

Unit 1:

WHAT IS REAL HAPPINESS?

WARM-UP ACTIVITY

1. What is your idea of happiness?
2. How important is it to happiness whether one has or does not have a lot of money / a shelter / good social status?
3. Has happiness anything to do with one's age?
4. Do you consider yourself a happy person? Why / why not?
5. Happiness and good luck – what is the difference? Which can you influence?
6. What is needed for perfect happiness?

One thing everyone can agree about is that we would all like to be «happy». But would we actually choose to improve our level of happiness, if we got the chance? Dr Power doubts it very much. Our fear of happiness will not let us be happier. It may sound paradoxical but according to Dr Power, it is true.

Dr Power has had a professional life-time of experience as a psychotherapist looking at other people and he has spent most of his life-time noting his own reactions. His observations make him give a negative answer to the above question. He has come to believe that in ordinary life, as well as in psychotherapy, nothing stands in the way of improvement in our way of functioning as much as the fear of happiness. This may come as a surprise to some people and they may keep asking why we should have a fear of happiness!

The first reason is that when we are unhappy, no matter whether we may be resentful, depressed, pessimistic or chronically jealous, we know where we are. Horrible though the world may be, there is a wonderful sense of security and predictability about it. We know more or less what will happen tomorrow, because our mood and attitude will make sure that it is much the same as today. In other words, we are prepared, we are not taken by surprise. And though we live in a perpetual state of dissatisfaction and disappointment, others cannot disappoint us because we have staged a pre-emptive strike creating a general feeling of dissatisfaction ourselves. It is all under our control. No one can do it to us. And anyway, we know the world is a disappointing place, because that is how we have always experienced it. And, of course, that is the only aspect of the world we have

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allowed ourselves to encounter. It may sound ridiculous, but as far as any new experience is concerned, our attitude to it is that «we haven't tried it because we don't like it». As negative emotions, various forms of our unhappiness, keep us safely tethered in a secure and known world, happiness is at first terrifying. The mood is confident, accepting, even unreserved or expansive, full of life. We readily throw ourselves into new experiences and relationships. Once we begin to look as if we are enjoying ourselves, other people respond and new relationships and opportunities seem to appear from nowhere. Increasingly, the world seems to be threatening an excess of pleasure we are not sure we know how to handle.

In any case, Dr Power believes, most of our close relationships have developed on the basis of the kind of people we are or were, if we are now happier than we used to be. If we become happier, we are likely to end up with a very different circle of friends. It may even threaten the relationship with our spouse if he/she prefers to go on inhabiting the old unhappier world and the emotional distance or gap becomes steadily harder to bridge. To contemplate all this in advance, before we have even met the people whose company we are going to enjoy more than those we see now, makes us feel as though the world will disintegrate if we allow the improvement to continue. So, understandably, on go the brakes!

VOCABULARY

adequate – адекватний, достатній

adopt – всиновлювати

adopted children – прийомні діти

bridge the gap – ліквідувати прориви

cherish – пестити

contemplate – роздумувати

develop close relationship – розвивати близькі відносини

dissatisfaction – невдоволення

disappointment – розчарування

disintegrate – поділяти на основні частини

encounter – зустріти несподівано

experience – досвід

jealous – ревнивий

handicapped – розумово відсталий

orphan – сирота

orphanage – сирітський притулок

perpetual state of dissatisfaction – постійний стан невдоволеності

pre-emptive strike – попереджувальний страйк

resentful – ображений

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ridiculous – безглуздий, смішний

spouse – дружина, чоловік

stand in the way – стояти у когось на шляху, перешкоджати

tether – дійти до краю

virtual – фактичний

whereabouts – місцезнаходження

PHRASES TO REMEMBER

It's hard to bridge the gap	
To be taken by surprise	
On go the brakes!	
To stand in the way	
State of dissatisfaction and disappointment	
To develop close relationships	
Pre-emptive strike	

Can you think of similar phrases in your language?

EXERCISES

I. Ask and answer

1. Ask if everyone would like to be happy.
2. Ask what kind of a doctor Dr Power is.
3. Ask if Dr Power has just got a degree.
4. Ask what the fear of happiness can do to people.
5. Ask if there is a wonderful sense of security and predictability about the world around us.
6. Ask what keeps us safely tethered in a secure and known world.
7. Ask why Dr Power believes we are not sure we know how to handle an excess of pleasure.
8. Ask what most of our close relationships have developed on.

II. Decide if the statements are true or false and correct the false ones

1. If people had the chance to improve their lives, some would not do what they could to be happier T/F
2. Power is not a psychotherapist T/F
3. Dr Power hasn't yet had long experience T/F
4. The fear of happiness stops people from improving their level of happiness T/F
5. Everyone fully understands why we should have a fear of happiness T/F

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6. There is a wonderful sense of security and predictability in the life of a happy person T/F
7. For an unhappy person, happiness is a terrifying emotion T/F
8. When people become happier, they are not likely to end up with a very different circle of friends T/F

III. Choose the idiomatic phrases on the right that can be used in response to the sentences on the left

1. You never know how she will react!	a. One swallow does not make a summer!
2. He's got one good mark after a long time, which doesn't mean anything!	b. I know! I shouldn't act in the heat of the moment!
3. You should use the opportunity when everyone is for that idea or else it may be too late later on!	c. I haven't got the foggiest idea!
4. Do you know anything about John and Mary and their whereabouts?	d. She is as changeable as the weather!
5. Don't react immediately when you get angry! You may do better if you think twice before saying anything!	e. Yes! Make hay while the sun shines!

