

# Introduction

*Speaking Personally* aims to help learners improve their competence in social communication skills. This is achieved in various ways, as the material is intentionally flexible in design. It can be used by adult learners at any point beyond that rather ill-defined moment of language learning, the intermediate stage.

Underlying the material is the conviction that people will learn more readily and efficiently if they are actively and personally involved in their language lessons. Thus, throughout the units, the learners are encouraged to react individually to questions concerning many aspects of their daily lives and to discuss and evaluate the part they play in society.

Readers will notice some inconsistencies in spelling according to whether the source of the activity is British or American.

The material is designed to be used either in the classroom or by the student working alone. The symbol ☆ indicates activities which students can work through on their own but they may find further ideas for self-study in much of the group work. At the end of the book the teacher will find suggestions on how to use the units in class.

The book may be used as a short revision course in oral skills or as a complement to a course book. A chart on page 113 indicates how the units and activities can be linked up with general course work.

While developing the material I have shared in a great deal of fun with students, colleagues and friends. I thank them all for their participation and hope that you may share some of the fun.

G.P.L.

# 1 You and your image

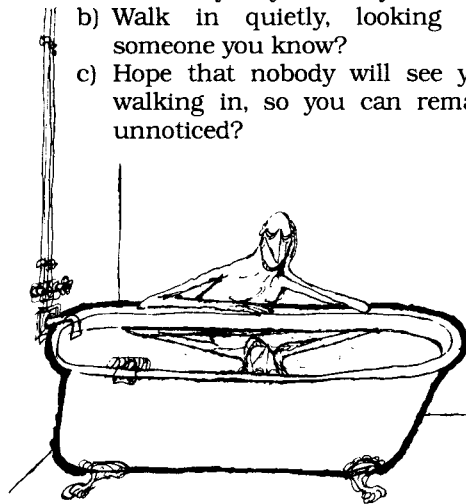
## 1.1 Do you see yourself as others see you? ☆

Work through this quiz with a partner.

### Do other people see you as you see yourself?

It is no good looking into a mirror if you wish to see the person who is *really* you. The only real test is to see yourself in the same way as other people see you. The following quiz has been psychologically developed to help you to do exactly that ...

- 1 When do you feel your best:
  - a) Soon after waking up?
  - b) During the afternoon and early evening?
  - c) Before you go to bed?
- 2 Do you usually walk:
  - a) Quite fast, with long, swinging steps?
  - b) Quite fast, but with short, quick steps?
  - c) Not very fast, with your head up, looking at the world?
  - d) Not very fast, with your head down?
  - e) Very slowly?
- 3 When you are talking to people, do you:
  - a) Stand with your arms folded?
  - b) Stand with your hands together in front of you?
  - c) Stand with one or both hands on your hips?
  - d) Touch the person you are talking to?
  - e) Touch your ear or chin or smooth your hair?
  - f) Have something like a pencil or a cigarette in your hands?
- 4 When you are relaxing, do you sit with
  - a) Your knees bent and your legs together?
  - b) Your legs crossed or wrapped round each other?
  - c) Your legs stretched straight out in front of you?
  - d) With one leg curled up underneath you?
- 5 When you find something very funny, how do you react? Do you:
  - a) Give a loud, appreciative laugh?
  - b) Laugh, but not very loudly?
  - c) Laugh softly, under your breath?
  - d) Give a very big smile?
  - e) Smile slowly?
- 6 When you go to a party, do you:
  - a) Make so much noise as you enter that everybody notices you?
  - b) Walk in quietly, looking for someone you know?
  - c) Hope that nobody will see you walking in, so you can remain unnoticed?



- 7 When you are interrupted while you are working hard, concentrating on something, do you:
- Feel pleased to be interrupted?
  - Feel very irritated?
  - Or do you feel neither of these reactions very strongly?
- 8 Which of the following colours do you like most:
- Red or orange?
  - White?
  - Black?
  - Dark blue or purple?
  - Yellow or light blue?
  - Brown, grey or violet?
  - Green?
- 9 Just before you go to sleep, when you are lying in bed, do you lie:
- Flat out on your back?
  - Stretched out on your front?
  - On your side?
  - With your head under one arm?
  - With your head under the bed-clothes?
- 10 Do you often dream that you are:
- Falling?
  - Involved in a fight?
  - Looking for someone or something?
  - Taking your clothes off or with nothing on at all?
  - Flying or floating?
  - Do you dream rarely?
  - Or do you usually have nice, pleasant dreams?

Now check your score on page 99.

### *What it means*

**Over 60:** Others see you as someone they should 'handle with care' — vain, self-centered and extremely dominant. They may admire you and wish they could be more like you, are certainly in awe of you, but they don't always trust you and hesitate to become too deeply involved with you.

