

English Date _____

Teacher Kunrada Chiranorawanit

Name _____

M. _____ No. _____

“Shocking situations”

A. Match the words to their potential meanings.

devastated / horrified / astonished

_____ = shocked and surprised
_____ = shocked and upset
_____ = shocked and scared

B. Complete the conversations with the most appropriate words.

devastated / horrified / astonished / overwhelmed / delighted

desperate / disappointed / offended / bewildered

- 1 A: Hi, Sue. What's the matter?
B: I've just been robbed! Please come quickly. I'm _____.
- 2 A: You weren't _____ by what I said, were you?
B: Yes, actually I was.
- 3 A: What did you think of the film?
B: To be honest, I was a bit _____.
- 4 A: What don't you understand in the report?
B: I'm just completely _____ by so many facts and figures.
- 5 A: Were you surprised to hear that the boss is leaving?
B: I was _____. I really wasn't expecting it.
- 6 A: So can you come to dinner next week?
B: Yes, we'd be _____ to.
- 7 A: How did your parents react when you told them you and Susan had separated?
B: They were _____.
- 8 A: How did you feel when you heard the news?
B: I was absolutely _____. It was such an awful accident.
- 9 A: So do you like the watch?
B: I love it. I'm completely _____ - I don't know what to say!

C. Read and answer the questions

HOW TO EAT AN ELEPHANT THE LESSONS OF THE SURVIVORS CLUB

At least 80% of us react in the same way to a life or death crisis or emergency: we're simply overwhelmed - the challenge seems too great, the problem insolvable. In Air Force survival school, they try to teach you how to overcome this feeling. One of the things they ask new cadets, is 'How would you eat an elephant?', and they make them memorize the right answer, which is: 'You eat an elephant one bite at a time.' Survival means dealing with a huge life-or-death problem, one which you may not be able to solve quickly or all at once. The key to survival is to slow down and divide the challenges into small, manageable tasks, one goal at a time, one decision at a time. When an avalanche buried the survivors of a plane crash in the Andes, the survivors whispered to each other 'Breathe. Breathe again. With every breath you are alive.' In a hopeless situation without oxygen or light this approach kept them going until they found a way out.

This and much more is what survival expert Ben Sherwood tells us in his best-selling book *The Survivors Club*, which brings together stories of real-life survivors from all kinds of disasters. He begins by explaining the 10-80-10 principle. When faced with an emergency 80% of people freeze. They are stunned and 'turn into statues' or are so bewildered by what is happening around them that they can't react. Ten per cent lose control. These people scream and cry, and often make the situation worse. But 10% keep calm and behave in a rational way. They don't panic and they assess the situation clearly and take decisions. These people have the best chance of survival in a crisis, and Sherwood explains how you can try to become more like them.

He also reminds us that, apart from staying calm and not despairing, knowing the right thing to do in a crisis is also vital, and that in most emergencies many more people survive than don't. For example, most people think that you can't survive a plane crash, but American research has shown that the survival rate in all air crashes is historically 95.7%. Sherwood not only tries to show us how to behave rationally and calmly, he also gives us the information we need to join 'The Survivors Club'.