

READING

A Read the text and complete the sentences. An example (0) has been done for you.

What's Wrong with Being Good Enough?

In all areas of our lives, we are taught to push ourselves to be excellent. We are expected to be exceptional parents and children, workers and bosses, teachers and students. On top of this, we should be extremely happy and well-rounded individuals. And it doesn't stop there. Organizations, companies and educational providers want to be world class and outstanding. So when did being good enough become not good enough?

Our obsession with being excellent can cause a lot of damage. Only the best are able to receive the greatest honors – a trophy or certificate – leaving the vast majority of us feeling disappointed and ignored. This can lead to discontentment and jealousy. Having said that, it's not so great for the winners in this system either.

It would seem that being the best can cause more harm than good, so how do we avoid this situation? D.W. Winnicott found the answer over 50 years ago when he noticed an interesting pattern. While working with adults and children, he remarked that those parents who pushed themselves to be the best mother or father created problems, both for themselves and the children they were raising. The fact is that balanced kids often had parents who weren't perfectionists. Instead they were good enough.

The key seemed to be love and support during a child's upbringing. However, even these had a limit so the child would know that they couldn't demand anything from their parents. Winnicott noticed that having parents who weren't going to give their children all they desired resulted in the child developing independence. Furthermore, the child understood that they weren't the center of the universe and that the world wasn't just going to work for them. They were going to have to work for it.

Nowadays, Winnicott's research in family life is being applied to other aspects of our lives. Why don't we give up on being great and aim for a life that's good enough? This would mean saying no to requests from others now and again which would free up space to help other people we do actually want to make time for.

Living life in this way and moving away from perfection doesn't sound that great in theory but in practice it's the way forward. Not only will accepting the frustrations of this way of life make us feel safe, but we will also involve ourselves in things that are actually meaningful to us.

- 0 We are expected to be outstanding as well as being happy.
- 1 A(n) _____ with perfectionism means that in many areas of life only the best are rewarded.
- 2 Parents who were 'good enough' often raised children who were _____, according to D.W. Winnicott.
- 3 Knowing you can't just demand anything from your parents teaches children to be _____.
- 4 Being good enough allows people to refuse some _____ in order to accept others.
- 5 By not being exceptional, people positively experience _____ which are essential to providing security in our lives.

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B Read the article, then match the headings to the paragraphs. You do not need all the headings. An example (0) has been done for you.

My Biggest Regret

What's your biggest regret? We asked six people.

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Well, part of the problem was that I didn't have the maturity. Then when I did it was too late. My advice would be, don't hang around, get on with it, as long as you meet the right guy, that is. I met plenty but just wasn't thinking about it. Now all my friends have them and I feel a little left out. Like a game I'm not part of.

1 ____

Well my problem was due to the fact that I put all my earnings into property. I should've followed my friends around the world on various adventures instead. Now, I just have a mortgage I struggle to pay and a job I have to keep to pay it! I realize stuff like this just doesn't make you happy. I guess I could travel later on but I'm not sure I'll have as much motivation to do it when I'm retired!

2 ____

I lacked the courage when it came down to it. I let my own anxiety get in the way of doing something that would have made me financially secure. I waited too long and then when I finally managed to make the call, the realtor informed me that someone else had gotten there first and my dream home was just that, a dream. I'll keep searching but I really think that may have been the one that got away.

3 ____

The biggest false belief is probably that you have all the time in the world. I would spend endless hours in front of the computer playing pointless games. Imagine what I could have done with that time! But of course being productive is the last thing on your mind when you're a teen.

4 ____

This is a difficult one for me. I've had a few regrets but they all fall into one category. Looking too far ahead and assuming life would be better then. I kind of ignored the here and now which is way more important, I've come to realize. Always keeping your eye on something in front of you means you don't have the vision for what's going on right now.

5 ____

My mom always said, 'Regret the things you didn't do rather than what you did.' I didn't really get that back then. I probably just rolled my eyes, but she was right. There's a certain element of my past where I think that maybe I missed an opportunity. Had I done that, would it have turned out OK? I often think about that.

- a Living in the Future
- b Wasting Time
- c Buying a House
- d Not Having Kids
- e Not Buying a House
- f What if ...?
- g Not Playing Games

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LISTENING



7 A Listen to an uncle giving some advice about how to cope when leaving home. Fill in the blanks in the sentences with the missing information. An example (0) has been done for you.

- 0 Uncle David said that it was necessary to make sure that kitchens and bathrooms are always clean.
- 1 He thinks the living room would have been nicer if he'd painted it a _____ color.
- 2 He thought he would be able to afford everything he wanted when he _____.
- 3 Paying debts is more important than _____.
- 4 He wishes his father had told him he would _____ before he'd moved into the apartment.
- 5 He regrets not _____.

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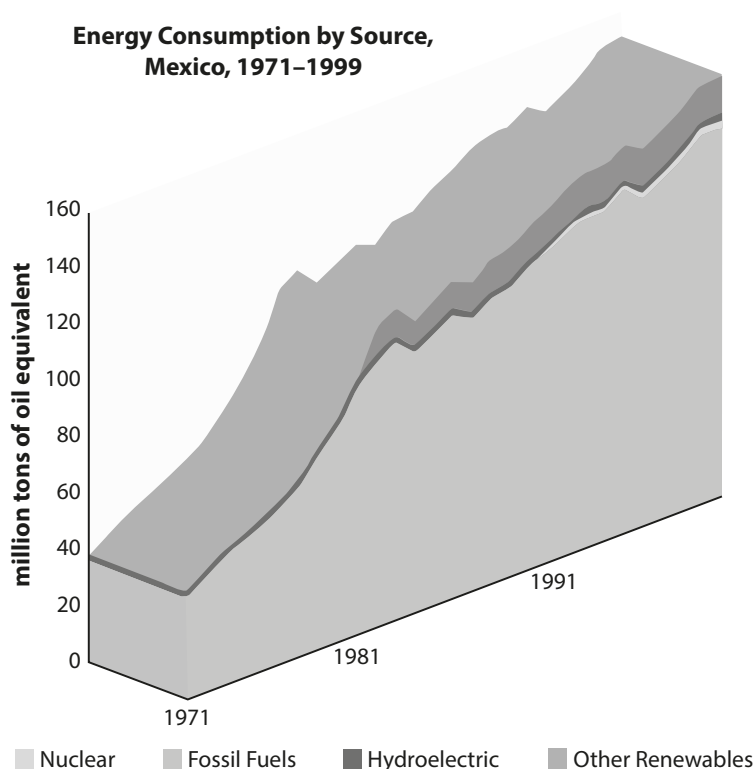
8 B Listen to a radio interview with a woman describing the plot to a movie she had directed. Underline the information in italics that is correct. An example (0) has been done for you.

- 0 She regrets *entering a man's world / using all her names for professional purposes*.
- 1 She was *genuinely surprised / pretending to be shocked* when her movie got an award.
- 2 She regrets creating the weather conditions *before / during* the beach scene.
- 3 She wishes she had employed *fewer / more* actors to be in the movie.
- 4 *Rory's Story* was released *two / three* years ago.
- 5 The interviewer held *the same opinion as / a different opinion from* Susanne about the two movies.

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WRITING

A Write a report on the energy consumption in Mexico between 1971 and 1999. Write 150 words.



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B You have recently heard that a local developer has obtained two municipal buildings (the community center and the library) and has submitted plans to knock them down to make way for several blocks of luxury apartments. Write to your local newspaper explaining why you are writing, describing the impact it will have on the local community and requesting a change of action for the plan. Write 150 words.

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Total: ___ / 30