**From 51 to 60:** Your friends see you as an exciting, highly volatile, rather impulsive personality; a natural leader, quick to make decisions (though not always the right ones). They see you as bold and venturesome, someone who will try anything — well, almost anything — once; someone who takes a chance and enjoys an adventure. They enjoy being in your company because of the excitement you radiate.

**From 41 to 50:** Others see you as fresh, lively, charming, amusing and always interesting; someone who is constantly the center of attention, but sufficiently well-balanced not to let it go to your head. They see you also as kind, considerate and understanding, someone who will cheer them up or help them out as the situation requires.

**From 31 to 40:** Other people see you as sensible, cautious, careful and practical. They see you as clever, gifted or talented, but modest. Not a person who makes friends too quickly or too easily, but someone who is extremely loyal to the friends

you do make and who expects the same loyalty in return. Those who really get to know you realise that it takes a lot to shake your trust in your friends, but, equally, that it takes you a long time to get over it if that trust is shaken.

**From 21 to 30:** Your friends see you as meticulous and painstaking, perhaps a bit too fussy at times, ultra-cautious and ultra-careful, a slow, steady plodder. It would surprise them tremendously if you were ever to behave impulsively or do something on the spur of the moment. They expect you to examine everything very carefully from every conceivable angle and then, usually, decide against it. They see this sort of reaction on your part as being partly due to your careful nature and partly to indolence.

**Under 21:** You are seen to be shy, nervous and indecisive, someone who needs looking after, who always leaves it to someone else to make the decisions and prefers never to get too involved with anyone or anything. They see you as something of a worrier, seeing problems which don't exist and crossing bridges long before you come to them. Some people tend to regard you as dull and boring and it takes someone who knows you well to know that you are not. The trouble is that you permit very few people to get that close to you.

## 1.2 Public images and private lives

The image you project is not necessarily permanent. Many people want or have to change their image according to the situations in which they find themselves.

- a) With a partner, work out a list of ways in which you might like to change your own image.
- b) Role-play: the successful politician  
Before you begin the role-play, discuss what kind of character the politician is, what the political climate is, etc.

### POLITICIAN

*You are a candidate for an important election and have been told that your chances of success are compromised by your bad public image. You decide to consult a public relations agency to see how this can be changed.*

### PUBLIC RELATIONS CONSULTANT

*You are interviewing a client who is a politician and who needs to change his or her public image before an important election.*

#### *Useful language*

poise	ambition
self-assurance	lack of self-confidence
self-control	the way you dress

#### Talking about habits:

You dress smartly, casually, seductively, badly.

You stand in a relaxed manner, stiffly.

You speak clearly, loudly, softly.

You look sure of yourself, unsure of yourself, ill at ease.

You walk briskly, slowly.

You gesticulate a lot. You don't gesticulate enough.

#### Giving advice: (Here the advice becomes more and more direct.)

Why don't you try wearing quieter colours?

You could have your hair restyled.

You should have your beard trimmed more neatly.

Try to be less obsequious.

### 1.3 Mutual impressions

Work in pairs. Choose as a partner someone you know fairly well or someone whose judgement you trust. First, work through the quiz by yourself. Answer the questions twice, once about yourself and once about your partner. When both you and your partner have finished, compare your results.

1 How would the people you work with describe your role in the group?

- a leader
- everyone's friend
- a mother/father figure
- a good listener
- a gossip
- other

2 How would you describe your attitude to your work?

- enthusiastic
- compulsive; you can't stop
- conscientious, but no more
- a square peg in a round hole
- frustrated; capable of doing other and better things

3 What is the atmosphere you create in a group?

- warm
- chilly
- stormy
- foggy
- strictly from another planet

4 What sort of a boss would you make?

- so-so
- domineering
- perfect
- definitely not management material

5 Do you:

- act your age
- seem much older
- seem much younger?

6 How do you treat your superiors?

- with respect
- with kid gloves
- as equals
- with resentment



- 7** How do you handle your inferiors?
- you are condescending
  - you exploit them
  - you help them to get on
  - you fear the competition they may offer
- 8** How does work affect your personal life?
- they are two separate worlds
  - they complement each other
  - work interferes with your personal life
- 9** How does your personal life affect work?
- you maintain two watertight compartments in your life
  - home overflows into your professional life
  - home gives you a firm basis from which to cope with the stress of work
- 10** How do you use opportunities?
- you jump at them
  - you use them reasonably
  - you are frightened by change
  - you never notice them
- 11** How do you view confrontations?
- you are prepared to fight
  - you give way immediately
  - you welcome a chance for discussion
  - you feel very uncomfortable
- 12** What first impression do you give?
- you are smart and know what you are doing
  - you have a sense of humour
  - you are fairly insignificant
  - you are out to impress people
  - interesting; people would like to know you better

### *How to score*

You get 5 points for every answer about yourself that your partner agrees with. A score of 45 is remarkable. The answers on which you disagree will tell you a surprising amount about how you see yourself and how others see you. Any score below 35 calls for a reappraisal of your image. If you and your partner agree entirely, you either know each other extremely well or are completely predictable. In both cases you should perhaps be thinking of moving on to new challenges.

