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# Том Сториз *Английский для повседневной жизни*

Лексика и топики для продолжающих



# **Том Сториз**

# **Английский для повседневной**

# **жизни. Лексика и топики**

# **для продолжающих**

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## **Аннотация**

Эта книга предназначена для изучающих английский язык на уровне В1-В2, стремящихся улучшить навыки общения в повседневных ситуациях. В ней собраны тексты и упражнения, которые помогут расширить словарный запас, овладеть полезными выражениями и научиться использовать английский язык в реальных ситуациях. Книга подходит для самостоятельного изучения и поможет развить уверенность в общении на английском.

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**Английский для  
повседневной жизни  
Лексика и топики  
для продолжающих**

**Том Сториз**

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# Введение

Данная книга предназначена для тех, кто хочет улучшить свои навыки общения на английском языке, а также для тех, кто стремится расширить свой словарный запас и улучшить понимание различных аспектов повседневной жизни. В этом издании представлены темы, которые охватывают широкий спектр ситуаций, с которыми человек сталкивается в обычной жизни, от общения с коллегами и друзьями до вопросов, связанных с личным временем и саморазвитием.

Каждая глава книги включает в себя текст, который знакомит с новой лексикой и выражениями, используемыми в реальных жизненных ситуациях. Важное внимание уделяется упражнениям, направленным на развитие навыков практического общения, что позволяет лучше понять структуру языка и уверенно использовать его в разговорной речи.

Цель книги — не только помочь изучающим английский язык справиться с повседневными ситуациями, но и предоставить инструменты для успешного общения на языке, который активно используется в разных уголках мира.

# Daily Routine: What Your Day Looks Like

## Text

Everyone has a daily routine, but not everyone thinks about it. Our routine is made up of small habits and actions that we repeat every day. Some people like having a clear plan, while others prefer to go with the flow. However, even if you don't plan your day, you still follow some kind of routine.

For many people, the day starts early in the morning. Some wake up at 6 or 7 a.m., while others prefer to sleep longer if they can. The first moments of the day are often important because they can affect your mood. For example, if you wake up late and have to rush, you may feel stressed. But if you wake up earlier, you have time to get ready calmly and start the day in a better way.

After getting up, people usually follow a simple morning routine. They make the bed, take a shower, brush their teeth, and get dressed. Some people also like to have breakfast, although others skip it because they are not hungry or don't have enough time. A quick cup of coffee or tea is often enough to wake up

and feel more energetic.

Then comes the main part of the day: work, school, or studies. During this time, people focus on their tasks and responsibilities. It can be difficult to stay focused for many hours, especially if the work is boring or stressful. That's why short breaks are important. Even a few minutes can help you clear your mind and continue working more effectively.

Lunch is another important part of the daily routine. It gives you energy and a chance to relax. Some people bring food from home, while others prefer to eat out or order something. It also depends on your schedule and budget. Eating with colleagues or classmates can be a good way to socialize and take a break from work.

In the afternoon, people often start to feel tired. This is normal, especially if the day is busy. To deal with this, some people drink coffee, go for a short walk, or listen to music. Small actions like these can help you stay productive and not lose focus.

After work or school, people usually have some free time. This part of the day is very different for everyone. Some go to the gym, meet friends, or spend time with family. Others prefer to stay at home, watch videos, read a book, or just relax. It depends on your personality and how tired you are.

In the evening, people start to slow down. They have dinner, prepare for the next day, and try to relax. Some people like to plan their next day in advance, while others don't think about it too much. Going to bed at a regular time is important because it helps you feel better the next day.

Of course, not every day is the same. Sometimes plans change, and unexpected things happen. However, having a basic routine can make your life easier. It helps you stay organized, manage your time, and feel more in control of your day.

### Key Vocabulary and Expressions

daily routine — повседневный распорядок

go with the flow — плыть по течению

wake up early — просыпаться рано

feel stressed — чувствовать стресс

get ready — собираться

skip breakfast — пропускать завтрак

have enough time — иметь достаточно времени

stay focused — сохранять концентрацию

take a break — делать перерыв

clear your mind — очистить голову

work effectively — работать эффективно

eat out — есть вне дома

bring food from home — брать еду из дома

feel tired — чувствовать усталость

stay productive — оставаться продуктивным

free time — свободное время

spend time with family — проводить время с семьёй

slow down — замедляться

prepare for the next day — готовиться к следующему дню

go to bed — ложиться спать

in advance — заранее

manage your time — управлять своим временем

feel in control — чувствовать контроль

## Useful Patterns

I usually start my day by... — Я обычно начинаю день с...

