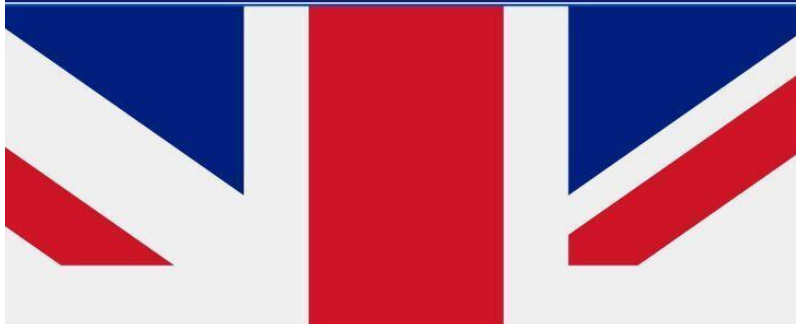


12+ Джонас Тичерман

Английская лексика для уверенного общения (B1–B2)

Как понимать и использовать
естественный английский



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Аннотация

Учебное пособие предназначено для взрослых учащихся уровня B1–B2, изучающих английский язык. Основное внимание уделяется лексике в контексте: устойчивым выражениям, фразовым глаголам и коллокациям. Каждый тематический раздел включает текст, упражнения и объяснения, направленные на развитие словарного запаса и навыков естественного употребления английского языка в реальных коммуникативных ситуациях.

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Джонас Тичерман

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Введение

Данное учебное пособие предназначено для взрослых учащихся уровня В1—В2, изучающих английский язык и стремящихся развить устойчивые навыки владения современной лексикой. Основная цель книги заключается в расширении словарного запаса, формировании понимания естественных лексических сочетаний, а также в развитии способности использовать английский язык в типичных коммуникативных ситуациях.

В отличие от традиционных подходов, ориентированных преимущественно на грамматические правила, в данном пособии основное внимание уделяется лексике в контексте. Каждая глава построена вокруг тематического блока и включает ключевые выражения, фразовые глаголы, идиоматические сочетания и устойчивые коллокации, которые активно используются носителями языка в повседневной речи и письменной коммуникации.

Материал организован таким образом, чтобы обеспечить последовательное и системное освоение лексики. Каждый тематический раздел сопровождается текстом, отражающим естественное употребление изучаемых выражений, а также упражнениями, направленными на закрепление и активиза-

цию материала. Особое внимание уделяется формированию навыка распознавания и правильного использования устойчивых словосочетаний в различных контекстах.

Пособие рассчитано на самостоятельную работу, однако может эффективно использоваться и в рамках занятий с преподавателем. Структура материала позволяет возвращаться к пройденным темам и постепенно расширять активный словарный запас.

Daily Routines and Time Management

Vocabulary Focus

stick to a routine

— придерживаться расписания, делать что-то регулярно по плану

Examples:

I try to stick to a routine during the week.

(Я стараюсь придерживаться расписания в течение недели.)

It is easier to stay productive if you stick to a routine.

(Легче оставаться продуктивным, если придерживаться расписания.)

Используется, когда вы говорите о стабильности и дисциплине в повседневной жизни.

get things done

— справляться с задачами, выполнять дела

Examples:

I wake up early to get things done.

(Я просыпаюсь рано, чтобы успеть сделать дела.)

She always knows how to get things done efficiently.

(Она всегда знает, как эффективно справляться с задачами.)

Подходит для разговоров о продуктивности и эффективности.

run out of time

— не хватить времени

Examples:

I wanted to finish the report, but I ran out of time.

(Я хотел закончить отчёт, но у меня закончилось время.)

We often run out of time in the morning.

(У нас часто не хватает времени по утрам.)

Используется, когда времени оказалось недостаточно.

prioritize tasks

— расставлять задачи по приоритету

Examples:

It is important to prioritize tasks during a busy day.

(Важно расставлять задачи по приоритету в течение напряжённого дня.)

He learned to prioritize tasks to reduce stress.

(Он научился расставлять приоритеты, чтобы снизить стресс.)

Используется в формальной и нейтральной речи, особенно в работе и обучении.

Story

Mark had always struggled with his daily routine. He often woke up late and rushed through his morning, trying to get things done as quickly as possible. As a result, he frequently ran out of time and forgot important tasks.

