

# 7 ALWAYS LOOK ON THE BRIGHT SIDE

## OBJECTIVES

- FUNCTIONS:** cheering someone up  
**GRAMMAR:** ways of referring to the future (review); future continuous; future perfect  
**VOCABULARY:** phrases to talk about the future: *about to, off to, on the point of*; feelings about future events

## READING

- Look at the photos. What do they mean to you? Can you relate them to a real life situation?
- SPEAKING** Read statements A and B. Discuss the differences in their reactions, in class. Then say who is more like you: the person who wrote statement A, or the one who wrote B.
  - My best friend has moved to another country. I'll never get over it. I won't find anybody that I like as much as her, so I won't even try to find a new friend. Imagine I found one, and she moved away too!
  - My best friend has moved to another country. That's great for her. I'm definitely going to stay in touch and I'm looking forward to hearing stories of her new life. And who knows, one day I might even be able to visit her.
- Read through the blog quickly and answer the questions.
  - What does the blogger call her character?
  - What does he do for a living?
  - Is he an optimist or a pessimist?
- 2.02** Read the blog again and listen. Mark the statements T (true) or F (false). Then work with a partner and correct the false statements.
  - The blogger is concerned with her own attitudes and those of her friends.
  - The main reason the blogger writes this post is to share an exciting story.
  - The main character of the story is a man whose attitude to life changed after he was attacked.
  - The robber got into the shop intending to kill the man who worked there.
  - On the way to hospital, the man was feeling calm because of the support he got from the paramedics.
  - When the man arrived in the operating theatre, the staff didn't seem hopeful.
  - The man made a joke but no one found it funny.
  - The blogger thinks that the positive attitude the man showed in a difficult situation helped to save his life.
- SPEAKING** Work in pairs. Discuss the questions.
  - Did you like the story the blogger used? Do you agree that Jim's positive attitude helped save his life?
  - Do you think a story like this could change people's attitudes? Say why (not).



# Me, Myself & My Take on the World

## Take #17: It's all about the positivity

Today's take is all about attitude. So many of my friends are often pessimistic. You know, the kind of people who always think, 'There's a dark cloud up there. It's going to rain soon!' Guys, we all need to work on our attitudes. It matters how we see things!

I read a story recently that I want to share with you, and if you're a pessimist, maybe it'll change your attitude a bit too. It's about this guy, I've forgotten his name, let's call him Jim. He was kind of a born optimist, always in a good mood.

Jim owned a shop, and a customer once asked him how he managed to stay so friendly and positive all the time. His answer was: 'When I wake up in the morning, I know that the day will have good and bad moments for me, but whatever happens, I'm going to choose to be in a good mood.'

Then one day, something terrible happened. An armed robber came in, held him up at gunpoint and made Jim open the safe. As he was trying to open it, Jim's hand slipped. The robber saw this, probably thought, 'He's about to attack me!' and panicked and fired.

Jim was still conscious when the ambulance arrived, and he was rushed to hospital. In the ambulance, he'd felt fine because the paramedic kept telling him, 'Don't worry. I'm sure you'll be OK. As soon as we get to the

hospital, the doctors will take care of you!' But once Jim was in the operating theatre and he saw the faces of the doctors and nurses, he had the feeling that people thought he was more or less dead already. He knew he needed to do something.

There was a nurse who was asking him lots of questions, very fast. One question was: 'Are you allergic to anything?' 'Yes!' Jim said loudly and everybody stopped what they were doing. There was total silence. 'Bullets!' Jim said, and all the doctors and nurses burst out laughing. And then Jim added, 'Please operate on me thinking that I'll live, and not that I'll die!'

Jim survived, thanks to the skill of the doctors and nurses. But what helped too was that he managed to remain an optimist even in the most dramatic moment of his life.

So listen up, dear readers. Let's try and think positively more often. Actually, I'm on the point of doing this right now. I'm having a piano lesson later today. Not my choice really, it's my parents who think it's good for me to learn a musical instrument. But I'll be a good girl. I'll keep an open mind. I'll choose to find something positive about playing the piano. Anyway, I'd better go. My bus leaves in five minutes. Oh, and I'm off to Spain on Tuesday for a family holiday so I guess I'll post my next update two weeks from now.