I prefer to... because... — Я предпочитаю..., потому что...

Sometimes I feel..., so I... — Иногда я чувствую..., поэтому я...

It depends on... — Это зависит от...

I try to... but sometimes... — Я стараюсь..., но иногда...

One thing that helps me is... — Одна вещь, которая мне помогает — это...

In the evening, I usually... — Вечером я обычно...

I don't always..., but I try to... — Я не всегда..., но стараюсь...

## Practice: Answer the Questions

What time do you usually wake up?

Do you have a morning routine? What do you do?

Do you prefer to have breakfast or skip it? Why?

What helps you stay focused during the day?

What do you usually do after work or school?

How do you relax in the evening?

Do you plan your day in advance?

### Model Answers

I usually wake up at 7 a.m. because I need enough time to get ready and not feel stressed.

Yes, I have a simple routine. I start my day by taking a shower and having a cup of coffee.

I prefer to have breakfast because it gives me energy and helps me stay focused.

Taking short breaks helps me stay productive and clear my mind.

After work, I usually spend time with my family or watch something to relax.

In the evening, I slow down, have dinner, and sometimes read a book.

I try to plan my day in advance, but sometimes I just go with the flow.

### Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions

from the vocabulary list and add one reason or example.

Example answer:

I usually start my day early because I like to feel in control. I have a simple daily routine and try not to skip breakfast. For example, I often have coffee and something light, which helps me stay focused and work effectively.

Practice: Complete the Sentences

I usually wake up early because I want to \_\_\_\_\_ my time better.

I try not to \_\_\_\_\_ breakfast, even when I am busy.

Taking a short break helps me \_\_\_\_\_ my mind.

In the evening, I like to \_\_\_\_\_ and relax.

I often \_\_\_\_\_ for the next day to feel more organized.

# Morning vs Evening People

## Text

People often say that there are two types of people: morning people and evening people. Some feel full of energy early in the day, while others become more active later in the evening. This difference may seem small, but it can affect your daily routine, work habits, and even your mood.

Morning people usually wake up early without much effort. They often feel fresh and ready to start the day. For them, the morning is the most productive time. They like to do important tasks early because they can stay focused and think clearly. For example, they may prefer to study, work, or exercise before noon. After that, their energy slowly goes down.

Evening people are very different. They may find it hard to wake up early and often feel tired in the morning. However, as the day goes on, they become more active and alert. In the evening, they can focus better and work more effectively. Many evening people enjoy staying up late, watching videos, reading, or working on personal projects.

These differences can sometimes cause problems. For

example, most schools and workplaces start early in the morning. This is perfect for morning people, but it can be difficult for evening people. They may feel tired, less productive, and even stressed. It's not because they are lazy, but because their natural rhythm is different.

At the same time, being a morning person is not always easy. Some morning people feel very tired in the evening and don't have enough energy for social activities. For example, if friends want to meet late at night, a morning person may prefer to stay at home and go to bed early.

Of course, not everyone fits perfectly into one category. Some people are somewhere in the middle. They can wake up early if they need to, but they also feel comfortable staying up late from time to time. Lifestyle, work schedule, and habits can also change your natural rhythm.

If your routine doesn't match your natural rhythm, it can be challenging. However, there are ways to deal with it. For example, evening people can try to go to bed a bit earlier and avoid using their phones late at night. Morning people can plan important tasks earlier in the day and leave simple activities for the evening.

In the end, there is no «better» type. Both morning and

evening people can be successful and productive. The key is to understand your own habits and organize your day in a way that works best for you. When you know when you feel most energetic, you can use your time more wisely and feel more in control of your life.

### Key Vocabulary and Expressions

morning person — жаворонок

evening person — сова

feel full of energy — чувствовать себя энергичным

wake up without effort — просыпаться без усилий

feel fresh — чувствовать себя свежим

stay focused — сохранять концентрацию

think clearly — ясно мыслить

become more active — становиться более активным

feel tired — чувствовать усталость

stay up late — поздно ложиться

daily routine — повседневный распорядок

work habits — рабочие привычки

natural rhythm — естественный ритм

cause problems — вызывать проблемы

feel less productive — чувствовать себя менее продуктив-

ным

from time to time — время от времени

go to bed early — ложиться спать рано

avoid using your phone — избегать использования телефо-

на

plan ahead — планировать заранее

organize your day — организовывать свой день

use your time wisely — использовать время с пользой

feel in control — чувствовать контроль

## Useful Patterns

I am more of a... person — Я скорее... человек

I feel more productive when... — Я чувствую себя более продуктивным, когда...