One day, he decided to change his habits. He created a simple plan and tried to stick to a routine. At first, it felt unusual, but he continued to follow it every day. He also learned to prioritize tasks and focused on the most important ones first.

After a few weeks, Mark noticed a clear improvement. He no longer felt stressed in the morning and had enough time to complete his work. Instead of rushing, he worked calmly and efficiently. His daily routine became more structured, and he started to enjoy his day.

Now, Mark understands that good time management is not about doing more things. It is about doing the right things at the right time. By sticking to a routine and organizing his tasks, he was able to get things done without feeling overwhelmed.

Useful Words and Expressions

daily routine — ежедневный распорядок

struggle with — испытывать трудности с

rush — спешить

as a result — в результате

frequently — часто

forget — забывать

decide — решать

habit — привычка

create a plan — составить план

follow — следовать

at first — сначала

unusual — непривычный

notice — замечать

improvement — улучшение

stressed — испытывающий стресс

calmly — спокойно

efficiently — эффективно

structured — структурированный

enjoy — наслаждаться

overwhelmed — перегруженный

Exercises

Exercise 1: Choose the correct option

I always try to (stick / run) to a routine during the week.

She wants to (get / do) things done before lunch.

We (ran out / got out) of time and missed the bus.

He needs to (prioritize / follow) tasks more carefully.

I often (run out / stick) of time in the evening.

Exercise 2: Match the expressions with their meanings

stick to a routine

get things done

run out of time

prioritize tasks

a. complete tasks

b. have no time left

c. follow a regular plan

d. decide what is most important

Exercise 3: Answer the questions

Why did Mark have problems with his daily routine?

What changes did he make to improve his situation?

How did his mornings change after a few weeks?

Why is it important to prioritize tasks?

What does good time management mean according to the story?

Answer Key

Exercise 1:

stick

get

ran out

prioritize

run out

Exercise 2:

1 — c

2 — a

3 — b

4 — d

Exercise 3 (Sample Answers):

Mark had problems because he woke up late and rushed through his morning. He often forgot important tasks and ran out of time.

He created a plan, started to stick to a routine, and learned to prioritize tasks. These changes helped him organize his day better.

His mornings became calmer and more organized. He no longer felt stressed and had enough time to complete his tasks.

It is important to prioritize tasks because it helps focus on what is most important. This reduces stress and improves productivity.

Good time management means doing the right things at the right time. It is about organization, not just doing more tasks.

Vocabulary Tip / Mini Advice

Учите выражения целиком, а не по отдельным словам: например, *run out of time* или *get things done*. Такие сочетания используются как готовые блоки и делают речь более естественной. Попробуйте составить 2—3 своих предложения с каждым выражением — это значительно ускоряет запоминание.

Small Talk and Social Etiquette

Vocabulary Focus

make small talk

— вести непринуждённую беседу на нейтральные темы
(погода, планы, общие вещи)

Examples:

It is polite to make small talk before a meeting starts.

(Вежливо немного поболтать перед началом встречи.)

He finds it difficult to make small talk with strangers.

(Ему сложно поддерживать непринуждённую беседу с незнакомыми людьми.)

Используется в ситуациях, когда нужно установить контакт, но тема не глубокая.

break the ice

— разрядить обстановку, снять напряжение в начале общения

Examples:

A simple question can help break the ice.

(Простой вопрос может помочь разрядить обстановку.)

She told a short story to break the ice.

(Она рассказала короткую историю, чтобы снять напряжение.)

Подходит для начала общения в новой или неловкой ситуации.

keep the conversation going

— поддерживать разговор

Examples:

Asking questions helps to keep the conversation going.

(Задавая вопросы, можно поддерживать разговор.)

He smiled and tried to keep the conversation going.

(Он улыбнулся и попытался поддержать разговор.)

Используется, когда важно не допустить пауз и неловкого молчания.

be polite / show politeness

— быть вежливым / проявлять вежливость

Examples:

It is important to be polite in professional situations.

(Важно быть вежливым в профессиональных ситуациях.)

She always shows politeness when talking to others.

(Она всегда проявляет вежливость при общении с другими.)

Используется в любых социальных и рабочих ситуациях.

Story

David recently started a new job and wanted to make a good impression. On his first day, he met many new colleagues, and he understood that communication was just as important as his professional skills.

