

## Sample Discussions

### Pre-reading Part B (p.131)

1. What do you do when you do not know how to solve a problem in your daily life?

A: I usually turn to others for help. With regards to study, no matter when I **encounter difficulty**, I'll ask my teachers or classmates. They are always amenable to me. As for some emotional problems or confusion towards personal growth, I prefer to **seek help from** my parents. They know me best and can always afford me useful suggestions or solutions.

B: I'm different from you. I have become accustomed to handling situations by myself. Generally, I'll **look up information online** and analyse the problems again. Since the Internet is quite advanced now, we can find answers to almost all questions on it. Yet, **special attention should be paid to** improving our ability to **critically analyse information** and thus avoid being **deceived**. Of course, if I couldn't solve the problem **after** however many **attempts**, I would then ask others for help, but that's rare.

2. How do you cope with stress?

A: Personally, I usually **confide in** close friends. Every time I talk to them, I can be comforted and feel quite relaxed. But if there was no one around to listen to me, I would **write a diary** to record my unhappiness, and pressure is reduced **accordingly**.

B: Well, I don't like to talk with others when I feel stressed. Instead, I prefer to stay alone. And **the most effective way** to relieve stress for me is via **distraction**. In most cases, I'll read a book, watch a film or even go on a trip. Besides, sometimes my stress is caused by **lack of sleep**, so I just sleep, which allows me to forget my troubles.

C: Yes, adequate sleep can eliminate brain fatigue. However, the way I deal with stress is different from all of you. I will do some exciting things, including **bungee jumping**, rock climbing or **skydiving**. Once I failed an exam, and a friend recommended me to **bungee jump**. I was a little terrified at first, but at the moment I jumped, my worries vanished. It really worked for me.

D: I have to say that my chosen **methods** are **less perilous**. I will consider and record all of my options, along with some **back-up alternatives**. Then, I will seek advice from my family, along with my reasoning. This way, I will achieve a **strategic resolution** to my concerns. This enables me to at least **see some light at the end of the tunnel...**