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Том Сториз

**Тематический
курс
английского
языка для
подростков**

Чтение, лексика
и развитие речи



Том Сториз

Тематический курс английского языка для подростков. Чтение, лексика и развитие речи

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Аннотация

Книга предназначена для подростков, изучающих английский язык на уровне В1–В2. Она помогает развивать навыки чтения, расширять словарный запас и формировать уверенную разговорную речь через современные жизненные темы. Каждый раздел включает текст, полезные выражения, речевые модели и практические задания. Материалы ориентированы на реальное общение и постепенное развитие языковой компетенции в естественном контексте.

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Том Сториз

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Введение

Данная книга предназначена для подростков и изучающих английский язык на уровне B1—B2. Её основная цель заключается в развитии навыков чтения, расширении активного словарного запаса и формировании устойчивых речевых моделей, используемых в повседневной коммуникации.

Материалы книги построены вокруг актуальных для подростковой аудитории тем, связанных с личным опытом, социальными ситуациями, обучением, цифровой средой и межличностными отношениями. Такой тематический подход позволяет учащимся легче соотносить содержание текстов с собственной жизнью, что способствует более осознанному усвоению языкового материала.

Каждая глава включает аутентичный по стилю текст, написанный в разговорно-описательной форме с элементами рефлексии. После основного текста предлагается систематизированный языковой материал: устойчивые выражения, речевые конструкции с переводом, а также практические задания, направленные на закрепление лексики и развитие навыков самостоятельного высказывания.

Отдельное внимание уделяется формированию навыков

продуктивной речи. Вопросы и задания в каждой главе ориентированы на личный опыт учащегося и стимулируют развернутые ответы с использованием изученного материала. Это позволяет перейти от пассивного восприятия языка к его активному применению.

Структура книги разработана с учетом постепенного усложнения языковых конструкций и расширения тематического диапазона. Материалы могут использоваться как для самостоятельного изучения, так и в рамках учебного процесса под руководством преподавателя.

В результате работы с книгой учащиеся смогут улучшить понимание английского языка в контексте реальных ситуаций, повысить уверенность в использовании изученной лексики и развить навыки устной и письменной речи на уровне, соответствующем B1—B2.

When your best friend starts changing

It's weird how someone can feel like your «person» for years, and then slowly become someone you don't really know how to talk to anymore. Not suddenly. Not dramatically. Just small changes that you don't notice at first.

It started with simple things. My best friend used to text me all the time — random thoughts, memes, voice messages about nothing important. Then the messages became shorter. Then less frequent. At first, I didn't think much about it. People get busy, school gets harder, life happens, so I told myself it was normal.

But something still felt different.

She started hanging out with a new group of people. I saw it first on social media — photos, inside jokes, places I wasn't part of. I tried not to overthink it, because I didn't want to seem jealous or dramatic. Although deep down, I felt a bit left out.

One day we were sitting together at lunch, and I realized we were talking less and less. I tried to bring up something funny that happened in class, but she only smiled and checked her phone. It wasn't rude, just... distant.

I remember thinking: When did we become like this?

Later, I asked her if everything was okay between us. She said, «Yeah, of course, nothing's wrong.» And I believed her — or at least I wanted to. But actions sometimes say more than words. So I started noticing everything: tone of voice, pauses, who she walked with after school.

It felt like I was trying to solve a puzzle that kept changing shape.

What was hardest was not losing her completely, but realizing that I was still expecting the old version of our friendship. The one where we shared everything, talked for hours, and didn't need to «check» if everything was fine.

People grow. Interests change. New friendships appear. I understand that now. But understanding something doesn't always make it easier to feel it.

We didn't have a fight. There was no big ending. Just fewer conversations, fewer shared moments, and more silence in between.

And maybe that's how some friendships end — not with a clear break, but with distance that slowly becomes normal.

I still care about her. That hasn't changed. But I also stopped trying to force things to be the same. Because sometimes people don't stay in the same place in your life forever, even if they were once very important.

Now I just wonder: maybe we didn't lose each other completely... maybe we just stopped meeting at the same point in our lives.

Here are some useful expressions you might have noticed:
someone can feel like your «person» — человек, который тебе очень близок

small changes you don't notice — маленькие изменения, которые не замечаешь

at first, I didn't think much about it — сначала я не придавал (а) этому значения

people get busy — люди становятся занятыми

felt different — чувствовалось по-другому

hanging out with a new group — проводить время с новой компанией

I didn't want to seem jealous — я не хотел (а) выглядеть ревнивым (ой)

deep down — в глубине души

feel left out — чувствовать себя лишним

bring up something — поднять тему

checked her phone — посмотрела в телефон

became distant — стало более отстранённым

actions say more than words — действия говорят больше,
чем слова

solve a puzzle — решать загадку

changed shape — меняло форму

still expecting — всё ещё ожидал (а)

old version of friendship — старая версия дружбы

shared everything — делились всем

talk for hours — разговаривать часами

fewer conversations — меньше разговоров

silence in between — тишина между

didn't have a fight — не было ссоры

slow distance — медленное отдаление

stop trying to force things — перестать пытаться что-то на-
вязывать

meet at the same point — встречаться в одной точке жизни

You can use patterns like these in your own speech:

I didn't notice it at first, but later I realized that... — Сначала
я не заметил (а), но потом понял (а), что...

