

What does a crisis mean?

cri-sis /'kraɪsɪs/ ●●○ **S3** **W3** noun (*plural crises* /-si:z/) [countable, uncountable] 🔊 🔊

1 a situation in which there are a lot of problems that must be dealt with quickly so that the situation does not get worse or more dangerous → **emergency**

🔊 The country now faces an **economic crisis**.

🔊 The prime minister was criticized for the way in which he handled the crisis.

2 a time when a personal emotional problem or situation has reached its worst point

🔊 an emotional crisis

🔊 In times of crisis, you find out who your real friends are.

🔊 He seems to be **going through a crisis**.

🔊 She has reached a **crisis point** in her career.

to cope with
to deal with

Give your own examples of a crisis.

My examples of a crisis. Let's discuss them.



forgetting your
money



running out of
petrol



losing your car keys

How do you usually feel in a crisis?

Describing feelings alarmed amused anxious ashamed bitter content
disappointed disillusioned envious exasperated frustrated furious
humiliated hysterical indecisive irritated miserable stressed stunned
thrilled upbeat



1 **SPEAKING** Work in pairs. Discuss how you would feel and what you would do in these situations.

- 1 You have just ridden your bike into another cyclist who pulled out into the road in front of you without looking.
- 2 You have just said something negative about a friend without realising the friend was right behind you.
- 3 You have come home to find your house has been burgled.

alarmed
anxious
frustrated
hysterical
irritated
stressed



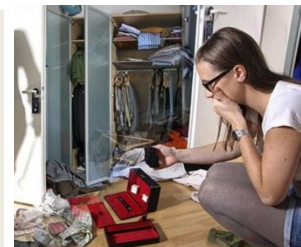
2. Read the text. Which pieces of advice could be useful to each situation in exercise 1? Why? Which do you think is the best piece of advice?

WHAT TO DO IN A CRISIS

Whenever you face a stressful situation, your brain sends alarm signals to your body and causes your heart to beat faster and your muscles to tense in preparation for immediate action. However, this reaction can often prevent us from thinking clearly about the best thing to do.

A good skill you can develop is the ability to react calmly in a crisis. By being aware of your body's stress response and training yourself to ignore that initial flood of emotions, you can make decisions based on clear-headed analysis.

- 1 Remember to breathe** – this is easy to forget when you are alarmed or enraged. And breathe deeply! A calmer body helps create a calmer mind.
- 2 Focus on the moment** – don't think about what should have been done differently. Concentrate on solving the immediate problem.
- 3 Think positively** – positive self-talk in a crisis is often helpful. For example, telling yourself how brave you are can help you overcome your fear.



to stop

to know

to be furious

to focus on

to guess


to defeat

- 3  1.11 Read the **Listening Strategy**. Then listen to five dialogues. Which words are emphasised in each? Which reason (1–3) is it?

Listening Strategy

When you listen, pay attention to the words that the speaker emphasises. Usually, a speaker uses emphasis:

- 1 to highlight new or important information, for example:
I've lost my bag. It's a cotton bag, with stripes.
- 2 to put contrast two alternatives, for example: *Was it black or brown?*
- 3 to contradict what someone else has said, for example:
Well, that's not my bag.

- 2  1.08 Read the Listening Strategy. Listen to six dialogues. Underline which words are emphasised in each one. Match each one with a reason from the Strategy (a, b or c).



1 ___

- A Which are your shoes?
B The ones with the laces.

2 ___

- A I think I need a new phone.
B What? You've got a new phone?
A No, I said I need a new phone!

3 ___

- A Can you give me a description of the thief, please?
B Yes, he was tall and he had blonde hair.

4 ___

- A Shall we go shopping tomorrow or on Wednesday?
B Let's go tomorrow.

5 ___

- A Don't forget your keys.
B But they're not my keys. They must be Edward's.

6 ___

- A I'll get your suitcase. Is it the black one or the brown one?
B The brown one.

4 Look at the lines of dialogue. Decide where the emphasis should go and why.

1 Do you want to call the police or the fire brigade?

2 A Do you live at number 7 Duncan Drive?

B No, I live at number 11.

3 Are those the burglar's fingerprints or mine?


4 I can't find my ring. It's a diamond ring, and it's very expensive.


5 A You say you left the house at quarter to eight?

B No, it was quarter past eight.

6 I saw a van outside. A blue van. A dark blue van.



5  1.12 Listen and check. Practise the sentences in pairs.

6  1.13 Listen to a dialogue between two friends. Choose the correct answers (a–d).

Transcript

1 George doesn't believe that

Gemma George, can I talk to you in private for a minute?

George Of course, Gemma. What's the matter?

Gemma Don't tell anyone, but I've just seen Sarah taking some money out of Alex's jacket pocket.

George What? You mean she borrowed some money?

Gemma No ... I think she stole it.

George Where was this?

Gemma In the classroom just now. Everyone was out for break time. I just went back for something I'd forgotten.

George What did you do?

Gemma Nothing. I just froze – I couldn't believe it. I didn't know what to do or to say.

George Did she see you?

Gemma I don't think so. But there's more to it than that. I've noticed that other little things have been disappearing lately. Lucy lost her necklace and Sam's lunch money went missing.

George But Lucy and Sam are both as forgetful as each other! It doesn't mean their things were stolen. Why do you think it's Sarah?

