**Unit 2 Emotions Speak Louder than Words (口语话题)**

1. How are you feeling today? Why?

 • I’m feeling quite well-balanced and optimistic today.

 • I am not quite feeling myself today. I feel I have a sore throat.

2. Would you describe yourself as an optimist or a pessimist? Why?

 • I am an optimist. Whenever I get in a tricky situation, I think

 of the positives and manage to pull myself through.

 • I think I am a pessimist. I always feel that I can’t do well

 enough. I am always afraid of being laughed by others.

3. What’s the best thing that’s happened to you this year?

The happiest thing that happened to me this year is that I got a scholarship. I was even not a good student last year and indulged myself in playing computer games. But I made up my mind to catch up with my classmates because of the encouragement from my family and my teachers. After several months of hard work, finally I made it.

4. What advice would you give to someone who is nervous about a job interview?

Firstly, be prepared for the interview process.

 • getting familiar with the interview process

 • making thorough preparations

 Secondly, take deep breaths.

 Finally, distract yourself a bit from being nervous.

 • reading your resume

5. What advice would you give to someone who is stressed about his / her studies?

First, recognize the cause of your stress.

 •a real threat or just imagined

 Second, learn to relax.

 • planned relaxation

 •music, a long soak, or a walk

Finally, relax yourself on a regular basis.

 •Relaxation exercises for the body and the mind

 •combine the two techniques

6. What advice would you give to someone who has too many things to do?

First, compile a checklist of all the things to be done.

 Moreover, prioritize the list of things.

 •urgent things

 • general routine things

 • last-minute tasks

 Finally, tick the finished task off.

7. Do you think destruction therapy and laughter therapy are good ideas? Why or why not?

I do think destruction therapy and laughter therapy are good ideas. The former is used to help people when they are stressed or angry; that latter is often used in hospitals to help people who are in pain./ No, I don’t think they are good ideas. Even though they may work on some people, they do not work on all. As for me, the destruction therapy does not really suit me and it will even make me feel worse.

8. What other methods can you think of to deal with the problem that people are getting angrier in modern society?

All kinds of displeasure in this fast-paced life are getting people angrier. To control your anger properly, you are suggested to try the following methods.

1) Explore what’s really behind your anger.

 It is very likely that your temper is covering up your true feelings and needs. Are you truly angry? Or is your anger masking other feelings such as embarrassment, insecurity, hurt, or shame? Finding out what’s really behind your anger can help you tackle this bad emotion.

2) Be aware of your anger warning signs and triggers.

 For example, when you begin to clench your hands or jaws, or your breathing goes faster, you know that your temper is starting to boil. These signs and triggers allow you to take steps to manage your anger before it gets out of control.

 3)  Contact a metal health specialist for consultation.

 Those specialists can give you professional advice and treatment if you cannot deal with the problem on your own.

9. What will you feel in the following situations:

 1) you get a surprising gift from someone you love;

 I will be so excited that I can’t wait to open it.

 2) you are dumped by your boyfriend / girlfriend;

 If I am dumped by my boyfriend / girlfriend, I will feel that life is pale.

 3) you are misunderstood by your friend / parent.

I will feel distressed and painful and I will be eagerly looking forward to talking to him / her and explain the whole thing.

10. How will you express your feelings to someone you love?

When I finally decide to express my feelings to someone I love, I will try to be romantic, creative, and unique. Maybe I’ll bring him / her to a special place and tell him / her how I feel about him / her.

11. Talk about the happiest/most embarrassing/funniest/scariest thing that has ever happened to you.

The most embarrassing moment in my life happened when I was about 13 years old. It occurred during a get-together when I worked up the courage to ask a particular girl if she would go on a date with me to the movies. She looked at me and announced very loudly, “You’re a nice boy but I would never date someone who bites his nails.” There were probably 75 people there and they all heard it. The next thing I remember was that I dashed out of there with a flushed face. And yes, up to that point I did have a bad habit of biting my nails. But never again after that. That is really the most embarrassing thing that has ever happened to me.