

# Confronting Difficulty

## Preview

**1** Match each expression and statement with its similar meaning. Draw a line.

- |                               |  |
|-------------------------------|--|
| 1 face the music              | a let it go                            |
| 2 just chill for a day        | b extremely intelligent                |
| 3 no sense dwelling on it     | c What were you thinking?              |
| 4 put your head in the sand   | d it's not a possible choice           |
| 5 put your foot in your mouth | e take a day to think about it         |
| 6 smart as a whip             | f not thinking before you speak        |
| 7 That's not an option.       | g not feeling well                     |
| 8 under the weather           | h take responsibility for your actions |
| 9 We all slip up sometimes.   | i everyone makes mistakes              |
| 10 What got into you?         | j just ignore it                       |

**2** Read the quotes. Then write what you think each one means.

**“Do one thing every day that scares you.”**

—Eleanor Roosevelt

1 \_\_\_\_\_

**“Fear doesn't shut you down; it wakes you up.”**

—Veronica Roth

2 \_\_\_\_\_

**“Fear is the mind-killer. Fear is the little-death that brings total obliteration.”**

—Frank Herbert

3 \_\_\_\_\_

**“Fear cuts deeper than swords.”**

—George R. R. Martin

4 \_\_\_\_\_



### DID YOU KNOW...?

It's possible to literally be scared to death. The actual cause is a heart attack brought on by sudden, intense stress. In the hundreds of documented cases, most of the victims had heart disease, and their already weak hearts were pushed beyond their limits by the emotional jolt of fear.

3 Pick one of the quotes from Exercise 2. Describe how it applies to your life and how you approach your fears.


## LESSON 1

1 Look at the pictures. Write the sentence from the box that describes the physical effect of fear shown in each picture.

I get palpitations.    I get sick to my stomach.    I get sweaty palms.    My hands shake.



1 .....



2 .....



3 .....



4 .....

2 Complete each sentence. Circle the correct phrase.

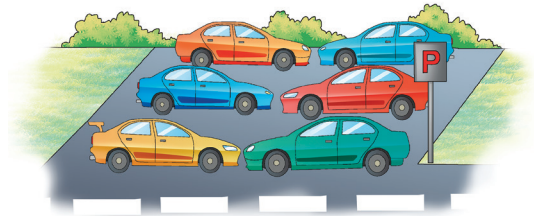
- I ( **got sweaty palms** / **got sick to my stomach** / **got palpitations** ) before my presentation. I was so anxious that I thought I might vomit.
- The first time I played before a big audience, ( **my hands shook** / **I got sick to my stomach** / **I got palpitations** ) so badly that I almost dropped my guitar!
- Whenever I'm nervous, I ( **get palpitations** / **get sick to my stomach** / **get sweaty palms** ). Any papers I'm holding end up damp, which is embarrassing!

**3** Complete the sentences. Use so . . . (that) or such . . . (that) and the words in parentheses.

- 1 The weather was ..... I decided to walk to work. ( beautiful )
- 2 My meal was ..... I ate the whole thing and ordered more.  
( delicious )
- 3 That was ..... my ears are still ringing. ( a loud concert )
- 4 The film was ..... I had to leave the movie theater. ( scary )
- 5 She gave ..... no one wanted it to end. ( a good speech )
- 6 Ella performed ..... she has a chance to be on the Olympic team.  
( well )
- 7 Your room is ..... you really need to spend the weekend cleaning.  
( messy )
- 8 The week went by ..... I feel like we just got here. ( quickly )
- 9 Todd made ..... it was gone within an hour. ( fresh lemonade )

**4** Complete each sentence with so + much, little, many, or few.

- 1 ..... people signed up for the class that they had to cancel it.
- 2 There were ..... cars in the parking lot that I couldn't find a place to park.
- 3 There were ..... storms in the area that our plane had to land in another city.
- 4 We had ..... time in Quebec that we really didn't get to see much of the city.
- 5 There are ..... forms to fill out that I'm not sure I'll finish in time.
- 6 ..... children came to the party that the room was almost empty.
- 7 I ate ..... breakfast that I wasn't hungry for lunch.



**5** Rewrite each sentence with such . . . (that).

- 1 That blouse is so pretty that I think I'll buy it.  
It's such a pretty blouse that I think I'll buy it .....
- 2 The concert was so good that I didn't want to leave.  
It was .....
- 3 That meeting was so frustrating that I'm glad it's finally over.  
That was .....
- 4 Stu's voicemail was so encouraging that I feel much better.  
Stu left .....
- 5 The weather was so bad that they canceled the concert.  
It was .....
- 6 The flight was so turbulent and scary that I got palpitations.  
It was .....

**6** Answer the questions in your own words.

- 1 People react to fearful situations differently. What physical symptoms are you most likely to experience when you are afraid? .....
- 2 What type of situation might cause you to get sweaty palms? .....
- 3 Movies and television programs often show frightening events. Why do you think some people like to watch things that scare them? .....