It started with small things like... — Всё началось с мелочей,
таких как...

I told myself it was normal because... — Я говорил (а) себе,
что это нормально, потому что...

I felt left out when... — Я чувствовал (а) себя лишним (ей),
когда...

I tried to talk about it, but... — Я пытался (лась) поговорить об этом, но...

What was hardest was... — Самым трудным было...

Even though I understand it, I still feel... — Хотя я это понимаю, я всё равно чувствую...

We didn't have a fight, it just... — У нас не было ссоры, просто...

Now think about your own experience:

1. Have you ever felt that your best friend was changing?

Yes, I have. I noticed it when we started talking less and spending more time with different people. It didn't happen suddenly, but slowly I felt that our conversations were not the same anymore.

2. What small signs made you notice this change?

Small signs like slower replies, less interest in my stories, and more time spent with new friends. At first, I ignored it, but later I realized these details were important.

3. Did you try to talk to them about it? What happened?

Yes, I tried once to ask if everything was okay. They said nothing was wrong, but after that conversation nothing really changed between us.

4. Do you think people naturally grow apart sometimes? Why?

Yes, I think so. People change their interests, goals, and environment. Because of that, even close friends can slowly move in different directions.

5. Can a friendship survive big changes between people?

Sometimes yes, but it depends on effort from both sides. If both people still care and communicate honestly, friendship can adapt and stay strong.

6. How do you usually react when someone becomes distant?

At first, I try to understand what is happening and give them space. But if distance continues, I start to step back emotionally to protect myself.

7. Is it better to talk honestly or let things fade slowly?

I think honesty is better because it gives clarity. Even if the conversation is uncomfortable, it helps both people understand what is really going on.

Complete the sentences:

It started with small things like fewer messages and longer _____ between conversations.

I told myself it was normal because people get _____ and life changes.

I felt left out when my friend started hanging out with a new _____.

What was hardest was holding on to the old _____ of our friendship.

We didn't have a fight, things just slowly _____ over time.

A secret you were told not to share

It started as an ordinary after-school day. Nothing special, nothing unusual. We were walking slowly behind the school, trying to avoid the noisy crowd near the entrance. My friend seemed quieter than usual, but I didn't think much of it at first. Sometimes people just get tired after lessons, so I didn't ask questions.

We sat on a bench near the playground. It was almost empty, just the sound of distant voices and wind moving through the trees. I remember she kept looking around, like she was checking if anyone was nearby. That already made me feel a bit nervous, although I didn't know why.

Then she said something that changed the whole atmosphere.

«I need to tell you something, but you have to promise not to tell anyone.»

That sentence stayed in the air for a second, like everything paused. I asked, «What is it?» but my voice sounded different even to myself — softer, more careful.

She hesitated for a moment and then told me the secret.

It wasn't something dramatic like in films, but it was serious enough to matter. It was about something happening in her family — something she was clearly struggling with but didn't want others to know. I could see it wasn't easy for her to talk about it. Her hands were shaking slightly, and she avoided eye contact.

At that moment, I realized she wasn't just telling me information. She was trusting me with something personal.

I said, «Of course I won't tell anyone.» And I meant it.

But right after that, I didn't know what to do with what I had just heard. I felt a strange mix of emotions — surprise, concern, and responsibility. It felt like I was carrying something heavy that didn't belong to me.

We didn't talk much after that. We just walked back in silence. It wasn't an uncomfortable silence, but it wasn't normal either. It was the kind of silence where both people are thinking too much.

That evening, I kept replaying the conversation in my head. I realized how easy it is to say «I won't tell anyone,» but much harder to actually live with it. Because suddenly every normal conversation with other friends felt different. I had to be careful with my words, even when I didn't want to think about it.

At some point, I even thought about telling someone else — not to betray her, but just to ask for advice. But every time I thought about it, I remembered her face when she said the secret out loud. That stopped me.

Days passed. Everything looked normal on the outside. We still talked at school, still shared small jokes, still sat together sometimes. But I noticed something had changed between us. Not in a bad way exactly — more like a quiet understanding that only we had.

I started to realize that keeping a secret is not just about silence. It's about carrying someone else's trust without changing it, without reshaping it, without letting it turn into gossip or confusion.

And maybe the hardest part was not the secret itself, but the feeling of being responsible for something I didn't fully understand.

Even now, I sometimes think about that moment on the bench. Not because of what was said, but because of what it meant — that someone chose me to know something they couldn't tell the world.

And I still wonder how many people carry things like that every day, without anyone noticing.