## TRAIN TO THINK

### Learning to see things from a different perspective

How we see a situation influences how we feel about it and how we behave in it. Learning to look at things from a more optimistic perspective can have a positive influence on the outcome of a situation.

- 1 Read what these people have experienced when trying to look at things from a different perspective. Say what and who helped them change their attitude.

*For a long time, I used to worry about everything all the time. I even used to worry about not finding anything to worry about. Then we had this discussion in class, and one of my teachers told us a saying I'll never forget. It may sound ridiculous, but it really helped me change my attitude. It basically says, 'For every problem under the sun, there is either a solution or there is none. If there is one, think till you find it. If there is none, then never mind it.'*

*I tended not to believe in myself. I always thought everybody else was better than me. One day I went out with a group of friends, and we met this guy who seemed quite nice. But then I noticed that he started to make fun of the things I said. I became quiet and started to feel bad about myself. When I spoke to my best friend afterwards, she just said, 'So what? That guy's strange but that's him, not you.' So I decided to ignore the guy and he soon stopped making fun of me. More importantly, I felt better about myself.*

- 2 **SPEAKING** Think of any difficult situations where you could usefully apply either of the two perspectives above. Discuss with a partner.

## GRAMMAR

### Ways of referring to the future (review)

- 1 Look at the sentences from the blog. Then complete the rule with *be going to*, *will*, *the present continuous* or *the present simple*.
- 1 There's a dark cloud up there. It's **going to** rain soon!
  - 2 I'm **having** a piano lesson later today.
  - 3 **As soon as** we **get** to the hospital, the doctors **will** take care of you!
  - 4 I'll post my next update two weeks from now.
  - 5 My bus **leaves** in five minutes.
  - 6 Don't worry. I'm sure **you'll** be OK.
  - 7 Whatever happens, I'm **going to** choose to be in a good mood.
  - 8 When I wake up in the morning, I know that the day **will have** good and bad moments for me.

#### RULE: We use:

- 1 \_\_\_\_\_ to talk about future facts.
- 2 \_\_\_\_\_ to talk about events that are part of a timetable or schedule.
- 3 \_\_\_\_\_ to make evidence-based predictions.
- 4 \_\_\_\_\_ to make predictions based on thoughts and opinions.
- 5 \_\_\_\_\_ to talk about plans and intentions.
- 6 \_\_\_\_\_ to refer to definite arrangements.
- 7 \_\_\_\_\_ immediately after time expressions like *when*, *before*, *after*, *until*, and *as soon as* when referring to future events.
- 8 \_\_\_\_\_ to refer to spontaneous decisions and offers.

- 2 Complete the sentences using the most appropriate form of the verbs in brackets. Sometimes more than one form is possible.

- 1 My dad \_\_\_\_\_ on the eight o'clock flight from Mexico City tomorrow. (arrive)
- 2 Careful! You've filled that glass too full. You \_\_\_\_\_ it. (spill)
- 3 I think it \_\_\_\_\_ probably \_\_\_\_\_ a lot this weekend. It's that time of year. (rain)
- 4 We \_\_\_\_\_ friends on Saturday afternoon. (see)
- 5 I'm sorry, I have to finish now. The film \_\_\_\_\_ in two minutes. (start)
- 6 We'll stop at the market before we \_\_\_\_\_ home. (go)
- 7 When I get paid, I \_\_\_\_\_ myself a new camera. (buy)
- 8 Today's lunch break \_\_\_\_\_ five minutes shorter than usual. (be)

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## VOCABULARY

### Phrases to talk about the future: *about to*, *off to*, *on the point of*

- 1 All of these sentences refer to the future. Which sentence talks about:
- a future travel plans?
  - the very immediate future (x2)
- 1 He's **about to** attack me.
  - 2 I'm **off to** Spain on Tuesday.
  - 3 I'm **on the point of** doing this right now.

