

14 UNIT

BEST FRIENDS



WARM-UP

What qualities make a good friend? Read the list below and tick (✓) the ones that you consider most important. Do your friends have these qualities? Do you?

trustworthiness
altruism
optimism
sense of humour
popularity

intelligence
kindness
honesty
empathy



READING

A. Skim-read an article published in a psychology magazine and choose the best title for it, a, b or c.

- a. Don't Let Frenemies Poison Your Life
- b. What's the Secret of Making Healthy Friendships?
- c. How to Make New Friends



When skim-reading a text, don't focus on details or worry about unknown words. Read it quickly to understand the general meaning.

Most adolescents say that their friends are an important part of their lives. They hang out together, play games and often confide their thoughts and feelings in each other. **1**

However, friends can turn into frenemies, betraying our trust and hurting our feelings. Such relationships frequently end up being toxic and painful. **2** But, don't lose heart! There are many things you can do to develop and maintain healthy friendships.



If you want to be a good friend, you should try to communicate effectively, so pay attention to body language. Let's say you asked your friend Peter if he enjoyed the book you gave him for his birthday; he said it was great. 3 To find out, observe Peter's facial expressions and tone of voice. Often, body language tells us more than words do.

Finally, empathy is perhaps the most significant element in friendships. Always make an effort to put yourself in your friend's shoes. 4 You don't have to agree with a person's opinions or actions, but it's important to show them that you can see their point of view.

Having a supportive circle of friends can make a big difference in our lives. 5 They may even help us live longer!

B. Read the article again. Five sentences have been removed from it. For each gap (1-5) choose one sentence from those listed below (A-H). There are three extra sentences you do not need to use.

- A. Practise active listening and pay attention to what your friend has to tell you.
- B. But how do you know if he meant what he said?
- C. A simple question such as 'What do you mean by that?' can work wonders.
- D. Scientists say that good relationships can make us happier and healthier.
- E. Ask yourself how you would feel if you were in their place.
- F. Their best friends are usually the people they are closest to, sharing with them their joys and sorrows.
- G. Eventually, we may feel like we're better off without them.
- H. When a friend is supportive of you, make sure to express your gratitude.

DISCUSSION

Which of the author's advice seems most useful to you? Do you apply this to yourself when interacting with your friends? Why or why not?