Here are some useful expressions you might have noticed:
nothing special, nothing unusual — ничего особенного
behind the school — за школой
avoid the noisy crowd — избегать шумной толпы
felt quieter than usual — казался тише, чем обычно
check if anyone was nearby — проверять, есть ли кто-то
рядом

changed the whole atmosphere — изменило всю атмосферу
stayed in the air — повисло в воздухе
sounded careful — звучал (а) осторожно
hesitate for a moment — немного сомневаться
something happening in her family — что-то, происходящее
в её семье

struggling with something — с чем-то бороться/переживать
avoid eye contact — избегать зрительного контакта
trust someone with something — доверить кому-то что-то
mix of emotions — смесь эмоций
feel responsible — чувствовать ответственность
carrying something heavy — нести что-то тяжёлое
replay the conversation — прокручивать разговор в голове
live with it — жить с этим
be careful with words — осторожно подбирать слова
ask for advice — попросить совета

quiet understanding — тихое понимание
on the outside — снаружи, внешне
small jokes — небольшие шутки
changed between us — изменилось между нами
carry someone's trust — нести чьё-то доверие
without changing it — не изменяя это
being responsible for something — быть ответственным за
что-то

chose me — выбрала меня
without anyone noticing — чтобы никто не заметил

You can use patterns like these in your own speech:

It started as a normal day, but then... — Это началось как
обычный день, но потом...

I didn't think much about it at first because... — Сначала я
не придавал (а) этому значения, потому что...

She asked me to promise not to tell anyone, so I... — Она
попросила не рассказывать, поэтому я...

I didn't know how to react because... — Я не знал (а), как
реагировать, потому что...

It felt like I was carrying... — Мне казалось, что я несу...

Even though I said nothing, I felt... — Хотя я ничего не ска-
зал (а), я чувствовал (а)...

Over time, I realized that... — Со временем я понял (а),
что...

Now think about your own experience:

1. Have you ever been told a secret you had to keep?

Yes, I have. A friend once told me something personal and asked me not to share it with anyone. It made me realize that trust is a serious responsibility.

2. How did you feel when someone trusted you with a secret?

I felt important but also a bit nervous. I understood that I had to be careful because my words could affect someone else's life.

3. Was it difficult not to tell anyone else? Why?

Yes, sometimes it was difficult because I wanted to talk about it or ask for advice. But I remembered my promise, so I stayed silent.

4. Do you think keeping secrets makes friendships stronger or more complicated?

I think it can do both. It can make friendships stronger because of trust, but also more complicated because of pressure and responsibility.

5. What would you do if keeping a secret made you feel uncomfortable?

I would try to think carefully before acting. If it was really serious, I might suggest that the person talks to someone who can

help, but I wouldn't break the trust easily.

6. Have you ever regretted telling or not telling something important?

Yes, I once regretted not speaking up when I could have helped someone. It taught me that silence can also have consequences.

7. Can you completely trust someone after they share a secret with you?

I think trust depends not only on secrets but on overall behavior. Sharing a secret can build trust, but actions over time matter more.

Complete the sentences:

It started as a normal day, but then my friend asked me to keep a _____.

She looked around to check if anyone was _____ before speaking.

I felt a mix of emotions because I was carrying something very _____.

I promised not to tell anyone, so I stayed _____ even when it was hard.

Over time, I realized that trust is about carrying someone's _____ carefully.

Fake friends and real ones

At school, it's not always easy to understand who is actually your friend and who is just around because it's convenient. Sometimes people laugh with you, sit with you at lunch, send you messages every day — and still, something feels a bit off. You don't notice it immediately. It usually takes time.

I used to think friendship was simple. If someone talks to you a lot, shares jokes, and spends time with you, then they're your friend. But life is a bit more complicated than that.

There was a group I spent a lot of time with last year. We always sat together, shared snacks, joked during lessons, and walked home in a big group. It felt like I belonged somewhere. I didn't really question it because everything looked fine on the surface.

But slowly, small things started to change.

For example, when I made a mistake in class and felt embarrassed, some of them laughed a little too loudly. At first, I laughed with them, trying not to make it awkward. But later I started noticing that the jokes were often about someone — not just harmless fun, but sometimes a bit sharp.

Still, I ignored it. I told myself, «They don't mean it badly. It's just how they are.»

But one situation changed how I saw everything.

We were planning to meet after school. I arrived at the place we agreed on, but no one showed up. I waited for almost an hour. Later I saw pictures online — they had met without me. No message, no explanation.

When I asked about it, someone said, «Oh, we thought you weren't coming.» It didn't feel like a real reason. It felt like an excuse.

That was the moment I started thinking differently.

Because real friends don't just include you when it's easy. They don't forget you on purpose. And they don't make you feel like you're replaceable.

After that, I started stepping back a little. Not in a dramatic way, just quietly. I stopped trying so hard to be part of conversations where I didn't feel valued. I spent more time with one or two people who felt more honest, even if the group was smaller.