## LESSON 2

**1** Complete the chart. Write expressions from the box in the correct category.

Don't let it get you down. I've had it!      Don't lose heart. Stick with it.      ~~I give up!~~ That must be tough.      I hear you. That's a bummer.      I'm totally fed up.

Frustration	Empathy	Encouragement
I give up!		

**2** Choose the best sentence to complete each conversation. Circle the letter.

- 1 A: That's the third time this week my car has broken down. ....  
B: Looks like it's time for a new car.  
a I've had it! b Don't give up!
- 2 A: Oh. I really didn't do well on that test.  
B: ..... You'll do better on the next one.  
a I know what you mean. b Don't let it get you down.
- 3 A: How did your interview go?  
B: Not well. I really don't think I'm going to get the job.  
A: ..... I bet the next one will go better.  
a Hang in there. b I know what you mean.
- 4 A: ..... I can't figure out this invoice.  
B: Let me see if I can help.  
a I give up! b That must be frustrating!
- 5 A: I've been taking tennis lessons for a year, but I'm not getting any better.  
B: .....  
a I know what you mean. b That must be discouraging.

### 3 Complete the sentences. Circle the correct phrases.

- 1 No matter how often ( people praised / did people praise ) her work, she refused to believe it was any good.
- 2 He won't give up, no matter how tired ( is he / he is ).
- 3 No matter ( I do / what I do ), I can't seem to please my boss.
- 4 They never answer the phone, no matter ( I call / when I call ) them.
- 5 No matter how many times ( have you done / you've done ) this before, you still need to work slowly and carefully.
- 6 I can't seem to improve, no matter ( how much / how much do ) I practice.

### 4 Complete the conversation with words and expressions from the box. There are three extra choices.

don't lose heart   encouragement   frustration   I hear you   I'm totally fed up   It's not the end of the world  
just can't take it anymore   know what you mean   to hang in there   Well, basically

- Helen:** Hey, Martin? You look a little upset. Is everything OK?
- Martin:** Actually, no. **(1)** ..... with this computer programming course.
- Helen:** What's going on?
- Martin:** **(2)** ..... , I'm really struggling with the work. No matter how hard I try, there's just too much that I don't understand.
- Helen:** I **(3)** ..... I took the same course last year, and it wasn't easy.
- Martin:** It really isn't! And when I talked to the teacher, she just told me **(4)** ..... But I don't need **(5)** ..... from her. I need *help*!
- Helen:** **(6)** ..... But **(7)** ..... I'd be happy to help you!
- Martin:** Really? Wow, thanks, Helen!
- Helen:** Anytime.

## LESSON 3

### 1 Complete the chart with the correct parts of speech.

Adjective	Adverb	Noun
	bravely	bravery
willing		
courageous		
	heroically	
	fearlessly	
		confidence

**2 Complete the sentences. Use words from the chart in Exercise 1. Some may have more than one correct answer.**

- 1 Although Jim has studied French for many years, he lacks ..... in his language ability. He never speaks in class because he's sure that he'll make a lot of mistakes.
- 2 Tessa ..... jumped in the water to save the little girl who couldn't swim.
- 3 My neighbor helped a lot of people escape from their houses after the flood. The mayor gave her a medal for her ..... actions.
- 4 The salespeople at the All-Terrain Sports Shop are always ..... to help their customers. They usually offer to help before you even ask.
- 5 My two-year-old son isn't afraid of anything—he loves climbing, jumping, and swimming. He even loves snakes and spiders! He's completely .....

**3 In your opinion, what are the personal qualities that make someone a hero? On a separate sheet of paper, write about someone famous or someone you know who represents these qualities.**

## LESSON 4

**1 Read the article. What is it about? Circle the letter.**

- a researching cancer treatment      b confronting adversity      c being an athlete

### STORIES THAT INSPIRE

#### Terry Fox: The Marathon of Hope



In 1977, Terry Fox was an athletic teenager growing up near Vancouver, British Columbia. But X-rays taken after Fox felt sharp pains in his right knee revealed unthinkable results: bone cancer. Fox's right leg was amputated 15 centimeters above the knee when he was only 18 years old.

But Fox wouldn't be discouraged. Just three weeks after his surgery, he was walking with an artificial leg. He took up sports and running again, and then fostered a new, incredible plan: to run across Canada and raise money for cancer research. He set a goal of \$1 for every Canadian. In letters he sent asking for sponsorship, he said, "I'm not saying that this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to." He called his run "The Marathon of Hope."

On April 12, 1980, Fox splashed his artificial leg in the Atlantic Ocean and began his coast-to-coast run. He ran 42 kilometers a day (the equivalent of a marathon!) through the provinces of Newfoundland, Quebec, and Ontario. News of Fox's journey and the money he collected grew. By the time he reached Toronto, he had attained celebrity status. Crowds lined the streets to watch him pass by, providing a flood of emotional and financial support.

But on September 1, after 143 days, adversity rose again. Cancer had appeared in Fox's lungs, forcing him to stop running. At a press conference announcing the news, he said, "I just wish people would realize that anything's possible if you try. Dreams are made if people try." Inspired by these words, people rallied to collect even more money. By February 1981, \$24.17 million had been raised, equal to Canada's population at the time. But while Fox's dream was coming true, he was fighting for his life. The cancer progressed quickly. Canada and the world were devastated when Terry Fox passed away on June 28, 1981, at age 22.

