE 3

Use the pictures to complete the sentences.



1. My asthma always up when there is lots of smog.



2. My father will his top when he sees what happened to the car.



3. My teacher me off for forgetting to do my homework.

NEWS



YOGA

If everything drives you mad and you go nuts at the slightest noise, if you find everyone and everything irritating – then you definitely need an anger management technique. Many people have **resorted to** the ancient practice of yoga – the art of combining physical movement with controlled breathing and meditation.

Yoga is a perfect way to get back **in sync with** your body, but it can also give you a **fully-fledged** workout. For instance, Ashtanga Yoga, made popular by Madonna, provides some vigorous exercise which is sure to leave you all sweaty. This is a great way to **vent** all your negative feelings and emotions. So why don't you find the closest yoga studio right now?

GLOSSARY

- **resorted to** - tried doing
- **in sync with** – cooperating with
- **fully-fledged** – complete
- **vent** – let go of

KEY TO EXERCISES

Ex.1

1. crazy
2. red
3. furious
4. nuts
5. roof
6. aggressive

Ex.2

1. When was the last time you went through the roof?
2. Which behavior of other people makes you see red?
3. Which events today have you found irritating?

Ex.3

1. flares
2. blow
3. ticked