And I noticed something important: real friendship doesn't always look loud or exciting. Sometimes it's calm. It's someone checking if you got home safely. It's someone remembering small details you said weeks ago. It's someone who doesn't change their behavior when other people are watching.

Fake friendships are often the opposite. They can look fun, but they feel unstable. One day you're included, the next day you're not. One moment you're important, the next moment you're forgotten.

I'm not saying people are completely «fake» or «real» in a simple way. It's not black and white. People can act differently depending on situations. But I think real friends are the ones who stay consistent when it actually matters.

Now I try to pay attention to how I feel around people, not just how they act in a group. Because sometimes laughter is easy, but trust is not.

And I've learned that it's better to have a few real connections than many uncertain ones.

Here are some useful expressions you might have noticed: not always easy to understand — не всегда легко понять

just around because it's convenient — рядом, потому что так
удобно

something feels off — что-то кажется не так
on the surface — на поверхности / внешне
belong somewhere — чувствовать, что ты «свой»

make a mistake — совершить ошибку
feel embarrassed — чувствовать себя неловко
laugh too loudly — смеяться слишком громко

harmless fun — безобидное веселье
a bit sharp — немного обидный/резкий
make it awkward — сделать неловко

step back — отойти, дистанцироваться
show up — появиться, прийти

make excuses — оправдываться

be replaceable — быть заменяемым

spend more time with — проводить больше времени с

feel valued — чувствовать, что тебя ценят

check if you got home safely — проверить, дошёл ли ты
домой

small details — маленькие детали

when it actually matters — когда это действительно важно

black and white — всё однозначно

how I feel around people — как я чувствую себя рядом с
людьми

uncertain connections — нестабильные связи

real friendship — настоящая дружба

You can use patterns like these in your own speech:

At first, I thought that... — Сначала я думал (а), что...

I didn't notice it, but later I realized... — Я не замечал (а),
но потом понял (а)...

It felt like I didn't belong because... — Мне казалось, что я
не подхожу, потому что...

I started to feel uncomfortable when... — Я начал (а) чув-
ствовать себя некомфортно, когда...

What changed everything was... — Всё изменило то, что...

I decided to step back because... — Я решил (а) отойти,
потому что...

I realized that real friendship is... — Я понял (а), что насто-
ящая дружба — это...

Now think about your own experience:

1. Have you ever had friends who made you feel
uncomfortable in a group?

Yes, I have. Sometimes I felt like I had to act differently just
to fit in. It made me realize that not every group is a healthy
environment.

2. What small signs help you understand if someone is a real
friend?

Small signs like honesty, consistency, and support when

something goes wrong. Real friends don't disappear when things become difficult.

3. Have you ever felt left out by people you trusted?

Yes, I have. It happened when I wasn't invited somewhere important. At first I tried to ignore it, but later I understood it meant something.

4. Do you think people can be both «fake» and «real» at different times?

Yes, I think so. People can behave differently depending on situations, stress, or social pressure. That's why it's important to look at patterns, not single moments.

5. What do you prefer: a big group of friends or a few close ones?

I prefer a few close friends because it feels more honest and stable. In small groups, it's easier to build trust and have deeper conversations.

6. How do you react when you feel someone is not treating you well?

I usually step back and observe first. If it continues, I distance myself because I think respect is important in any friendship.

7. Can friendships change from fake to real or real to fake?

Yes, I think friendships can change over time. People grow, situations change, and relationships either become stronger or weaker depending on effort and honesty.

Complete the sentences:

At first, everything looked fine on the _____, but later I noticed problems.

I started to feel like I didn't _____ in the group anymore.

What changed everything was when they made _____ without me.

Real friends don't make you feel _____ in important moments.

I realized that real friendship is about being _____ and supportive.

When you feel left out in a group

It's a strange feeling when you're physically in a group of people, but emotionally it feels like you're standing slightly outside of it. You hear the jokes, you see everyone laughing, but somehow you're not really part of what's happening. At first, you try to ignore it. You tell yourself it's just a mood, just a random moment, nothing serious.

It usually starts small.

Maybe someone tells a joke and everyone laughs, but you don't fully get it. So you smile anyway, because that feels easier than asking. Or the conversation moves so fast that you can't find a natural moment to join in. You wait for a gap, but the gap never really comes.

I remember one specific situation at school. We were sitting in a group during lunch — six or seven people, all talking at the same time. At first, I was part of it. I added small comments, reacted to stories, felt included. But after a while, the topic changed to something I didn't know much about.

So I just listened.

And then I stopped even trying to speak.

Not because anyone told me to be quiet, but because it felt like my words wouldn't really change anything in the conversation. Everyone already had their rhythm, their inside jokes, their way of talking. I was there, but not really in it.

What made it more noticeable was how natural it was for them to continue without me. No one was being rude. No one was excluding me on purpose. But that didn't change how it felt inside.