It's hard for me to... — Мне сложно...

I usually feel..., especially when... — Я обычно чувствую..., особенно когда...

I try to... but it's not always easy — Я стараюсь..., но это не всегда легко

One problem is that... — Одна проблема в том, что...

It works better for me when... — Мне лучше подходит, когда...

In the end, I think that... — В конце концов, я думаю, что...

## Practice: Answer the Questions

Are you a morning person or an evening person?

What time do you feel most productive?

Is it easy for you to wake up early? Why or why not?

What do you usually do in the evening?

Does your daily routine match your natural rhythm?

Have you ever tried to change your schedule?

What helps you feel more energetic during the day?

### Model Answers

I am more of an evening person because I feel more active later in the day.

I feel most productive in the evening when I can stay focused and think clearly.

It's hard for me to wake up early because I usually stay up late.

In the evening, I usually watch videos or work on personal projects.

My routine doesn't always match my natural rhythm, so I sometimes feel tired.

I tried to go to bed early, but it was not easy to change my habits.

Drinking coffee and taking short breaks help me feel more energetic.

### Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I am more of an evening person because I feel full of energy at night. I often stay up late and work more effectively during that

time. For example, I can stay focused longer and use my time more wisely when there are fewer distractions.

Practice: Complete the Sentences

I usually feel more productive when I \_\_\_\_\_ focused.

It's hard for me to \_\_\_\_\_ early in the morning.

I often \_\_\_\_\_ late, especially on weekends.

I try to \_\_\_\_\_ my day better to feel less stressed.

My natural rhythm helps me \_\_\_\_\_ my time more wisely.

# Free Time: How You Really Relax

## Text

Free time is something everyone looks forward to, but people use it in very different ways. For some, it is a chance to be active and social, while for others it is a moment to slow down and be alone. The way you relax often depends on your personality, your daily routine, and how tired you feel after work or school.

Many people think that relaxing means doing nothing, but this is not always true. In fact, doing something you enjoy can help you feel more relaxed than just lying on the sofa. For example, some people like going for a walk, listening to music, or doing a hobby. These activities help them clear their mind and forget about stress.

Others prefer more active ways to spend their free time. They go to the gym, play sports, or meet friends. Being active can be a great way to reduce stress and improve your mood. Even a short walk or light exercise can make you feel better and more energetic. At the same time, spending time with other people can help you feel more connected and less lonely.

However, not everyone wants to be active after a long day. If

you feel tired, you may prefer quiet activities. Watching videos, reading a book, or just relaxing at home can be exactly what you need. These simple things help you slow down and recover your energy. The key is to listen to yourself and understand what your body needs.

Technology also plays a big role in how people spend their free time. Many people use their phones or computers to relax. They watch videos, scroll through social media, or play games. While this can be enjoyable, it is important not to spend too much time in front of a screen. Too much screen time can make you feel more tired instead of relaxed.

Another important point is balance. If you only spend your free time in one way, you may start to feel bored. For example, if you always stay at home, you might want to go out more. On the other hand, if you are always busy and social, you may need some quiet time alone. A good balance between activity and rest can help you feel better overall.

It is also useful to have something to look forward to. Planning your free time, even in a simple way, can make your day more enjoyable. For example, you might decide to watch your favorite series in the evening or meet a friend on the weekend. These small plans can improve your mood and give you a sense of control over your time.

In the end, there is no right or wrong way to relax. What works for one person may not work for another. The most important thing is to find activities that help you feel calm, happy, and ready for the next day. When you understand how you really relax, you can use your free time in a more meaningful way.

