

I. Choose the words that best complete the sentences in the text.

Stressful situations that (1) almost everyday in life seem to be unavoidable. However, we can do little sometimes to (2) a misfortune or an unpleasant occurrence which may (3) us unexpectedly as only it can. At such a moment, one may hit the (4), give in to the helplessness of the situation or, ideally, put a brave (5) on it trying to (6) the burden.

Can you (7) in your mind an hour spent in a traffic jam, say, this morning? Do you light one cigarette after another? Do you sound the horn every few seconds like the other neurotics? Or do you take a different (8) and make good use of the time drawing up a schedule for the days to come?

To (9) the stressful moment you can also do a crossword puzzle, listen to your favourite music or even compose a menu for your Sunday dinner. In fact, whatever way you (10) to the annoying situation, you can exert no impact on it as the traffic jam will only reduce in due (11). Nevertheless, your reaction might considerably influence your (12) for the rest of the day.

The inability to confront a stressful occurrence like that with a deal of composure and sensibility adds much more strain to your life and in this way puts your well-being in (13). Surprisingly, it's the seemingly negligible hardships we (14) on daily that run double the risk of developing serious health disorders rather than our isolated tragedies however painful they may be.

..... (15) that so many of those wretched stress inducing troubles affect us in a day, we should, at best, try to avoid them or possibly make radical alterations in the way we lead our daily lifestyles.

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| 1. a) devise | b) create | c) originate | d) emerge |
| 2. a) ward off | b) boil down | c) stamp out | d) dawn on |
| 3. a) arise | b) happen | c) befall | d) occur |
| 4. a) post | b) roof | c) bottom | d) wall |
| 5. a) face | b) neck | c) forehead | d) fist |
| 6. a) subsist | b) remain | c) cope | d) bear |
| 7. a) envision | b) observe | c) picture | d) conclude |

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|--------------------|-------------|---------------|------------------|
| 8. a) manner | b) stance | c) practice | d) mode |
| 9. a) withhold | b) withdraw | c) wither | d) withstand |
| 10. a) confront | b) deal | c) respond | d) challenge |
| 11. a) term | b) course | c) timing | d) period |
| 12. a) disposition | b) disposal | c) disposure | d) dispossession |
| 13. a) risk | b) weakness | c) insecurity | d) jeopardy |
| 14. a) stumble | b) stagger | c) stutter | d) stump |
| 15. a) Providing | b) Given | c) Hence | d) Albeit |

ABOUT AGAINST BEHIND BY FOR IN ON OVER WITH

1. Just say you need me and I am hand.
2. The bank manager has advised us to leave our papers in the safe just safekeeping.
3. Should anyone disagree your offer, tell them that you have been given the direct backing of the Treasury.
4. Tom has promised to have my tuner repaired by Saturday, but I'm rather doubtful it.
5. Nowadays, it's terribly hard to find a good professional specializing old weaponry.
6. This is a specifically female section, men are rather the minority here.

7. How about taking revenge the gang their cruelty?
8. At this point, it seems impossible that any rival team might take an advantage our team.
9. The communist government has resigned the background of the widespread social unrest.
10. It's no use insisting organizing the bonfire in the woods.
The gamekeeper will never allow us to do that.
11. Jack, I remind you that you are two months with your essays.
Deliver them by next Friday or I'll have to contact your parents.
12. I can tell you certainty that this music score is less interesting than the one he wrote previously.
13. 'Did the employer ask Mary to work overtime?' 'No, I suppose she did it choice.'
14. my part, it doesn't interest me the least
whether you keep this money or give it away.
15. There's no bigger pleasure than sitting here the open air listening to the birds' singing and smelling the scent of the spring flowers.