At some point, I started checking my phone more often, not because I had anything important, but because it gave me something to do. It's easier to look busy than to sit there feeling invisible.

Later, when I got home, I kept thinking about it. I wondered if anyone even noticed that I had been quiet. Probably not. And that thought was both comforting and a little sad at the same time.

The next day, I tried again. I told myself I would be more active in conversations. I made a few jokes, asked questions, tried to join in. It worked a bit — people responded, smiled, included me again. But I also realized something important: being included in a group is not just about speaking. It's about

feeling like your presence actually matters in that space.

Sometimes it does. Sometimes it doesn't.

Over time, I started to understand that feeling left out doesn't always mean people are rejecting you. Often, it's just different energies, different interests, or moments when you don't fully connect with what's happening. But that doesn't make the feeling disappear.

What helped a little was finding smaller connections inside the group — one person I could talk to more easily, or one topic where I felt more confident. Instead of trying to be part of everything, I focused on being part of something.

And I also learned that it's okay to step back sometimes, not as a punishment to yourself, but as a way to breathe and observe. Not every moment in a group has to be perfect or fully connected.

Still, even now, when I sit quietly in a group for too long, that familiar feeling sometimes comes back for a moment — like I'm slightly on the edge of the conversation, watching it instead of living it.

But I also know it doesn't last forever.

Here are some useful expressions you might have noticed:
physically in a group — физически в группе
emotionally outside of it — эмоционально вне этого
nothing serious — ничего серьёзного
it starts small — всё начинается с мелочей
fully get it — полностью понимать
find a natural moment — найти подходящий момент
move so fast — двигаться слишком быстро (разговор)
feel included — чувствовать себя частью
stop trying to speak — перестать пытаться говорить
change the topic — сменить тему
inside jokes — шутки, понятные только своим
not being rude — не быть грубым
exclude someone on purpose — исключать кого-то специально

check my phone — смотреть в телефон
feel invisible — чувствовать себя невидимым
think about it later — потом об этом думать
respond and smile — реагировать и улыбаться
join in — присоединиться
being included — быть включённым
presence matters — твоё присутствие важно
different energies — разная энергия людей
step back — отступить
find smaller connections — найти небольшие связи
be part of something — быть частью чего-то

breathe and observe — выдохнуть и наблюдать
on the edge of the conversation — на краю разговора
doesn't last forever — не длится вечно

You can use patterns like these in your own speech:

I felt left out when... — Я чувствовал (а) себя лишним,
когда...

At first, I tried to ignore it, but... — Сначала я пытался
(лась) не обращать внимания, но...

It wasn't that people were rude, it just... — Дело не в том,
что люди были грубыми, просто...

I found it hard to join the conversation because... — Мне
было трудно включиться в разговор, потому что...

I started to feel invisible when... — Я начал (а) чувствовать
себя невидимым, когда...

What helped me was... — Мне помогло то, что...

Over time, I realized that... — Со временем я понял (а),
что...

Now think about your own experience:

1. Have you ever felt left out in a group?

Yes, I have. It happened when I was with a group of friends
talking about topics I didn't fully understand. I was physically
there, but I didn't feel like I was part of the conversation.

2. What usually makes you feel included in a group?

I feel included when people ask me questions, react to my ideas, and give me space to speak. Even small signs of attention make a big difference.

3. What do you do when you start feeling left out?

At first, I try to join the conversation more actively. If it doesn't work, I usually focus on one person or step back a little and observe.

4. Do you think it's always people's intention to exclude others?

No, I don't think so. Most of the time it happens naturally, because people get excited or talk about shared experiences without realizing someone is left out.

5. Is it better to speak up or stay quiet in that situation?

I think it depends, but speaking up is usually better. It can help others notice and bring you back into the conversation.

6. Can feeling left out happen even with close friends?

Yes, it can. Even close friends sometimes focus on topics or moments where not everyone feels equally involved.

7. How do you deal with that feeling emotionally?

I try to remind myself that it's usually temporary and not

personal. Then I focus on people or moments where I feel more comfortable.

Complete the sentences:

I felt left out when I couldn't _____ into the conversation.

At first, I tried to ignore it, but later I started to feel _____.

It wasn't that people were rude, it just felt like I was on the _____ of the group.

I started to check my phone more often because I felt _____.

What helped me was finding smaller _____ inside the group.

Friendship after a big argument

A big argument with a friend feels different from a normal misunderstanding. It's not just about words that were said in the moment — it's about everything that comes after. The silence. The overthinking. The strange feeling of not knowing whether things can go back to normal again.

It usually starts with something small. At least, that's how it was for us. A simple disagreement about something unimportant — plans, timing, maybe a misunderstanding in a message. Nothing that seemed serious at first. But emotions build up faster than logic, especially when both people feel misunderstood.

I remember the exact moment when the tone changed. One sentence that sounded sharper than intended. Then another reply that felt colder. And suddenly, the conversation wasn't about the original topic anymore — it was about pride, frustration, and not wanting to step back.