### Key Vocabulary and Expressions

free time — свободное время

look forward to — с нетерпением ждать

slow down — замедляться

clear your mind — очистить голову

reduce stress — снижать стресс

improve your mood — улучшать настроение

feel energetic — чувствовать себя энергичным

spend time with others — проводить время с другими

feel connected — чувствовать связь

feel lonely — чувствовать одиночество

quiet activities — спокойные занятия

recover your energy — восстановить энергию

listen to yourself — прислушиваться к себе

screen time — время перед экраном

scroll through social media — листать соцсети

feel tired — чувствовать усталость

find a balance — находить баланс

feel bored — чувствовать скуку

look forward to something — ждать чего-то с удовольствием  
improve your day — улучшать день  
feel in control — чувствовать контроль  
in a meaningful way — осмысленно

## Useful Patterns

I usually spend my free time... — Я обычно провожу свободное время...

It helps me to... — Это помогает мне...

When I feel tired, I prefer to... — Когда я устаю, я предпочитаю...

Sometimes I just want to... — Иногда я просто хочу...

I try not to... too much — Я стараюсь не... слишком много

It depends on how I feel — Это зависит от того, как я себя чувствую

One thing I enjoy is... — Мне нравится...

It makes me feel... — Это заставляет меня чувствовать...

## Practice: Answer the Questions

How do you usually spend your free time?

Do you prefer active or quiet activities? Why?

What helps you relax after a long day?

Do you spend a lot of time on your phone in your free time?

Do you prefer to relax alone or with other people?

How do you feel after spending your free time well?

Do you plan your free time or not?

### Model Answers

I usually spend my free time watching videos or going for a walk.

I prefer quiet activities because they help me slow down and recover my energy.

Listening to music and watching something light helps me relax.

Yes, I sometimes spend too much time on my phone and scroll through social media.

It depends on how I feel. Sometimes I want to be alone, but sometimes I enjoy meeting friends.

I feel more relaxed and in control after spending my free time well.

I don't always plan it, but I like to have something to look forward to.

### Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

### Example answer:

I usually spend my free time at home because I need to slow down after a busy day. I like quiet activities like watching videos

or reading because they help me clear my mind. For example, after that I feel less stressed and more energetic.

### Practice: Complete the Sentences

I look forward to my free time because it helps me \_\_\_\_\_.

When I feel tired, I prefer \_\_\_\_\_ activities.

Too much \_\_\_\_\_ time can make me feel even more tired.

I try to find a \_\_\_\_\_ between rest and activity.

One thing that helps me relax is \_\_\_\_\_.

# Hobbies That Change Your Life

## Text

Many people think of hobbies as simple activities that help pass the time, but some hobbies can do much more than that. In fact, the right hobby can change your life in unexpected ways. It can help you learn new skills, meet new people, and even change the way you think about yourself.

A hobby is something you do in your free time because you enjoy it, not because you have to. This is what makes hobbies so powerful. When you choose an activity freely, you are more motivated to improve and spend time on it. For example, someone who starts learning a musical instrument may practice every day, not because they are forced to, but because they truly enjoy the process.

One of the biggest benefits of having a hobby is personal growth. When you try something new, you often face challenges. At first, it may feel difficult or even frustrating. However, if you don't give up, you start to see progress. This can build your confidence and help you believe in your abilities. Over time, you may realize that you are capable of much more than you thought.

Hobbies can also help you relax and reduce stress. After a long day, doing something you enjoy can help you clear your mind and feel better. For example, drawing, cooking, or gardening can be very calming. These activities allow you to focus on the present moment and forget about your problems for a while.

Another important aspect of hobbies is social connection. Some hobbies, such as sports, dancing, or group classes, give you the chance to meet new people. You can share your interests, learn from others, and build relationships. Even online hobbies, like gaming or learning languages, can help you connect with people from different parts of the world.

Sometimes a hobby can even turn into something bigger. For example, a person who enjoys photography may start taking pictures just for fun. Later, they may improve their skills, build a portfolio, and even start working as a photographer. In this way, a simple hobby can open new opportunities and change your career path.

It is also important to choose the right hobby for yourself. Not every activity will feel interesting or enjoyable, and that's normal. You may need to try different things before you find something that really suits you. The key is to stay open and not be afraid to try something new.

Of course, hobbies take time and effort. Sometimes you may feel too busy or too tired. However, even a small amount of time can make a difference. If you spend just a few hours a week on something you enjoy, it can improve your mood and make your life more interesting.

In the end, hobbies are not just a way to relax. They can help you grow, connect with others, and discover new sides of yourself. When you find a hobby that truly interests you, it can become an important part of your life and bring long-term benefits.