IV. Use the idiomatic phrases given below instead of the bold phrases in the text

have one's head in the clouds / skate on thin ice / a storm in a teacup / chase rainbows / get wind

If you **hear anything of** Paul, please let me know. I'm worried because I know that he **hasn't been realistic** on many occasions. He tends **to take risky steps and get himself in danger**. I've heard from Jane that she isn't doing well in the new company, but it seems to me that she is overdoing it and that **it's nothing serious** in fact. As for Jane, she **isn't doing anything serious** herself, so I don't trust her much.

V. Role play

You are Dr Power and together with other students in the class discuss the topic of happiness. The other students disagree with you and they contradict you. Start your conversation from where the text of the lesson ended and consider all the consequences you can think of.

VI. Finish the sentences so that they mean the same as the given ones

Model 1: I don't know the answer to this question. I am sorry about it.
I wish I knew the answer to that question.

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Model 2: Jane didn't come to my party last Friday and she is sorry about it.
Jane wishes she had come to my party last Friday.

1. We must leave immediately! It's so late!
It's time
2. Why didn't you warn me what time it was?
If only
3. He didn't tell the policeman the truth about that accident. I think it was wrong.
I'd rather
4. He cannot work on his own in the office yet though we expected him to learn the office work sooner.
It's high time
5. I'm very unhappy about getting up early tomorrow morning, but I'll have to.
If only
6. You couldn't travel around the world as a young man. If the situation had been different, where would you have gone first?
Suppose
7. She had no sooner passed her driving test than she had an accident.
No sooner
8. He has never tried to do anybody a favour.
Never
9. The boss will rarely say he is sorry for what he has done.
Rarely
10. He realized only then that his front door keys were missing.
Only then
11. They made the same mistakes at work too often and they couldn't have been coincidences.
Too often
12. Helen not only came home late last night, but she hadn't told anybody she would stay out long.
Not only nor
13. You will learn little about real life at regular schools.
Little
14. The salaries can hardly be lower.
Hardly

READING COMPREHENSION

The next generation of the Internet has yet to be born, but researchers already have visions of what it may be able to do when it is fully developed.

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Scientists expect to be able to collaborate with more than TV-quality video and sound connections. Astronomers and meteorologists hope to further improve experiments as the faster receipt of instrument data allows even quicker calculations.

And business and homes could gain similar abilities. There have been teleconferences for major companies in the world, but imagine a teleconference with your Mom on Mother's Day, or sending a video e-mail birthday greetings to your dear friend from a business trip at the far end of the Globe, hoping, of course, that there will be an adequate new Internet to deliver such services. Most experts agree that the current Internet is already straining against its technological environment or envelope. In medicine, for instance, if experts want to manipulate a virtual human in real time, there is no way to do that now over the Net. There is an urgent need to improve and expand the Internet. But before that happens, the experts will have to clearly articulate their vision of what they think ought to happen. In that manner the researchers may cause something to happen that might not otherwise happen.

- 1. We are expecting that the new generation of the Internet ...**
 - a) has already been created;
 - b) will never be created;
 - c) will be created soon;
 - d) won't be created.
- 2. Improvements to the Internet are ...**
 - a) needed badly;
 - b) not really needed;
 - c) more necessary than people imagine;
 - d) indispensable for better communications.
- 3. Scientists are ... the TV-quality video and sound communications they have at the moment.**
 - a) very happy with;
 - b) desperate about;
 - c) not really satisfied with;
 - d) hoping that they will maintain.
- 4. Improvements to the Internet will have an impact ...**
 - a) on business only.
 - b) on family lives only.
 - c) on our business communications but not on our private lives.
 - d) both on our business and private ways of living and communicating.
- 5. If the current Internet is already under strain from our needs ...**
 - a) experts will have to define in what way and in what direction the Net has to develop.

- b) there is nothing experts can do unless there are sufficient funds for further development.
- c) expert researchers cannot define how it will have to expand.
- d) researchers will prevent further development from happening.

**VIII. Translate from English into Ukrainian:
ATTRACTING OVERSEAS STUDENTS
TO UK UNIVERSITIES**

The arrival of the knowledge economy has intensified the competitive pressures on higher-education institutions in the United Kingdom – learning has become big business. New national initiatives are being introduced to maximize the UK chances to attract overseas students and also build the foundation for the development of a locally well-trained technically proficient workplace able to compete worldwide. The UK’s educational system, one of the best in the world, is introducing fresh plans and challenges, particularly for higher institutions. They include the creation of a partnership between universities and the private sector aimed at developing novel means of distance learning and exploiting new technologies. Four leading UK universities have already embraced this vision and developed plans to form a global alliance with four United states counterparts towards the creation of e-universities, while Prime Minister Tony Blair backs a campaign that has set a target to attract 75,000 extra students to the UK by 2005.

IX. Translate from Ukrainian into English:

Відвідувачі Лондона заберуть із собою три спогади: червоні автобуси, дружелюбних поліцейських та популярні в Лондоні «чорні таксі». Це характерне англійське таксі, одне з 2400 на вулицях столиці. 150-та річниця існування «чорних таксі» символізує той факт, що досвідчені водії таксі можуть орієнтуватися в будь-якій точці Лондона. Відомі «чорні таксі» уособлюють традицію надійності, безпеки та професійних стандартів, що слугують прикладом для наслідування інших міст світу.