#### LOOK!


- *be about to* + infinitive
- *be off to* + infinitive / noun
- *be on the point of* + verb + -ing

- 2 Choose the correct options.


- 1 Although this is a serious situation, Jennifer looks as if she's *about to* / *off to* start laughing.
- 2 I'm *off to* / *about to* the supermarket in five minutes. Do you want anything?
- 3 Careful! You're *off to* / *about to* knock the glass over.
- 4 My friends are *off to* / *about to* get a big surprise!
- 5 They're *off to* / *on the point of* France on holiday next month.
- 6 It's 2-0, there's only one minute left – wow, we're *on the point of* / *about to* winning the match!

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## LISTENING

- 1  2.03 Listen to the radio show *Silver Linings* and answer the questions.

- 1 Complete the phrase: 'Every \_\_\_\_\_ has a silver lining'.
- 2 Explain this phrase in your own words.

- 2  2.03 Listen again and note down Dan's and Anna's answers for each round.

#### Round 1

Dan: \_\_\_\_\_

Anna: \_\_\_\_\_

#### Round 2

Dan: \_\_\_\_\_

Anna: \_\_\_\_\_

- 3 **SPEAKING** Work in pairs. Who would you give the points to in each situation (Anna or Dan) and why?

## GRAMMAR

## Future continuous

1 Look at the examples from the recording. Then choose the correct option in the rule and complete with *be* and *-ing*.

- On Tuesday afternoon my friends **will be playing** football.
- I'll **be sitting** in the new ice cream shop near school, enjoying a delicious ice cream.

**RULE:** To talk about an action that will be in progress <sup>1</sup>after / around a specific future time, we use the future continuous: *will* + <sup>2</sup>\_\_\_\_\_ + the <sup>3</sup>\_\_\_\_\_ form of the verb.

I'll **be sitting** in the new ice cream shop.

2 Complete the conversation with the correct form of the verb in brackets – future simple or future continuous.

JESSIE This time tomorrow, my dad and I <sup>1</sup>\_\_\_\_\_ (sit) on a train.

PAULA Really? Where are you going? Anywhere nice?

JESSIE Yes. Dad's invited me to go to London with him on Saturday.

PAULA Wow!

JESSIE Tomorrow morning we <sup>2</sup>\_\_\_\_\_ (walk) around the city doing a bit of shopping.

PAULA Great! I <sup>3</sup>\_\_\_\_\_ (phone) you on Saturday afternoon.

JESSIE Well, that's not really a good time. On Saturday afternoon we <sup>4</sup>\_\_\_\_\_ (watch) the football match. Chelsea against Arsenal. I can't wait! You know how much I like football.

PAULA And you <sup>5</sup>\_\_\_\_\_ (come) home happy and relaxed. Lucky you.

JESSIE Well I hope so. It's an important game for Chelsea.

PAULA It all sounds wonderful. So what time's your train tomorrow?

JESSIE 6 o'clock.

PAULA Alright. At 6.30, I <sup>6</sup>\_\_\_\_\_ (think) of you.

JESSIE And I <sup>7</sup>\_\_\_\_\_ (put) some photos from our weekend on Facebook – if I remember.

## Future perfect

3 Look at the example sentences and complete the rule with *have*, *past participle* and *will*.

- By the time the plane leaves London, a lot of snow **will have fallen** on our ski resort in Italy.
- Anna will still be shopping in Heathrow and she'll **have missed** her flight.

**RULE:** To talk about an action that will finish some time between now and a specified time in the future, we use the future perfect. We often use it with the preposition *by*:

<sup>1</sup>\_\_\_\_\_ + <sup>2</sup>\_\_\_\_\_ + <sup>3</sup>\_\_\_\_\_

By then, I'll **have become** a big basketball star.

