

EPISODE 92
LEVEL A1.2/A2.1

READING COMPREHENSION



BEING NERVOUS

I had my final English exam yesterday. In the morning I felt so **nervous** that I couldn't eat! So I went to my school very early and I met my classmates. Everyone was as nervous about the exam as me, of course. Sara was a bit **anxious** (=nervous about something in the future) because she's not very good at grammar, Peter was so **tense** that he didn't even want to talk to me (=he couldn't relax), and generally everyone was rather **uneasy** (=nervous and anxious). We tried drinking some coffee, but we were **uncomfortable** (=not pleasant) sitting on the chairs and I noticed that my **palms** were **sweating** (=the insides of my hands were getting wet). Ann even started to get a bit **panicky** (=starting to panic), because she was sure she was going to fail, but she's generally quite a **hysterical** person, so this wasn't unusual for her. Of course, in the end we all passed the test, so all of this being nervous was a complete waste of time...



More contexts for the new words:

- Are you often **nervous** before exams?
- What kinds of things make you **tense** ?



EXERCISE 1

Match the expressions to their definitions.

- | | |
|------------------|------------------------------------|
| 1. sweating | a. starting to panic |
| 2. anxious | b. getting wet |
| 3. uncomfortable | c. unable to relax |
| 4. panicky | d. the insides of your hands |
| 5. palms | e. nervous about sth in the future |
| 6. tense | f. not pleasant |



EXERCISE 2

Match the question halves, then answer the questions.

- | | |
|--|----------------------------|
| 1. When did you last have an uncomfortable | a. situation at work? |
| 2. When was the last time you felt | b. people? Who are they? |
| 3. Do you know any hysterical | c. uneasy about something? |

ENGLISH IN USE



With these adjectives, you very often use the preposition '**about**':

- nervous / anxious / tense / uneasy / panicky / hysterical **about**
- We were all nervous **about** the exam.
- What are you so uneasy **about**?
- I am anxious **about** my driving test tomorrow.

IDIOM CLOSE-UP



A/ Why did you leave in the middle of the exam?
B/ I just **LOST MY NERVE**.

When you **lose your nerve**, you are no longer able to control your fear.

PHRASAL VERBS CLOSE-UP



1. If you **CRACK UP**, you become mentally ill.

*He just **cracked up** from all the stress.
I think she's **cracking up** – she is so panicky all the time.*

2. When you **COOL OFF**, you become calm again.

*Let her **cool off**, you can discuss it later.
I'm quite busy now, but when things **cool off** I'll come and see you.*



EXERCISE 3

Rewrite the sentences keeping the same meaning and using the word in capitals.

1. John became mentally ill after his son died.

[UP]

2. Suddenly I lost control of my fear and I couldn't move.

[NERVE]

3. We both had to calm down after the argument.

[OFF]

NEWS



MASS HYSTERIA

Panic broke out yesterday in a fashionable **shopping mall** in the centre of Poznań. It all started when a female customer of one of the designer boutiques started **shrieking** in the **fitting room**. 'A mouse, a mouse,' she kept shouting, but refused to move anywhere. She just made a lot of noise.

But the other women did move – all the customers of the boutique ran out immediately, and started screaming 'A mouse, a mouse' themselves. They were in such a hurry to leave the shopping mall that they pushed their way through quite brutally.

In the resulting **stampede**, three women were hurt, and one girl had to be taken to hospital. It is still unclear if there really was a mouse in the shop.

GLOSSARY

- **shopping mall** - a large building with a lot of shops, restaurants, and sometimes a cinema
- **shrieking** – screaming
- **fitting room** – the place where you try on clothes in a shop
- **stampede** – running fast in fear

KEY TO EXERCISES

Ex.1

1. b
2. e
3. f
4. a
5. d

6. c

Ex.2

1. a

2. c

3. b

Ex.3

1. John cracked up after his son died.
2. Suddenly I lost my nerve and I couldn't move.
3. We both had to cool off after the argument.