At first, he felt nervous and did not know what to say. However, he remembered that it was useful to make small talk in such situations. He started with simple topics like the weather and daily routines. This helped him break the ice and feel more comfortable.

As the day continued, David tried to keep the conversation going by asking polite questions and listening carefully. He noticed that people responded positively when he showed interest and respect. Instead of worrying about saying something perfect, he focused on being polite and natural.

By the end of the day, David felt more confident. He realized that small talk was not about saying something important, but about creating a friendly atmosphere. This experience helped him understand the value of social etiquette in everyday communication.

Useful Words and Expressions

make an impression — произвести впечатление

colleague — коллега

communication — общение

professional skills — профессиональные навыки

at first — сначала

nervous — нервный

situation — ситуация

topic — тема

weather — погода

comfortable — комфортно себя чувствовать

continue — продолжаться

ask questions — задавать вопросы

listen carefully — внимательно слушать

notice — замечать

respond — реагировать

positively — положительно

interest — интерес

respect — уважение

confident — уверенный

friendly atmosphere — дружелюбная атмосфера

Exercises

Exercise 1: Choose the correct option

It is useful to (make / do) small talk in social situations.

A smile can help (break / cut) the ice.

He asked questions to (keep / stay) the conversation going.

It is important to (be / do) polite in formal situations.

She tried to (keep / make) the conversation going.

Exercise 2: Match the expressions with their meanings

make small talk

break the ice

keep the conversation going

be polite

a. be respectful in communication

b. start a relaxed conversation

c. continue a conversation

d. reduce tension in communication

Exercise 3: Answer the questions

Why did David feel nervous on his first day?

How did he break the ice with his colleagues?

What did he do to keep the conversation going?

How did people respond to his behavior?

What did David learn about small talk?

Answer Key

Exercise 1:

make

break

keep

be

keep

Exercise 2:

1 — b

2 — d

3 — c

4 — a

Exercise 3 (Sample Answers):

David felt nervous because he met many new people and did not know what to say. He wanted to make a good impression.

He broke the ice by talking about simple topics such as the weather and daily routines. This helped him feel more relaxed.

He asked polite questions and listened carefully. This helped him continue the conversation.

People responded positively because he showed interest and respect. They felt comfortable talking to him.

David learned that small talk helps create a friendly atmosphere. It is not about saying something important, but about being polite and natural.

Vocabulary Tip / Mini Advice

Обращай внимание на устойчивые выражения с глаголами: make small talk, break the ice, keep the conversation going. Их нельзя переводить слово в слово — лучше запоминать как готовые фразы и использовать в типичных ситуациях общения.

Making Plans and Arrangements

Vocabulary Focus

make arrangements

— договариваться, организовывать детали (встречи, поездки, события)

Examples:

We need to make arrangements for the meeting.

(Нам нужно договориться о деталях встречи.)

She made all the arrangements in advance.

(Она заранее всё организовала.)

Используется, когда речь идёт о подготовке и согласовании деталей.

set a date

— назначить дату

Examples:

Let's set a date for our next meeting.

(Давай назначим дату нашей следующей встречи.)

They set a date for the event last week.

(Они назначили дату мероприятия на прошлой неделе.)

Употребляется при планировании будущих событий.

be available

— быть свободным (по времени)

Examples:

Are you available on Friday evening?

(Ты свободен в пятницу вечером?)

I am not available this week.

(Я не свободен на этой неделе.)

Используется при согласовании времени.

work around (a schedule)

— подстроиться под (чей-то график)

Examples:

We can work around your schedule.

(Мы можем подстроиться под твой график.)

She tried to work around his busy timetable.

(Она пыталась подстроиться под его плотное расписание.)

Используется, когда нужно учитывать занятость других людей.

Story

Emma wanted to organize a small dinner with her friends, but it was not easy to find the right time. Everyone had a busy schedule, and it seemed difficult to make arrangements that worked for all.

First, she sent a message to ask when her friends were available. Some of them were free during the week, while others preferred the weekend. Emma decided to set a date that was convenient for most people.

However, one of her close friends was not available on that day. Instead of changing all the plans, Emma tried to work around her friend's schedule. She adjusted the time slightly so that her friend could join later in the evening.

After a few changes, everything was finally organized. Emma felt satisfied because she managed to make arrangements that suited everyone. The dinner turned out to be a great success, and all her friends enjoyed the evening.