## 1.4 Popularity images

Work in pairs. What is it that makes some people the life and soul of the party and others just plain bores? Think of someone you know and consider to be popular and try to work out just what the characteristics are that make him or her so charismatic. Are they the same qualities as those that make certain public figures popular?

## 1.5 Personal equation cards

Write a description of yourself in such a way that it could be no other person you know. Describe ideas and personality rather than physical appearance. (This can be a good way of finding out if the group you are working in notices what you consider to be the most essential and unique aspects of your personality.) All the cards in the group are then collected in a hat or a box. After they have been mixed up they are read out by one member of the group. The group has to identify who wrote each card. If the group thinks the card might belong to more than one person, or if anyone in the group says 'That's just like me', the author of the card must revise his or her description.

## 1.6 Discussion

Is the image one projects only important in public life, or is it important in our relationships with our friends and families as well?

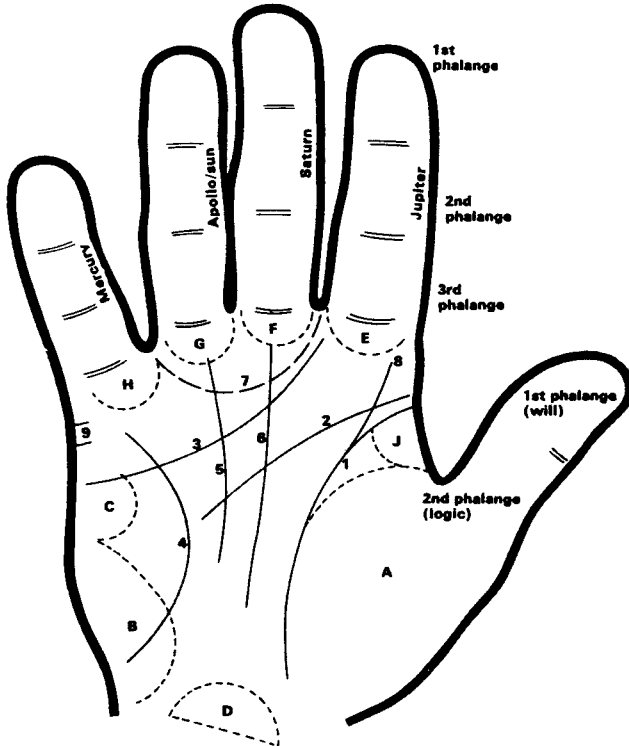
Do we pay too much importance to people's images?

Is it morally right that a politician should get more votes simply by appearing less tough or aggressive through training his or her voice and changing hairstyles?

Can one succeed – socially or in a job – if one has not got the 'right' image?

Is there anyone you have got to know and like despite a public image that you found unpleasant?

## 2 The future lies in your hands



### 2.1 Reading your palm ☆

It is not very easy to read the lines on your hand itself. The best alternative is to make a photocopy. If you do not have access to a photocopier you can improvise a palm print in the following way.

- 1 Use a lipstick and a piece of cotton wool. Coat your hand with a layer of lipstick.
- 2 Take a sheet of good quality paper. With your hand completely relaxed, use the other hand to press it down on the paper.
- 3 Take a ball-point pen and, holding it upright, outline your hand starting at the wrist. If you have long finger nails, stop outlining when you get to the ends of your fingers, and fill in the true shape of your fingertips after lifting your hand from the paper.
- 4 Cover your thumb with lipstick again, press it onto the paper and outline with the pen.

Analyse the lines in your hand using the following information. Compare notes with other people.