### Key Vocabulary and Expressions

hobby — хобби

pass the time — проводить время

in unexpected ways — неожиданным образом

learn new skills — осваивать новые навыки

meet new people — знакомиться с новыми людьми

be motivated — быть мотивированным

enjoy the process — получать удовольствие от процесса

personal growth — личностный рост

face challenges — сталкиваться с трудностями

give up — сдаваться

make progress — добиваться прогресса

build confidence — повышать уверенность

believe in yourself — верить в себя

reduce stress — снижать стресс  
clear your mind — очистить голову  
focus on the present — сосредоточиться на настоящем  
social connection — социальная связь  
share interests — разделять интересы  
build relationships — строить отношения  
turn into something bigger — перерасти во что-то большее  
open new opportunities — открывать новые возможности  
try something new — пробовать новое  
suit you — подходить тебе  
make a difference — иметь значение

## Useful Patterns

I started... because... — Я начал..., потому что...

At first, it was..., but then... — Сначала было..., но потом...

It helps me to... — Это помогает мне...

I really enjoy... because... — Мне действительно нравится..., потому что...

One of the reasons is that... — Одна из причин в том, что...

Over time, I started to... — Со временем я начал...

It also gave me a chance to... — Это также дало мне возможность...

I didn't expect that... — Я не ожидал, что...

## Practice: Answer the Questions

Do you have a hobby? What is it?

Why did you start this hobby?

How often do you spend time on your hobby?

Has your hobby helped you learn something new?

Does your hobby help you relax? How?

Have you ever tried a hobby that you didn't like?

Would you like to turn your hobby into something bigger?

### Model Answers

Yes, I have a hobby. I enjoy learning languages in my free time.

I started it because I wanted to try something new and improve my skills.

I usually spend a few hours a week on my hobby.

Yes, it helped me learn new words and build confidence.

It helps me clear my mind and focus on the present.

Yes, I tried drawing, but it didn't really suit me.

Yes, I would like to turn it into something bigger in the future.

### Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I started learning languages because I wanted to try something

new. At first, it was difficult, but over time I made progress and started to enjoy the process. For example, now I feel more confident and can communicate with new people.

### Practice: Complete the Sentences

I started my hobby because I wanted to \_\_\_\_\_ something new.

At first, it was difficult, but I didn't \_\_\_\_\_.

My hobby helps me \_\_\_\_\_ stress and relax.

Over time, I started to \_\_\_\_\_ progress.

This hobby really \_\_\_\_\_ a difference in my life.

# Making Plans with Friends

## Text

Making plans with friends sounds simple, but in reality, it can be more complicated than it seems. People have different schedules, responsibilities, and preferences, so it is not always easy to find the right time and activity for everyone. However, spending time with friends is important, so learning how to make plans is a useful skill.

Usually, plans start with a simple idea. Someone suggests doing something, like going to a café, watching a movie, or just taking a walk. After that, the discussion begins. People check their schedules, think about their plans, and try to find a time that works for everyone. This can take some time, especially if the group is large.

One common problem is that people are often busy. Work, studies, and personal responsibilities can make it difficult to meet regularly. Sometimes friends say they are free, but later something comes up, and they have to cancel. This can be frustrating, especially if you were looking forward to the meeting.

Another challenge is choosing what to do. Not everyone likes the same activities. Some people prefer quiet places where they can talk, while others enjoy more active or social events. For example, one person may want to watch a movie, but another may prefer to go out and do something more exciting. In this case, it is important to find a compromise.

Communication plays a key role when making plans. It is better to be clear and honest about your availability and preferences. If you are not sure, it is okay to say so. If you cannot come, it is polite to let your friends know as soon as possible. Good communication helps avoid misunderstandings and makes planning easier.

Technology has changed the way people make plans. Today, many people use messaging apps to organize meetings. It is quick and convenient, but sometimes it can also be confusing. Messages can be missed, and not everyone replies at the same time. As a result, it may take longer to agree on a plan.

Even when plans are made, they do not always happen as expected. Sometimes the weather changes, or someone is late, or the place is too crowded. In these situations, it is important to stay flexible. Instead of getting upset, it is better to adapt and find another solution.

Despite all these difficulties, making plans with friends is worth the effort. It gives you something to look forward to and helps you stay connected with people who are important to you. Even simple activities can become special when you share them with friends.