After that, we stopped talking.

At first, I told myself it would pass quickly. A day or two, maybe three. But the longer it lasted, the heavier it felt. Walking past each other in school became awkward. We would look away

or pretend to be busy. It's strange how someone can go from being your closest person to someone you avoid in the hallway.

What made it worse was replaying everything in my head. I kept thinking about what I could have said differently. Or what they meant by certain words. Overthinking turns small details into big problems that didn't even exist before.

At some point, I started missing not just the person, but the normal rhythm we had — the daily messages, the jokes, the small updates about nothing important. That silence felt louder than the argument itself.

Then one day, something changed. Not dramatically, just quietly. A short message: «Are you okay?» It wasn't a full apology, and it didn't fix everything instantly, but it opened a door that had been closed for too long.

I remember hesitating before replying. Because once too much time passes, even simple messages feel complicated. But I answered. And that was enough to start talking again.

When we finally met, it wasn't like in movies. There were no perfect speeches or instant emotional breakthroughs. It was a bit awkward at first. We both avoided certain topics. But slowly, the conversation became more natural again.

We talked about what happened, but not in a dramatic way. More like trying to understand each other instead of winning the argument. And that was important — realizing that most conflicts are not about one person being right and the other being wrong, but about two perspectives that didn't match in that moment.

What surprised me was how much of the anger had already faded with time. The distance had felt huge, but the reason behind it wasn't as big as it seemed anymore.

Still, something changed after that argument. We became more careful with words. More aware of each other's feelings. Not in a tense way, but in a more thoughtful one. Like we both understood that friendship isn't something automatic — it needs attention, especially after it breaks a little.

Now, when I think about it, I don't see that argument as just something negative. It was uncomfortable, yes, but it also showed what was worth saving. Because if a friendship survives a moment like that and still feels real afterwards, it means there is something stronger underneath the conflict.

And sometimes, after everything settles, you realize that the distance didn't end the friendship — it just changed the way you

understand it.

Here are some useful expressions you might have noticed:

big argument — сильная ссора

misunderstanding — недопонимание

overthinking — слишком много думать

build up faster — накапливаться быстрее

tone changed — тон изменился

sounded sharper — звучало резче

felt colder — казалось холоднее

step back — отступить, уступить

stop talking — перестать общаться

it will pass — это пройдёт

awkward silence — неловкое молчание

avoid each other — избегать друг друга

replay in my head — прокручивать в голове

daily messages — ежедневные сообщения

normal rhythm — привычный ритм

open a door — открыть возможность

hesitate before replying — сомневаться перед ответом

dramatic speeches — драматичные речи

emotional breakthroughs — эмоциональные прорывы

avoid certain topics — избегать тем

understand each other — понимать друг друга

win the argument — выиграть спор

different perspectives — разные точки зрения

time has passed — прошло время
anger has faded — злость прошла
feel worth saving — стоит сохранить
underneath the conflict — под конфликтом
settle down — успокоиться
change the way you see something — изменить взгляд

You can use patterns like these in your own speech:

A big argument started when... — Большая ссора началась, когда...

At first, I thought it would pass quickly, but... — Сначала я думал (а), что это быстро пройдёт, но...

We stopped talking because... — Мы перестали общаться, потому что...

I kept replaying everything in my head because... — Я постоянно прокручивал (а) это в голове, потому что...

What hurt the most was... — Больше всего задело...

It wasn't easy to talk again because... — Было непросто снова поговорить, потому что...

Over time, I realized that... — Со временем я понял (а), что...

Now think about your own experience:

1. Have you ever had a big argument with a friend?

Yes, I have. It happened because of a misunderstanding that

quickly turned into a bigger conflict. At first, I thought it was something small, but it grew into a serious argument.

2. How did you feel after the argument?

I felt confused and a bit sad. I kept thinking about what I could have said differently and whether I should have reacted more calmly.

3. Did you try to fix the friendship? What happened?

Yes, after some time we started talking again. It was awkward at first, but slowly we began to understand each other better and explained our points of view.

4. What is harder: staying silent or talking after a conflict?

I think talking after a conflict is harder because emotions are still fresh. But silence can make the situation worse over time.

5. Do you think every friendship survives big arguments?

No, not always. Some friendships end because people cannot understand each other anymore, but others become stronger after solving the conflict.

6. What helps to rebuild trust after a fight?

Honest communication, time, and willingness to listen are the most important things. Without these, it is hard to rebuild trust.

7. Can arguments actually make friendships stronger?

Yes, I think they can. If people learn from the situation and improve how they communicate, the friendship can become deeper and more mature.

Complete the sentences:

A big argument started when we had a _____ about something small.

I stopped talking to my friend because the tone of the conversation felt _____.

I kept replaying everything in my head because of overthinking and _____.

It was hard to talk again because we avoided certain _____.