This experience showed Emma that making plans requires flexibility and good communication. It is not always possible to find a perfect solution, but small adjustments can make a big

difference.

Useful Words and Expressions

organize — организовывать

dinner — ужин

find the right time — найти подходящее время

busy schedule — плотный график

seem — казаться

difficult — трудный

send a message — отправить сообщение

during the week — в течение недели

prefer — предпочитать

weekend — выходные

convenient — удобный

close friend — близкий друг

instead of — вместо

change plans — менять планы

adjust — корректировать

slightly — немного

join — присоединиться

finally — наконец

turn out — оказаться

success — успех

Exercises

Exercise 1: Choose the correct option

We need to (make / do) arrangements for the trip.

Let's (set / put) a date for the meeting.

Are you (available / free time) tomorrow evening?

We can (work / make) around your schedule.

She (set / made) a date for the event last week.

Exercise 2: Match the expressions with their meanings

make arrangements

set a date

be available

work around a schedule

a. adjust plans to fit someone's time

b. organize details

c. be free at a certain time

d. choose a specific day

Exercise 3: Answer the questions

Why was it difficult for Emma to organize the dinner?

How did she choose the date for the event?

What problem did she face with her friend?

How did she solve this problem?

What did Emma learn from this experience?

Answer Key

Exercise 1:

make

set

available

work

set

Exercise 2:

1 — b

2 — d

3 — c

4 — a

Exercise 3 (Sample Answers):

It was difficult because all her friends had busy schedules. It was hard to find a time that suited everyone.

She chose a date that was convenient for most of her friends. She considered their availability.

One of her close friends was not available on that day. This created a problem for the plan.

She adjusted the time so her friend could join later. She worked around her friend's schedule.

Emma learned that planning requires flexibility and communication. Small changes can help satisfy everyone.

Vocabulary Tip / Mini Advice

Обрати внимание на разницу между make plans и make arrangements.

Make plans — это общее планирование (идея),
make arrangements — это уже конкретные детали (время, место, организация).

Старайся использовать оба выражения в разных контекстах, чтобы речь звучала естественно.

Invitations and Polite Refusals

Vocabulary Focus

invite / invitation

— приглашать / приглашение

Examples:

She invited me to her birthday party.

(Она пригласила меня на свой день рождения.)

I received an invitation to a formal event.

(Я получил приглашение на официальное мероприятие.)

Используется в формальных и неформальных ситуациях.

accept an invitation

— принять приглашение

Examples:

I was happy to accept the invitation.

(Я с радостью принял приглашение.)

He accepted her invitation without hesitation.

(Он принял её приглашение без колебаний.)

Часто используется в вежливой речи.

decline an invitation

— вежливо отказаться от приглашения

Examples:

I had to decline the invitation because I was busy.

(Мне пришлось отказаться от приглашения, потому что я был занят.)

She politely declined the invitation.

(Она вежливо отказалась от приглашения.)

Используется в более формальной или нейтральной речи.

I'd love to, but...

— Я бы с удовольствием, но...

Examples:

I'd love to, but I already have plans.

(Я бы с удовольствием, но у меня уже есть планы.)

I'd love to, but I'm not available that day.

(Я бы с удовольствием, но я не свободен в этот день.)

Очень распространённая мягкая форма отказа.

Story

Laura received an invitation to her colleague's dinner party. She was happy to be invited, but she already had plans for that evening. At first, she did not know how to respond, because she did not want to seem rude.

She decided to write a polite message. Laura thanked her colleague for the invitation and said that she would love to come, but she was not available that day. She also expressed hope to meet another time.

Her colleague replied quickly and appreciated her honesty. He said that he understood her situation and suggested meeting the following week instead.

Laura felt relieved. She realized that it is possible to decline an invitation without causing any problems. The key is to be polite, show appreciation, and explain your situation clearly.

Since then, Laura has felt more confident in similar situations. She knows that good communication helps maintain positive relationships, even when plans do not work out.

Useful Words and Expressions

receive — получать

colleague — коллега

dinner party — званый ужин

already — уже

at first — сначала

respond — отвечать

seem rude — казаться грубым

decide — решать

message — сообщение

thank — благодарить

available — свободный

express — выражать

hope — надежда

reply — отвечать (на сообщение)

appreciate — ценить

honesty — честность

suggest — предлагать

instead — вместо

relieved — испытывающий облегчение

relationship — отношения

Exercises

Exercise 1: Choose the correct option

She decided to (accept / decline) the invitation because she was busy.