In the end, the goal is not to have perfect plans, but to spend quality time together. If you stay open, communicate well, and respect other people's time, making plans can become easier and more enjoyable.

### Key Vocabulary and Expressions

make plans — строить планы

find the right time — найти подходящее время

suggest doing something — предложить что-то сделать

check your schedule — проверить расписание

work for everyone — подходить всем

take some time — занимать время

come up — возникать

cancel plans — отменять планы

look forward to — с нетерпением ждать

choose what to do — выбирать, что делать

find a compromise — находить компромисс

play a key role — играть ключевую роль

be honest about — быть честным насчёт

let someone know — дать знать

avoid misunderstandings — избегать недопонимания  
messaging apps — мессенджеры  
agree on a plan — договориться о плане  
stay flexible — оставаться гибким  
get upset — расстраиваться  
adapt to the situation — адаптироваться к ситуации  
be worth the effort — стоить усилий  
stay connected — оставаться на связи  
spend quality time — проводить время с пользой

### Useful Patterns

Do you want to...? — Хочешь...?

Are you free on...? — Ты свободен...?

Let's... — Давай...

It works for me — Мне подходит

I'm not sure yet — Я пока не уверен

Something came up — Появились дела

Can we change the plan? — Можем изменить план?

Let me know — Дай мне знать

### Practice: Answer the Questions

How often do you make plans with your friends?

Is it easy for you to find time that works for everyone?

What do you usually do when you meet your friends?

Have you ever had to cancel plans? Why?

How do you usually make plans with your friends?

Do you prefer simple or detailed plans?

What do you do if plans don't go as expected?

### Model Answers

I usually make plans with my friends once or twice a week.

It is not always easy because everyone has a different schedule.

We usually go to a café or take a walk and talk.

Yes, I had to cancel plans because something came up at work.

We usually use messaging apps to agree on a plan.

I prefer simple plans because they are easier to organize.

I try to stay flexible and adapt to the situation.

### Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

#### Example answer:

I usually make plans with my friends on weekends because it works for everyone. We often go out or just spend quality time together. For example, even a simple walk is worth the effort because we can talk and stay connected.

### Practice: Complete the Sentences

It is not always easy to find a time that \_\_\_\_\_ for everyone.

Sometimes I have to \_\_\_\_\_ plans because something comes

up.

We usually use messaging apps to \_\_\_\_\_ on a plan.

It is important to \_\_\_\_\_ flexible when things change.

Spending time with friends is always \_\_\_\_\_ the effort.

# Canceling Plans and Feeling Guilty

## Text

Canceling plans is something most people experience from time to time. Even when you enjoy spending time with your friends, there are moments when you feel too tired, too busy, or simply not in the mood. However, saying that you can't come often makes people feel guilty, especially if someone was really looking forward to seeing you.

One of the main reasons people cancel plans is a lack of energy. After a long day at work or school, you may just want to stay at home and relax. You might tell yourself that you should go out, but your body says the opposite. In this situation, it can be difficult to decide what to do. On the one hand, you don't want to disappoint your friends. On the other hand, you need time to recover.

Another common reason is that something unexpected comes up. For example, you may have extra work, a family problem, or another responsibility that you cannot ignore. In these cases, canceling plans is often necessary, but it can still feel uncomfortable. You may worry that others will think you are unreliable or not interested.

Guilt often comes from the fear of letting people down. When someone makes time for you, you feel that you should do the same. If you cancel, especially at the last minute, it may seem rude. That's why many people try to avoid canceling, even when they really need a break.

However, it is important to remember that your time and energy are also important. You cannot always say yes to everything. Sometimes you need to put your own needs first. If you are honest and respectful, most people will understand. Everyone has moments when plans don't work out.

Communication is very important in these situations. If you know that you can't come, it is better to say it as early as possible. A short message with a clear explanation is usually enough. For example, you can say that something came up or that you are not feeling well. Being polite and honest helps maintain good relationships.

It can also help to suggest another time to meet. This shows that you still want to spend time together, even if you can't do it now. For example, you might say, «I'm really sorry, I can't make it today, but maybe we can meet this weekend.» This makes the situation easier for both sides.

At the same time, it is important not to feel guilty all the time. If you cancel plans occasionally, it is normal and understandable. Problems only appear if it happens too often. In that case, it may affect your relationships and make people feel that they cannot rely on you.