Over time, I realized that some friendships are worth _____.

The friend you can't trust anymore

It's not always obvious when trust disappears. It doesn't happen like a sudden break or a loud moment. Most of the time, it's quieter than that — a series of small situations that slowly change how you see someone.

At first, everything felt normal. We talked every day, shared jokes, exchanged messages during school breaks, and spent time together like any close friends would. I never really questioned it. Trust wasn't something I thought about — it just existed.

But then something happened. Not one big event, but a pattern.

It started with small things. Plans that were forgotten. Messages that were left without answers for hours or even days. At first, I made excuses for it. «Maybe they're busy,» I told myself. And honestly, that was probably true sometimes.

But later, I started noticing something more uncomfortable — inconsistency. One day everything was fine, and the next day I felt ignored without any clear reason.

The real moment that changed everything wasn't dramatic.

It was simple. I shared something personal, something I didn't usually talk about. It wasn't a secret, but it mattered to me. I expected understanding or at least a normal reaction.

Instead, I later heard that part of what I said had been repeated to others.

Not in a cruel way, not as gossip meant to hurt me — but still, it wasn't something I agreed to share.

And that's when something shifted.

It wasn't anger at first. It was more like confusion. I kept thinking, Did I misunderstand? Did I say too much? Or did they really not think it mattered?

But the feeling stayed.

After that, I started watching things more carefully. Not in a paranoid way, just more aware. And I realized this wasn't the first time something like this had happened. Small pieces of information I had shared privately were somehow not staying private.

That's when trust started to fade.

What makes this kind of situation difficult is that the person doesn't become «bad.» They are still funny, still familiar, still someone you've shared a lot with. That's what makes it complicated. Because you don't suddenly stop liking them — you just stop feeling safe sharing everything.

And that creates distance.

We still talked after that, but something had changed. Conversations became more careful. I started choosing words more carefully. I stopped sharing certain thoughts. Not because I wanted to hide everything, but because I didn't know where it might end up.

And slowly, that distance grew.

It's strange how trust works. Once it breaks in small ways, it rarely comes back in the same form. Even if things look normal again, something inside you remembers.

Over time, I realized that trust isn't just about what someone does once. It's about patterns. About whether you feel secure consistently, not just occasionally.

And the hardest part is accepting that someone you still care about might not be someone you can fully rely on anymore.

There was no final conversation, no dramatic ending. Just a quiet understanding that things had changed. We still say hello sometimes. We still talk when we have to. But the closeness is no longer there.

And maybe that's the most realistic kind of ending — not a clear goodbye, but a distance that slowly becomes normal.

Here are some useful expressions you might have noticed:

- not always obvious — не всегда очевидно
- sudden break — резкий разрыв
- series of small situations — серия маленьких ситуаций
- make excuses — находить оправдания
- inconsistency — непоследовательность
- left without answers — без ответа
- something shifted — что-то изменилось
- shared something personal — поделился личным
- didn't agree to share — не соглашался делиться
- stay private — оставаться личным
- confusion — растерянность
- watched things more carefully — стал (а) внимательнее следить
- not paranoid — не параноидально
- trust started to fade — доверие начало исчезать
- feel safe sharing — чувствовать себя в безопасности, де-

лясь

choose words carefully — подбирать слова

stop sharing thoughts — перестать делиться мыслями

distance grew — расстояние увеличилось

trust works in patterns — доверие строится на повторениях

feel secure — чувствовать безопасность

rely on someone — полагаться на кого-то

quiet understanding — тихое понимание

things have changed — всё изменилось

no dramatic ending — без драматичного конца

became normal — стало нормальным

You can use patterns like these in your own speech:

At first, I didn't notice anything wrong, but later... — Сначала я ничего не замечал (а), но потом...

It started with small things like... — Всё началось с мелочей, таких как...

I made excuses because... — Я находил (а) оправдания, потому что...

What changed everything was when... — Всё изменило то, что...

I stopped sharing because... — Я перестал (а) делиться, потому что...

Over time, I realized that... — Со временем я понял (а), что...

Even though we still talk, I feel... — Хотя мы всё ещё об-

щаемся, я чувствую...

Now think about your own experience:

1. Have you ever stopped trusting a friend?

Yes, I have. It happened after I noticed that private things I shared were not always kept between us. It made me feel uncomfortable and careful about what I say.

2. What makes you lose trust in someone?

I usually lose trust when someone repeats personal information without permission or when their behavior is inconsistent over time. Small repeated actions matter more than one mistake.

3. Can trust be repaired once it is broken?

Sometimes yes, but it depends on the situation. If the person shows real change over time, trust can slowly return, but it is never exactly the same.

4. Do you still talk to someone you don't fully trust?

Yes, sometimes I do. It is possible to still be polite and friendly, but I don't share personal things anymore.

5. What is harder: losing a friend or losing trust?

Losing trust is harder in some ways because the person is still

there, but the relationship changes. You have to adjust how close you can be.