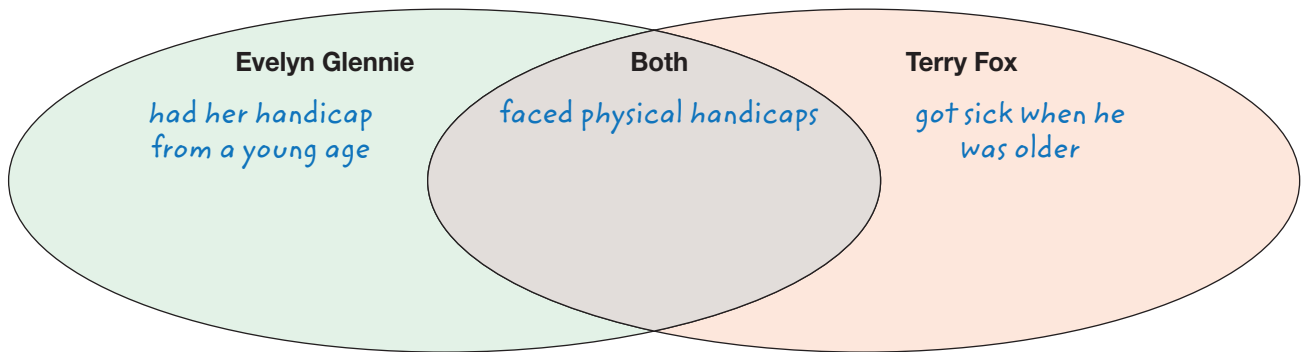
That September, the first Terry Fox Run was held. Over 300,000 people participated, raising \$3.5 million. Terry Fox Runs are now held in 60 countries annually, through which more than \$360 million has been raised for cancer research.



**2** Read the article in Exercise 1 again. Answer the questions.

- 1 What obstacles did Terry Fox face? .....
- 2 How would you describe Fox's attitude in dealing with adversity? If you were faced with challenges like Fox's, what do you think your attitude would be? .....
- 3 Do you know someone who has inspired people by overcoming an obstacle? What obstacle did the person overcome? .....

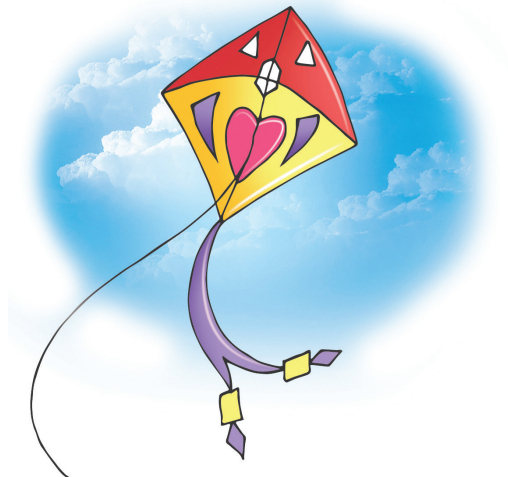
**3** Read the article again about Evelyn Glennie on Student's Book page 32. Compare Evelyn Glennie and Terry Fox. How are they similar? How are they different? Complete the diagram.



## GRAMMAR EXPANDER

**1** Complete each sentence. Circle the correct word.

- 1 A ( cloud / clap / gust ) of smoke covered the burning building.
- 2 There's a ( can / box / tube ) of detergent for the dishwasher under the sink.
- 3 Would you mind picking up a ( loaf / carton / liter ) of bread for dinner?
- 4 A ( clap / bolt / ray ) of sunshine cut through the cloudy sky.
- 5 I'd like a ( liter / cup / glass ) of coffee with cream and sugar, please.
- 6 The recipe calls for one ( drop / clove / bar ) of garlic.
- 7 A ( drop / bar / gust ) of wind lifted the kite into the sky.
- 8 Sarah ordered a ( carton / can / drop ) of soda with her takeout pizza.









- 1 Think of a story about a hero. It can be a true or fictional story. It could be about someone you know personally or someone famous. Write for five to ten minutes all the details about the story you can recall. Write quickly. Do not take time to correct spelling, punctuation, verb forms, time order, etc.


Read what you wrote. Choose ideas you would like to develop and put them in logical order.

- 2 Write your story. Use adverbial clauses and phrases, as well as prepositional time phrases and sequencing words and phrases to narrate past events logically.

## Prepositional time phrases

on Fridays  
in May  
from January to May  
at 8:00  
by April  
during that time

## Sequencing words and phrases

First,  
Next,  
Then,  
After that,  
Finally,


- 3 Read the following self-check questions. Check those that apply to your work in Exercise 2.

- ☐ Did I write two or more paragraphs?
- ☐ Does my writing tell the story in the order that the events occurred?
- ☐ Did I use at least three adverbial clauses or reduced adverbial phrases to clarify time relationships?