Gemma Well, Lucy loves that necklace. She only takes it off for sports. And Sarah and Lucy do sport together. And Sam *did* have his dinner money earlier that day. I saw him take it out and check it. Sarah was there and saw him too.

George But, Gemma, there's no *proof*. Are you absolutely sure?

Gemma No, of course I'm not sure. It's just making me wonder. Don't you think Sarah is quite down these days? I've asked her what's wrong more than once. She just says everything's fine, but I don't believe it.

George Come to think of it, she has been a bit quieter and more miserable lately. I'm not sure what to do. Should we speak to Sarah or her teacher?

Gemma Oh, not a teacher. What if I'm wrong? That would be terrible.

George Well, what are the facts? Basically, you saw Sarah put her hand in Alex's pocket and take out some money.

Gemma Yes.

George So – you have to tell her what you saw and see what she says.

Gemma I suppose so. But what if there's a simple explanation? She might be devastated that I'm suggesting she's a thief. Perhaps I should check with Alex first?

George Actually, he's someone who *does* get easily enraged. He might get angry and start making a big fuss. That would be worse for Sarah. Look, shall I come with you to talk to her?

Gemma Would you? I'd be really grateful.

7 SPEAKING Work in pairs. Discuss the questions.

Third Conditional

Are you good at keeping calm in a crisis? Give reasons for your answer.

What would you have done in Gemma's situation?



**Third Conditional:
Imaginary Past**



Example :

Past Perfect Tense

Would + Present Perfect Form

If I **had had** enough money, I **would have bought** the camera yesterday.

If I **had come** home earlier, I **would not have missed** the programme.

I think I'm good at keeping calm. I never panic and I always give myself time to think before doing anything.

Complete the sentences using
the third conditional

Third Conditional

Third Conditional: Imaginary Past



Example :

Past Perfect Tense

Would + Present Perfect Form

My mum would have blown her

If I had seen someone stealir

I would have felt so humiliat

If the burglar hadn't left any fingerprints, ...

If I **had had** enough money, I **would have bought** the camera yesterday.

If I **had come** home earlier, I **would not have missed** the programme.

5 **1.10** Listen to the dialogue between two friends, Josh and Max. Choose the correct answers (a–d)

- 1** At the beginning of the dialogue, Josh ...
- a ignore
 - b feels ill
 - c pretends to be ill**
 - d wants to go home.
- 2** Josh tells Max ...
- a that he's been acting strangely for a couple of weeks now.
 - b that he's been acting strangely for a couple of weeks now.
 - c that he's been acting strangely for a couple of weeks now.**
 - d not to tell anyone.
- 3** Max's view is that ...
- a Josh's friends are a bit scary.
 - b Josh's friends are a bit scary.
 - c Josh's friends are a bit scary.**
 - d Josh's friends are a bit scary.
- 4** Josh feels ...
- a his father is a bit scary.
 - b grateful for his father's support.**
 - c he can't do anything about the situation.
 - d Max's advice isn't helpful.

Max Are you OK, Josh? You don't look great.

Josh Yeah ... I'm fine ...

Max Are you sure? Come on, we've got chemistry next.

Josh Erm ... I think I'll go home. I must be getting a cold.

Max What? I don't believe you. What's the matter, Josh? You've been acting strangely for a couple of weeks now. What's up?

Josh OK, Max ... You mustn't tell anyone! But I'm really worried. I'm in a bit of trouble ...

Max What kind of trouble? Tell me.

Josh Well, you know those new friends that I've been hanging around with after school?

Max Yes, and I don't know why. They're not your friends, and they're a bit scary.

Josh I know, I know. I just thought they were cool, you know. And they started talking to me and I was flattered.

Max So, what happened?

Josh Well, the other day we went to the shops and they stole something, and then they dared me to steal something as well.

Max Oh, no. But you didn't, did you?

Josh Well, that's the thing ... I did. I don't know why. Well ... I do. It was because they were making me, and I was a bit scared of them. And as if that wasn't bad enough, now they're saying that I have to steal something for them every week, or they'll tell my dad ...

Max What? I don't believe you. What's the matter, Josh? You've been acting strangely for a couple of weeks now. What's up?

Josh OK, Max ... You mustn't tell anyone! But I'm really worried. I'm in a bit of trouble ...

Max What kind of trouble? Tell me.

Josh Well, you know those new friends that I've been hanging around with after school?

Max Yes, and I don't know why. They're not your friends, and they're a bit scary.

Max What?

Josh ... and he'll be so upset and disappointed with me! I don't know what to do.

Max Hang on a minute. First of all, you can't do what these guys are saying. You'll end up doing worse and worse things. You have to get out of it now. What did you steal?

Josh Some cans of drink ...

Max Look, this is what I think. First of all, I think you should tell your dad. Tell him all about it.

Josh But he'll be furious.

Max He'll be more upset if he finds out later on. And he can help you deal with those boys. I think he'll understand more than you think.

Josh But I'm really scared of them.

Max I know. But there's nothing you can do about it on your own. You need help from somewhere – school or the police, maybe.

Josh Oh no ...

Max Look, I'll come with you and we'll tell your dad.

Josh Would you? That would be brilliant. He likes you. That would help a great deal.

Max Yep, after school today. Come on, we're late for chemistry ...

Transcript

Homework

What have you learned today?

What can you do now?