4 Choose the correct tense to complete the sentences.

- By the time Mum comes back from work, I will *be finishing* / *have finished* my homework.
- By 2030, psychologists will *be finding* / *have found* ways to help pessimists feel more optimistic.
- Don't call after 10 pm. I will *be sleeping* / *have slept*.
- This time tomorrow morning I will *be flying* / *have flown* to Singapore. We land in the afternoon.
- When I leave this school, I will *be spending* / *have spent* six years there.
- You can find Miss Green in classroom 3. She will *be teaching* / *have taught* there until midday.
- We're going to watch films all day Saturday. By the end of the day, we will *be watching* / *have watched* more than five films!
- The band will *be touring* / *have toured* for six months later this year to promote their new album.

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## SPEAKING

1 Work in groups of four and play *Silver Linings*. Read the situations and think of optimistic solutions. Make notes.

- Student A: Your best friend completely forgets your birthday.
- Student B: Someone pours orange juice over your new T-shirt.
- Student C: You fail your History exam.
- Student D: Your country doesn't qualify for the football World Cup.

2 Take turns to talk about the 'silver linings' in your situations. Give a point for each correct use of the future continuous or the future perfect. Award five points for the most imaginative answer.



## READING

- 1 Read this website page. Who is it for? What are the two worries mentioned by people who've posted on the website?
- 2 Read again. Match the answers with the worries. There is one extra quote.
- 3 Read again. Answer the questions.
  - 1 What does the writer have in common with the two worriers?
  - 2 What is the difference between the writer and the two worriers?
  - 3 Are the two worriers equally pessimistic? Why (not)?
  - 4 What is the writer referring to in the third answer by saying 'And remember the rainbow!'?

## 4 SPEAKING Discuss in class.

- 1 What kind of person is the owner of this website? Would you like to get to know them? Why (not)?
- 2 Do you think quotations can cheer you up when you're down?
- 3 How would you react if you were in the situation of one of the two worriers?
- 4 Which of the three quotes do you like most? Why?
- 5 Look at the extra quote. What kind of problem could this quote be an answer to?



## QUOTATIONSforWORRIERS

'You'll never find a rainbow if you look down!' Who said that? No, it wasn't me. It was Charlie Chaplin, and I love it. You must know that I wasn't exactly born an optimist myself. I was actually quite a worrier until I discovered the power of inspirational quotes. Try me. Send me a worry, and I'll send you a quote. For free. If you like the quote, please let me know. Positive messages help me too.

### A shallstaylorshallgo?

Hi, I don't know what to do. I've got an uncle in the USA, and he and his wife have invited me to go there next summer. Sounds cool, doesn't it? But I'm worried there won't be anyone my age to hang out with. They live in a smallish sort of town, and they haven't got any kids themselves. It may sound weird, but I feel that whatever I decide, I'll probably regret it later!

### B Drummer boy

Help needed! I got this drum kit for my 16th birthday. There's a band at my school. They're great, but their drummer, Keith, is leaving at the end of the school year – his family is moving to another town. The band have asked me if I want to audition and Keith has offered to teach me. But I'm not sure I'll be good enough. I don't think I should get my hopes up. I'd be so disappointed if I didn't get in.

- 1  Mmh. Yes, I understand that's not an easy situation. But I don't think that means you should just sit around complaining that everything's gloomy. Maybe what Anne Frank said will help you to be more optimistic: 'How wonderful it is that nobody needs to wait a single moment before starting to improve the world.'
- 2  Look, this is for you, and it's by Mahatma Gandhi. I'll say no more. It's all in the quote. 'Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.'
- 3  My quote for you is by Winston Churchill: 'A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.' Even if you are right, there are probably about a million things you can do there that you can't do at home! So I'd say, go. And remember the rainbow!

## VOCABULARY

### Feelings about future events

- 1 Work in pairs. Make a list of five situations or events which can make you feel worried.
- 2 Read the following extracts from quotations for worriers. What event do you think each extract refers to?

**A** It's a big game and I'm feeling quite **apprehensive**. If we win, we'll be top of the league. I'm excited but I'm **also a bit unsure** about our chances. I mean, they're a good team.

**B** I'm really looking forward to it and I feel quite **positive** about it. If I'm honest, I'll probably be old enough to be the other students' mother and that will feel a bit odd but overall I don't care. I've got a **really good feeling about** this. Any suggestions for how I can bridge the age gap with my new classmates?