I (love / would love) to, but I have other plans.

He (accepted / invited) the invitation immediately.

They sent an (invite / invitation) to all their friends.

I had to (decline / accept) because I was not available.

Exercise 2: Match the expressions with their meanings

invite

accept an invitation

decline an invitation

I'd love to, but...

- a. say yes to an invitation
- b. politely refuse
- c. ask someone to join an event
- d. soft way to refuse

Exercise 3: Answer the questions

Why did Laura feel unsure at first?

How did she respond to the invitation?

What did her colleague say in reply?

Why did Laura feel relieved?

What did she learn from this experience?

Answer Key

Exercise 1:

decline

would love

accepted

invitation

decline

Exercise 2:

1 — c

2 — a

3 — b

4 — d

Exercise 3 (Sample Answers):

Laura felt unsure because she did not want to seem rude when refusing the invitation. She wanted to respond politely.

She thanked her colleague and explained that she was not available. She used a polite phrase to decline the invitation.

Her colleague said he understood the situation. He suggested meeting another time.

Laura felt relieved because her response was accepted positively. There was no conflict or misunderstanding.

She learned that it is possible to refuse politely. Clear and respectful communication helps maintain good relationships.

Vocabulary Tip / Mini Advice

В английском важно смягчать отказ. Вместо прямого I can't, лучше использовать I'd love to, but... или добавить благодарность:

Thanks for the invitation, but...

Такие формулировки делают речь более вежливой и естественной.

Apologies and Giving Explanations

Vocabulary Focus

apologize for

— извиняться за что-то

Examples:

I want to apologize for being late.

(Я хочу извиниться за опоздание.)

She apologized for the mistake.

(Она извинилась за ошибку.)

Используется, когда важно прямо обозначить причину извинения.

make an excuse / give an explanation

— оправдываться / давать объяснение

Examples:

He tried to make an excuse, but it did not sound convincing.

(Он попытался оправдаться, но это звучало неубедительно.)

но.)

She gave a clear explanation for the delay.
(Она дала чёткое объяснение задержки.)

Make an excuse часто звучит негативно, а give an explanation — нейтрально или положительно.

take responsibility
— брать ответственность

Examples:

He decided to take responsibility for the problem.
(Он решил взять ответственность за проблему.)
It is important to take responsibility for your actions.
(Важно брать ответственность за свои действия.)

Используется в формальной и повседневной речи.

it won't happen again
— это больше не повторится

Examples:

I am sorry for the mistake. It won't happen again.
(Извините за ошибку. Это больше не повторится.)

She promised that it wouldn't happen again.

(Она пообещала, что это больше не повторится.)

Используется, чтобы показать, что вы сделали выводы.

Story

Daniel was responsible for preparing an important report at work. However, he made a mistake and sent the wrong version to his manager. When he realized the problem, he immediately felt worried.

Instead of ignoring the situation, Daniel decided to take responsibility. He wrote a message to his manager and apologized for the mistake. He did not try to make an excuse but chose to give a clear explanation of what had happened.

In his message, Daniel also explained how he planned to fix the problem. He corrected the report and sent the right version as soon as possible. At the end, he added that it would not happen again.

His manager appreciated his honesty and quick action. Although the mistake was not ideal, the way Daniel handled the situation made a positive impression.

This experience taught Daniel that apologizing properly and giving clear explanations are essential skills in professional communication.

Useful Words and Expressions

responsible for — ответственный за

prepare — готовить

report — отчёт

mistake — ошибка

wrong version — неправильная версия

realize — осознавать

immediately — сразу

worried — обеспокоенный

instead of — вместо

ignore — игнорировать

situation — ситуация

message — сообщение

choose — выбирать

clear — чёткий

fix a problem — исправить проблему

as soon as possible — как можно скорее

correct — исправлять

appreciate — ценить

honesty — честность

impression — впечатление

Exercises

Exercise 1: Choose the correct option

I want to apologize (for / on) being late.

He decided to (take / make) responsibility for the mistake.

She gave a clear (excuse / explanation).

He tried to (make / do) an excuse.

It (won't / doesn't) happen again.