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- 1 **Life line:** a long, clear life line, with no breaks or irregularities, indicates a long life and good health. Don't worry if your life line is short – look at the first phalange of the thumb; if this is long, it shows a will that is strong enough to overcome health problems.
  - 2 **Head line:** the length of this is a guide to intelligence. The longer the line (and it can be anything from half the width of the hand to almost the full width) the more intelligent you are. If the line is high and straight, you are practical and realistic; if it slopes gently, you are imaginative and creative.
  - 3 **Heart line:** a short, shallow, straight line suggests problems in showing affection. A line that is long and generously curved suggests a loving nature. Small lines radiating from the heart line suggest flirtations and affairs. A red heart line indicates a passionate nature, whereas a very pale line indicates indifference.
  - 4 **Intuition line:** this line is not always present. If you have it, it denotes a high degree of intuitive insight.
  - 5 **Sun line:** if this line starts at the base of the hand and ends in the Mount of Apollo, it denotes prosperity. Starting at the Mount of Venus, it shows artistic flair. If it starts at the head line, success will come in the middle years; starting at the heart line, it promises happiness in later life.
  - 6 **Fate line:** if the line starts at the wrist and continues up to the Mount of Saturn, it indicates success as a reward for hard work. If the line starts at the Mount of Luna, it means you seek the recognition of others.
  - 7 **Girdle of Venus:** if present, it suggests sensitivity and enthusiasm.
  - 8 **Ambition line:** the point at which this line diverges from the life line shows how early or late in life your ambitions will be realised.
  - 9 **Marriage lines:** the position of these lines is a guide to when you will marry – the closer to the heart line, the sooner it will be.

**THE MOUNTS** (see diagram) can be flat, well-rounded or highly developed.

- A Venus:** flat, it indicates poor health; well-rounded, it is a sign of good health and a warm heart; highly-developed, it suggests a high sex-drive.
- B Luna (moon):** flat, it indicates lack of imagination; well-rounded, it shows a love of travel and a sensitive, imaginative nature; highly developed, it can denote a strong, creative imagination, or over-sensitivity.
- C Upper Mars:** if flat, you are easily led; well-rounded, it shows determination; highly developed, it suggests a quarrelsome nature.
- D Neptune:** flat, it indicates communication problems; well-rounded, it shows an outgoing personality; highly developed, it denotes a good communicator.
- E Jupiter:** flat, it suggests lack of ambition; well-rounded, it indicates self-confidence; highly developed, it shows a strong desire for power.
- F Saturn:** flat, it indicates an orderly life; well-rounded, it shows a love of solitude; highly developed, it suggests antipathy towards other people.
- G Apollo (sun):** a flat mount is a sign of a rather dull life and a lack of interest in culture; well-rounded, it indicates a cheerful nature and the ability to succeed at artistic or literary pursuits; highly developed, it can denote an ostentatious person, lacking in good taste.
- H Mercury:** flat, it indicates gullibility; well-rounded, it denotes charm and quickness of thought; highly developed, it shows a materialistic streak.
- J Lower Mars:** flat, it is a sign of cowardice; well-rounded, it indicates physical courage; highly developed, it shows fearlessness, but also cruelty.
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*flair:* natural ability

*gullibility:* tendency to believe everything one is told

*streak:* a tendency in a person's character

When you read your palm you probably used the hand on which the lines are most marked. If you are under 35 this should normally be the left hand if you are right-handed, or the right hand if you are left-handed, for this is the hand that mirrors the qualities that you are born with. If you are over 35 the other hand should dominate for it is the hand that shows what you have done with these qualities.

## 2.2 Role-play: cross my palm with silver

Use the information you have learnt about the interpretation of palm lines to role-play a professional palm reading.

### THE PALM READER

*Describe your client's personality and predict his or her future. Give as precise details as you can.*

### CLIENT

*Ask questions about your palm. Try to relate what the palm reader tells you to events in your life.*

#### *Useful language*

#### Predicting the future:

You'll meet a tall dark stranger.

You won't be unhappy for long.

Ten years from now, you will be leading an interesting and creative life.

You will have overcome all the obstacles in your way by the time you are 40.

N.B. The present progressive tense is not usually used to predict the future.

#### Talking about probability: (In these examples the chances of success get greater and greater.)

It looks as if you might succeed in your job.

You are likely to succeed.

You are bound to succeed.

Or: There is no likelihood of your succeeding.

## 2.3 Card fortune telling ☆

Here is one way of telling someone's fortune with a pack of cards.

Use a pack of 32 cards. If you only have an ordinary pack, remove the cards numbered 2–6. Shuffle well and cut with the left hand into 2 heaps (of equal or unequal size).

Put the top card of each pile to one side. These cards are called the Surprise.

Put the remaining cards into 1 pile and deal into 3 heaps of 10 cards each.

These represent the past (left-hand heap), the present (centre) and the future (right-hand heap).

Spread the 10 cards of the first heap in a row from left to right.

Read off the meanings of the cards using the list given below. Some of the meanings will need interpreting!

Repeat the same process for the pile representing the present.

Repeat the same process for the pile representing the future.

Finally, consult the Surprise to see what unexpected event is going to influence your life and fortunes.

N.B. A *reversed* card is a card that is upside down. If you cannot tell this from your pack of cards because the printing is very regular you may have to mark one end with a pinprick or a dot.