**C** I'm absolutely **dreading** it and I'm sure I'm going to fail. I haven't done any revision and I **just don't know where to start**. It's a **nightmare** – I'm really **worried** about it.

**D** I don't know why I'm **getting so worked up**. I've seen him loads of times before and he's really good but I've **just got a bad feeling about** it this time. I think I need to have one of my teeth taken out.

- 3 Look at the words in bold and use them to complete each list. If needed, use a dictionary to help you with meaning.


expressing optimism	expressing pessimism / worry
<i>I'm really looking forward to</i>	<i>I'm dreading</i>

- 4 Match the expressions in Exercise 3 with the events you listed in Exercise 1 in which you might feel them.

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## FUNCTIONS

### Cheering someone up

- 1  2.04 Complete the sentences with the words in the list. Then listen and check.  
down | cheer | light | hang | bright
  - 1 \_\_\_\_\_ up! Things will seem better after a good night's sleep.
  - 2 \_\_\_\_\_ in there. Your exams will be over soon.
  - 3 Don't let it get you \_\_\_\_\_. It's not the end of the world.
  - 4 I can see that losing the match is really bothering you, but try to look on the \_\_\_\_\_ side – it's early in the season.
  - 5 I know this year of high school can be really difficult, but there is \_\_\_\_\_ at the end of the tunnel. We've got holidays next month.
- 2 Work in pairs. What would you say to each person A–D in Vocabulary Exercise 2? Use the phrases in Exercise 1.

### Pronunciation

Intonation: Encouraging someone

Go to page 121.



## THINK SELF-ESTEEM

### What cheers me up

- 1 Which of these things help you feel better when you are down? Think of two more of your own.
 

<input type="checkbox"/> doing something outdoors	<input type="checkbox"/> chocolate
<input type="checkbox"/> talking with family	<input type="checkbox"/> watching a good film
<input type="checkbox"/> chatting with a friend	<input type="checkbox"/> shopping
<input type="checkbox"/> going to a party	<input type="checkbox"/> sleep
- 2 How do each of these things help cheer you up? Make notes.  
*doing something outdoors – forget about problems.*
- 3 **SPEAKING** Work in pairs. Discuss your answers.

*When I've had an argument with my mum, I always like going for a long walk by myself. It helps me see things more clearly.*

## WRITING

### A short story

You are going to write a story (140–190 words) which finishes with the words, 'Every cloud has a silver lining'.

Think of:

- an unfortunate incident.
- an unexpected positive outcome.
- how it changed the main character's life.

# The competition

1 Look at the photos and answer the questions.

- 1 What do you think Liam wants to do?
- 2 What does Emma think of his idea?

2  2.07 Now read and listen to the photostory. Check your ideas.



**LIAM** So, what about this one, Emma? This was the sunset outside our house yesterday. What do you think? Pretty amazing, isn't it?

**EMMA** Um. Yes, it's pretty ... um. It's pretty! It's the best one you've shown me so far.

**LIAM** I'm really getting into photography. And I've only been doing it for two months or so. It's amazing what great photos you can get just using your phone.

**EMMA** Yes. Yes, I guess so.

**LIAM** Anyway, there's a photo competition next month at school that I'm thinking of entering. First prize is a tablet. I think I've got a really good shot.

**EMMA** That's great. Go for it.

**EMMA** Then he tells me he's thinking of entering the school photo competition. I don't want to be negative but there's no way he's good enough.

**JUSTIN** Yeah, he showed me some of his photos the other day too - pictures of some trees that he thought looked cool, but I wasn't that impressed. They were out of focus for a start!

**NICOLE** He hasn't shown me any of his photos yet. Are they really that bad?

**JUSTIN** I'm afraid so. They're the sort of thing you might post online and get a few 'likes' but they're certainly not going to win any competitions.