Exercise 2: Match the expressions with their meanings

apologize for

make an excuse

take responsibility

give an explanation

a. explain what happened

b. accept your mistake

c. say sorry for something

d. try to justify a mistake

Exercise 3: Answer the questions

What mistake did Daniel make?

How did he react when he realized the problem?

Why did he choose not to make an excuse?

What actions did he take to fix the situation?

What did Daniel learn from this experience?

Answer Key

Exercise 1:

for

take

explanation

make

won't

Exercise 2:

1 — c

2 — d

3 — b

4 — a

Exercise 3 (Sample Answers):

Daniel sent the wrong version of an important report. This caused a problem at work.

He reacted quickly and decided to take responsibility. He did not ignore the situation.

He understood that making an excuse would not help. A clear explanation was more professional.

He apologized, explained the situation, corrected the report, and sent the right version.

He learned that honesty and responsibility are important.

Proper communication can improve difficult situations.

Vocabulary Tip / Mini Advice

Обрати внимание на разницу:

apologize for + причина (for being late)

explain + ситуация (explain the problem)

Хорошая структура в речи:

apology → explanation → solution → reassurance

Например: I'm sorry for the delay. Let me explain... I've fixed it. It won't happen again.

Expressing Opinions Politely

Vocabulary Focus

I think / I believe / In my opinion

— Я думаю / Я считаю / По моему мнению

Examples:

I think this idea could work.

(Я думаю, эта идея может сработать.)

In my opinion, this solution is better.

(По моему мнению, это решение лучше.)

I believe we should try a different approach.

(Я считаю, что нам стоит попробовать другой подход.)

Используются, чтобы выразить мнение мягко и без давления.

I might be wrong, but...

— Возможно, я ошибаюсь, но...

Examples:

I might be wrong, but this doesn't seem effective.

(Возможно, я ошибаюсь, но это не кажется эффективным.)

I might be wrong, but we could check again.

(Возможно, я ошибаюсь, но мы могли бы проверить ещё раз.)

Смягчает высказывание, особенно если вы не уверены.

It seems to me that...

— Мне кажется, что...

Examples:

It seems to me that this plan needs more details.

(Мне кажется, что этому плану не хватает деталей.)

It seems to me that he is not ready yet.

(Мне кажется, что он ещё не готов.)

Делает мнение менее категоричным.

I see your point, but...

— Я понимаю твою точку зрения, но...

Examples:

I see your point, but we need more time.

(Я понимаю твою точку зрения, но нам нужно больше времени.)

I see your point, but I would suggest another option.

(Я понимаю твою точку зрения, но предложил бы другой вариант.)

Используется для вежливого несогласия.

Story

Sophie worked in a team where everyone had different ideas. During meetings, it was important not only to share opinions but also to do it politely.

At first, Sophie was very direct. She often said what she thought without considering how others might feel. As a result, some of her colleagues felt uncomfortable during discussions.

Later, Sophie decided to change her communication style. Instead of making strong statements, she began to use softer expressions such as «I think» and «It seems to me that.» When she disagreed, she said, «I see your point, but...» to show respect.

She also learned to say, «I might be wrong, but...» when she was not completely sure. This helped create a more open and friendly atmosphere in the team.

Over time, her colleagues started to respond more positively. Meetings became more productive, and everyone felt more comfortable sharing ideas.

Sophie realized that expressing opinions politely does not make your ideas weaker. On the contrary, it makes

communication more effective and respectful.

Useful Words and Expressions

team — команда

different — разный

meeting — встреча

important — важный

share — делиться

opinion — мнение

politely — вежливо

at first — сначала

direct — прямой

consider — учитывать

feel — чувствовать

as a result — в результате

uncomfortable — испытывающий дискомфорт

discussion — обсуждение

decide — решать

communication style — стиль общения

instead of — вместо

disagree — не соглашаться

respect — уважение

productive — продуктивный

Exercises

Exercise 1: Choose the correct option

(In / At) my opinion, this idea is better.

I (see / look) your point, but I disagree.

It (seems / looks) to me that we need more time.

I might be (wrong / mistake), but this is not correct.

I (think / believe) we should discuss this again.

Exercise 2: Match the expressions with their meanings

I think

I might be wrong, but...

I see your point, but...

It seems to me that...

- a. polite disagreement
- b. soft personal opinion
- c. uncertain opinion
- d. careful observation

Exercise 3: Answer the questions

Конец ознакомительного фрагмента.

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