6. How do you protect yourself in such situations?

I become more careful with what I share and observe actions instead of words. I try to keep some emotional distance.

7. Can someone stay in your life without full trust?

Yes, I think so. Not every relationship needs deep trust, but close friendships usually do.

Complete the sentences:

At first, I didn't notice anything wrong, but later my trust started to _____.

It started with small things like messages being left without _____.

What changed everything was when something personal was _____ to others.

I stopped sharing my thoughts because I didn't feel _____ anymore.

Even though we still talk, there is a quiet _____ between us.

Meeting someone who changed your life

You don't always realize in the moment that someone is going to change your life. Most of the time, it feels completely normal at first — just another conversation, another face, another day. But later, when you look back, you understand that something important started there.

I met this person in a situation that didn't feel special at all. It was just a regular day, somewhere between classes, when I ended up sitting next to someone I didn't know. We didn't even have a deep conversation at first. It started with something simple like asking for a pen, then a small comment about school, then a laugh about something random.

Nothing dramatic. Nothing that would make you think, this is going to matter later.

But what stood out was how easy it felt to talk. There was no pressure to impress, no awkward silence, no feeling that I had to act differently. It just flowed naturally, like the conversation didn't need effort.

After that day, we started talking more often. At school first, then outside school, then through messages. Slowly, it became part of my routine. I didn't even notice how quickly this person became someone I relied on emotionally — someone I talked to when something good or bad happened.

And that's when things started to change inside me.

Before meeting them, I used to think a certain way about myself and my life. I had routines, habits, and limits I didn't really question. But this person didn't see things the same way. They asked questions I didn't usually ask myself. They challenged small ideas I thought were fixed.

At first, it was uncomfortable. Because when someone shows you a different way of thinking, it makes you question your own. But over time, it also felt freeing.

I remember one conversation where I was talking about something I didn't believe I could do. I was explaining why it wasn't realistic, why it wasn't for me. And they just listened, then said something simple like, «But have you actually tried?»

That question stayed with me longer than I expected.

It wasn't pressure. It wasn't motivation in a loud way. It was

just a different perspective that made me rethink things.

Over time, I started doing things I probably wouldn't have done before. Not because I changed completely, but because I started believing that maybe I had more options than I thought.

What's interesting is that this person didn't «fix» my life or magically solve problems. They didn't make everything easier. In fact, sometimes conversations with them made me feel more uncertain. But that uncertainty pushed me to grow instead of staying in the same place.

We still had normal moments too — jokes, random talks, silly arguments about nothing important. It wasn't like a movie where one person arrives and everything becomes perfect. It was more real than that.

And maybe that's why it mattered.

Because real change doesn't always feel like a big transformation. Sometimes it feels like small shifts in how you think, how you react, how you see yourself.

Now I don't think of that meeting as just a coincidence anymore. It was just one moment, but it started a chain of changes that I still notice in myself.

And even though people come and go in life, some of them stay in your thinking long after they're not part of your everyday routine anymore.

Here are some useful expressions you might have noticed:

- don't realize in the moment — не осознавать в моменте
- changed your life — изменил твою жизнь
- just another day — просто ещё один день
- nothing dramatic — ничего драматичного
- stood out — выделялось
- easy to talk — легко общаться
- no pressure to impress — нет давления впечатлить
- no awkward silence — нет неловкого молчания
- became part of my routine — стало частью рутины
- rely on someone — полагаться на кого-то
- emotional support — эмоциональная поддержка
- question myself — задавать себе вопросы
- fixed ideas — фиксированные убеждения
- uncomfortable at first — сначала некомфортно
- different perspective — другая точка зрения
- stayed with me — осталось со мной
- more realistic — более реалистичный
- pushed me to grow — подтолкнуло к росту
- stay in the same place — оставаться на месте
- real change — реальное изменение

small shifts — маленькие изменения
chain of changes — цепочка изменений
everyday routine — повседневная рутина
people come and go — люди приходят и уходят
long after — долго после

You can use patterns like these in your own speech:

I didn't realize at the time that... — Я не осознавал (а) тогда, что...

It felt completely normal at first because... — Сначала это казалось нормальным, потому что...

What stood out was... — Больше всего выделялось...

I started talking to them more because... — Я начал (а) больше общаться, потому что...

It made me question... — Это заставило меня задуматься о...

At first, it felt uncomfortable because... — Сначала это было некомфортно, потому что...

Over time, I realized that... — Со временем я понял (а), что...

Now think about your own experience:

1. Have you ever met someone who changed the way you think?

Yes, I have. I met someone who made me question my habits

and the way I see problems. They didn't give direct advice, but their questions changed my thinking.

2. What made that person important in your life?

They were important because they listened and asked questions that helped me reflect. I felt like I could think more freely when talking to them.

3. Did you change because of them?

Yes, but not completely. I didn't become a different person, but I started trying new things and thinking in a more open way.

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