**EMMA** But that's just it. He thinks he's got a good chance. I don't want him to get his hopes up.

**JUSTIN** He's got no chance at all.

**NICOLE** So, what are we going to do? We can't let him make a fool of himself.

**EMMA** I don't know. I tried to tell him they weren't that good, gently of course, but you know Liam.

**JUSTIN** Yes, it can be difficult to tell him things sometimes. He's always so enthusiastic.

**NICOLE** Well, we have to do something.



**EMMA** I've got an idea.

**NICOLE** What?

**EMMA** Well, you said he hadn't shown you his photos yet. Why don't you ask to see them and then tell him the truth?

**NICOLE** Oh thanks. So I get to be the bad guy? And I haven't even seen them! Maybe I won't think they're bad.

**EMMA** Fair enough. But if you do agree with us, then you've got to stop him! It's too late for us to say anything.

**JUSTIN** Yeah, we can't tell him now. You have to try at least.

## DEVELOPING SPEAKING

- 3 Work in pairs. Discuss what happens next in the story. Write down your ideas.

*We think Emma helps Liam by giving him some of her photos for the competition.*

- 4  Watch to find out how the story continues.

- 5 Mark the statements T (true) or F (false).

- 1 Nicole talks to Liam but doesn't tell him what she really thinks.
- 2 Liam thinks Emma really likes his photos.
- 3 Nicole thinks Justin didn't try very hard.
- 4 Emma, Justin and Nicole decide to go to the photography exhibition separately.
- 5 Justin claims that he had previously said that Liam was a great photographer.
- 6 Liam took the winning photos with his phone.

## PHRASES FOR FLUENCY

- 1 Find these expressions in the photostory. Who says them? How do you say them in your language?

- |                        |                            |
|------------------------|----------------------------|
| 1 Anyway, ...          | 4 get (his) hopes up       |
| 2 Fair enough.         | 5 Go for it.               |
| 3 ... for a start, ... | 6 make a fool of (himself) |

- 2 Match the expressions in Exercise 1 to these meanings.

- a try it
- b have high expectations
- c the first reason is ...
- d appear ridiculous to others
- e I understand why you said / did that
- f So, let me change the subject

- 3 Use the expressions in Exercise 1, in the correct form, to complete the mini-dialogues.

- 1 A Well, there are lots of reasons I don't want to go there. It's very expensive, \_\_\_\_\_.  
B \_\_\_\_\_. We'll have to think of another place to go, then.
- 2 A There's a singing competition at school next month. I thought I might \_\_\_\_\_.  
B Well don't \_\_\_\_\_; Susan Kenny's bound to win it.
- 3 A So have you decided to go for the school football team trials?  
B No, I decided not to. I'm not good enough and I'd only \_\_\_\_\_.  
A That's a shame and I'm sure that wouldn't happen.  
B \_\_\_\_\_, even if I did get in, they play on Saturday mornings and I like to lie in on Saturdays.

## WordWise

## Expressions with so

- 1 Look at these sentences from the photostory. Complete them with phrases from the list.

so far | I told you so | I'm afraid so  
... or so | I guess so | So,

- 1 JUSTIN Liam's photos are really good!  
\_\_\_\_\_  
EMMA No you didn't!
- 2 EMMA \_\_\_\_\_, what are we going to do?
- 3 NICOLE Are the photos really that bad?  
JUSTIN \_\_\_\_\_.
- 4 LIAM It's amazing what great photos you can get just using your phone.  
EMMA Yes. Yes, \_\_\_\_\_.
- 5 LIAM I've only been taking photos for two months \_\_\_\_\_.
- 6 EMMA This is the best photo you've shown me \_\_\_\_\_.

- 2 Use expressions from Exercise 1 to complete the sentences.

- 1 A \_\_\_\_\_, have you decided what you want?  
B Not yet.
- 2 A Is it broken?  
B Yes, \_\_\_\_\_.
- 3 A How long does it take to get there?  
B Not long. Twenty minutes \_\_\_\_\_.
- 4 A How's it going?  
B OK. I've answered six questions \_\_\_\_\_ . Only four more to do.
- 5 A Is Jack running late?  
B \_\_\_\_\_ – he said he'd be here by now.
- 6 A This place is horrible.  
B Well, \_\_\_\_\_ – but you didn't listen!

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