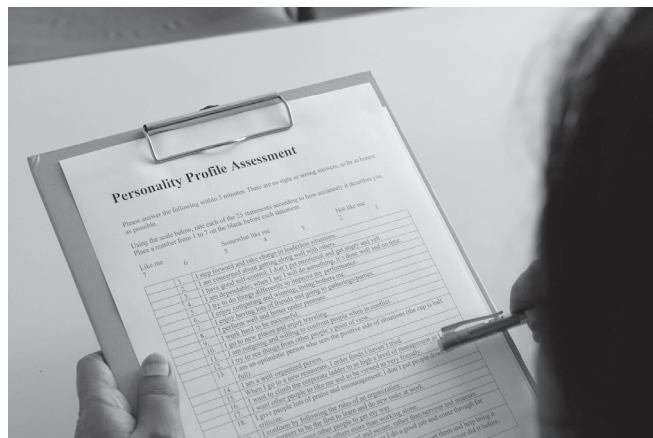


KNOW YOURSELF 01



1 Work with a partner. Brainstorm personality adjectives. Which are positive and which negative?

2 01 Watch the video and tick (✓) the topics that are mentioned.

- 1 ☐ the values your parents taught you
- 2 ☐ what famous psychologists say about personality
- 3 ☐ having more than one personality
- 4 ☐ the idea of the personality type
- 5 ☐ how to have a better relationship with your friends
- 6 ☐ the importance of being true to yourself

3 01 Watch the video again and decide whether the statements are true or false. Correct any false statements.

- 1 It is easy to answer the question 'who are you?'. T / F
- 2 We might know who you are by describing your personality. T / F
- 3 We usually describe people by the main trait of their personality. T / F
- 4 A description of someone's personality can be too simplistic. T / F
- 5 Personality tests ask you hundreds of questions. T / F
- 6 It isn't a good idea to spend time with people who think and feel differently to us. T / F
- 7 If you pretend to be someone you are not, people may never know who you are. T / F



ABOUT YOU

4 Work with a partner. Ask and answer the questions.

- 1 How do you think your friends would describe you?
- 2 What are your best and worst personality traits?
- 3 Are there any personality traits you would like to have?