In the end, canceling plans is part of everyday life. The key is to find a balance between your own needs and respect for other people's time. If you communicate clearly and act responsibly, you can avoid unnecessary stress and keep your relationships strong.

### Key Vocabulary and Expressions

cancel plans — отменять планы

from time to time — время от времени

feel guilty — чувствовать вину

look forward to — с нетерпением ждать

not in the mood — не в настроении

lack of energy — нехватка энергии

stay at home — оставаться дома

be too tired — быть слишком уставшим

something comes up — что-то возникает

last minute — в последний момент

let someone down — подвести кого-то

feel uncomfortable — чувствовать себя неловко

worry about — переживать о

be reliable — быть надёжным

put your needs first — ставить свои потребности на первое

место

be honest — быть честным

be polite — быть вежливым

maintain relationships — поддерживать отношения

suggest another time — предложить другое время

make it — смочь прийти

not work out — не получиться

find a balance — находить баланс

avoid stress — избегать стресса

### Useful Patterns

I'm sorry, I can't make it — Извини, я не смогу прийти

Something came up — Появились дела

I'm not feeling well — Я плохо себя чувствую

Can we reschedule? — Можем перенести?

Maybe another time — Может, в другой раз

I really wanted to..., but... — Я правда хотел..., но...

I hope you understand — Надеюсь, ты понимаешь

Let's meet another day — Давай встретимся в другой день

### Practice: Answer the Questions

How do you feel when you have to cancel plans?

What is the most common reason you cancel plans?

Do you feel guilty when you cancel plans? Why or why not?

How do you usually tell people that you can't come?

Do you try to suggest another time?

How do you feel when someone cancels plans with you?

Do you think it is okay to cancel plans at the last minute?

### Model Answers

I usually feel a bit guilty because I don't want to let people down.

The most common reason is that I feel too tired after work.

Yes, I feel guilty because I know someone was looking forward to it.

I usually send a message and say that something came up.

Yes, I try to suggest another time to meet.

I feel a bit disappointed, but I understand if something comes up.

I think it's okay sometimes, but not too often.

### Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

### Example answer:

I sometimes feel guilty when I cancel plans because I don't want to let people down. However, if I have a lack of energy, I prefer to stay at home and relax. For example, after a long day,

it helps me avoid stress and feel better the next day.

### Practice: Complete the Sentences

I feel guilty when I have to \_\_\_\_\_ plans at the last minute.

Sometimes I am just not \_\_\_\_\_ the mood to go out.

If something \_\_\_\_\_ up, I try to explain it clearly.

I don't want to \_\_\_\_\_ people down, so I try to be honest.

It is important to find a \_\_\_\_\_ between your needs and others' expectations.

# Friendship: What Makes It Strong

## Text

Friendship is an important part of our lives. Good friends support us, spend time with us, and help us feel less alone. However, not all friendships are the same. Some are strong and last for years, while others slowly disappear. So what makes a friendship strong?

One of the most important things is trust. When you trust someone, you feel comfortable sharing your thoughts and feelings. You don't worry that they will judge you or tell your secrets to others. Trust takes time to build, but it can be broken very quickly. That's why it is important to be honest and reliable in a friendship.

Another key factor is communication. Friends need to talk to each other and stay connected. This doesn't mean you have to communicate every day, but it is important to keep in touch. Sometimes people get busy, and that's normal. However, if you never talk or meet, the friendship can become weaker over time.

Support is also essential. A strong friend is someone who is there for you when you need help. This can be during difficult

times or just when you feel stressed or upset. For example, a good friend will listen to you, give advice, or simply spend time with you so you don't feel alone. At the same time, friendship is not one-sided. Both people should support each other.

Respect is another important part of a strong friendship. Everyone is different, and friends don't always agree on everything. However, it is important to respect each other's opinions and choices. Even if you think differently, you should be able to accept it without arguments or pressure.

Spending time together also plays a big role. Shared experiences help build stronger connections. These can be simple things like going for a walk, watching a movie, or having a conversation. It's not always about doing something exciting, but about enjoying time together.

At the same time, strong friendships allow space. You don't have to spend all your time together. Healthy friendships give people the freedom to live their own lives. You can have other friends, hobbies, and responsibilities, and still stay close.

Another thing that makes friendship strong is the ability to deal with problems. No relationship is perfect, and misunderstandings can happen. What matters is how you handle them. If you talk openly and try to understand each other, you

can solve problems and even make your friendship stronger.

Over time, strong friendships often become more stable. You understand each other better, and communication becomes easier. You don't have to explain everything, and you feel comfortable just being yourself. This kind of connection is rare and valuable.

In the end, a strong friendship is built on trust, support, respect, and good communication. It also requires time and effort from both sides. When people care about each other and are willing to work on the relationship, their friendship can last for many years.

### Key Vocabulary and Expressions

friendship — дружба

feel less alone — чувствовать себя менее одиноким

last for years — длиться годами

build trust — строить доверие

share thoughts — делиться мыслями

be honest — быть честным

be reliable — быть надёжным

keep in touch — поддерживать связь

get busy — быть занятым

be there for someone — быть рядом с кем-то

give advice — давать совет

one-sided — односторонний

support each other — поддерживать друг друга

respect opinions — уважать мнения

agree or disagree — соглашаться или не соглашаться

spend time together — проводить время вместе

build connections — строить связь

allow space — давать пространство

deal with problems — справляться с проблемами

misunderstandings — недопонимания

talk openly — говорить открыто

feel comfortable — чувствовать себя комфортно

be yourself — быть собой

## Useful Patterns

For me, a good friend is someone who... — Для меня хороший друг — это тот, кто...

One of the most important things is... — Одна из самых важных вещей — это...

I think that... — Я думаю, что...

It's important to... — Важно...

I really appreciate it when... — Я действительно ценю, когда...

Sometimes..., but... — Иногда..., но...

What matters most is... — Самое важное — это...

Over time, I've noticed that... — Со временем я заметил, что...

## Practice: Answer the Questions

What does friendship mean to you?

What makes a friendship strong?

Do you think trust is important in friendship? Why?

How do you usually stay in touch with your friends?

What do you do when a friend has a problem?

Do you think it is important to spend a lot of time together?

Have you ever had a misunderstanding with a friend?

## Model Answers

Friendship means support and understanding to me.

I think trust and good communication make a friendship strong.

Yes, trust is very important because it helps you feel comfortable.

I usually stay in touch through messages and calls.

I try to be there for them and listen carefully.

I think it is important, but not all the time.

Yes, I had misunderstandings, but we talked openly and solved them.

## Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

For me, a good friend is someone who supports me and is always there for me. I think trust and respect opinions are very important in friendship. For example, when I have a problem, I can share my thoughts and feel comfortable being myself.

Practice: Complete the Sentences

A strong friendship needs trust and good \_\_\_\_\_.

I feel comfortable when I can \_\_\_\_\_ my thoughts.

Good friends always \_\_\_\_\_ each other in difficult times.

It is important to \_\_\_\_\_ in touch, even when you are busy.

Sometimes misunderstandings happen, but we need to \_\_\_\_\_ with them.

# Losing Touch with People

## Text

Losing touch with people is something that happens to almost everyone. At one point, you may be very close to someone, but over time the connection becomes weaker. You stop talking as often, meet less, and slowly the relationship fades. This process is usually natural, but it can still feel strange or even a little sad.

One of the main reasons people lose touch is a change in lifestyle. For example, when you finish school or university, you may go in different directions. You start a new job, move to another city, or focus on new responsibilities. As a result, you don't have as much time as before, and it becomes harder to stay connected.

Another common reason is a lack of communication. At first, you may think, «I'll message them later,» but then days or weeks pass. Both people may feel busy or unsure about starting a conversation again. Over time, this silence can become normal, and it feels more difficult to reach out.

Sometimes the problem is not about time, but about priorities. As people grow, their interests and goals can change. You may

not have as much in common as before. Conversations become shorter, and meetings feel less natural. This doesn't mean the friendship was not real, but it shows that people are changing.

Technology can both help and make things worse. On the one hand, it is easy to stay in touch through messages and social media. On the other hand, people often replace real communication with quick reactions or short comments. This kind of contact is not always enough to keep a strong connection.

Losing touch does not always happen suddenly. It is often a slow process. You may not even notice it at first. Then one day you realize that you haven't spoken to someone for months or even years. At that moment, you may feel surprised and wonder what happened.

However, losing touch does not always mean the relationship is over. Sometimes you can reconnect. A simple message can be enough to start a conversation again. For example, you can ask how the person is doing or mention a shared memory. Even if a lot of time has passed, many people are happy to hear from old friends.

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