

# 1.1 Do you live in the past, present or future?

GOALS ■ Talk about your daily life ■ Ask questions

## Vocabulary & Speaking daily life

- 1 Which sentence below best describes your life? Why? Compare your answers with a partner.
- 1 My life is too busy. I need more time.
  - 2 I'm quite busy, but I have time to do everything I want.
  - 3 I have too much time and not enough things to do.

- 2a Work with a partner. Match the verbs to the nouns and noun phrases.

spend  
do (x5)  
stay  
make (x2)

some exercise housework  
time with relatives the shopping  
in for the evening future plans  
a to-do list some work  
homework

eat  
have (x5)  
go (x3)  
chat

an early night to bed late fun  
a good time a family meal  
a lie-in healthy food on a trip  
with friends online shopping

- b 1.1 ))) Listen and check your answers.
- c 1.2 ))) Listen and repeat the phrases.
- 3 Tell your partner about things you would like to do, things you need to do and things you don't need to do this weekend. Use the vocabulary from exercise 2a.

## Grammar & Speaking question forms

- 4 The article and questionnaire are from a psychology magazine website. Read the article and find one positive and one negative thing about each type of person – past, present and future.
- 5 Choose two activities from exercise 2a which are typical for each of the three types of people. Compare your ideas with a partner.  
*future type → make a to-do list*

Psychology

Home Psychology tests Time type

## The secret powers of time

Do you often think about the past? Can you enjoy the present time, or do you worry about the future? The psychologist Professor Philip Zimbardo describes three types of people: past, present and future people.

### What time type are you?

#### Past types

You enjoy remembering the past and sometimes you miss 'the good old days'. You worry about making changes or trying new things. You spend a lot of time with your family.

#### Present types

The most important thing is to feel good now. You like doing fun things with fun people. You don't have a healthy lifestyle. You avoid doing difficult or boring things.

#### Future types

You spend most of your time working, saving and planning for a better future. You eat well and exercise regularly. You can say 'no' to immediate pleasures. You don't mind waiting for the good things in life. Future people are usually more successful in work and study. But they often don't enjoy their free time because they are busy thinking about the next thing.

According to Zimbardo's research, most people are mainly a past, present or future type, although everybody is sometimes the other types. Ideally, we should try to have an equal balance of all three to be happy and successful, and to have good relationships.

Take the test

**6a** Work with a partner. Do the questionnaire together and make a note of your partner's answers.

**b** Read the results of the questionnaire. Who is more past-focused, you or your partner? Do you agree with the results?

### How past-focused are you?

- How often do you look at old photos or videos?
  - often
  - sometimes
  - never
- Who do you prefer to spend time with?
  - friends I met a long time ago
  - new friends
  - both old and new friends
- Are you interested in your parents'/ grandparents' stories about the old days?
  - yes, very interested
  - quite interested
  - no, not at all
- Do you enjoy family events, like birthday parties?
  - I love them
  - they're OK
  - not really
- Where do you go for your summer holiday?
  - the same place every year
  - a different place every year
- When did you last see your older relatives?
  - very recently
  - quite recently
  - a long time ago

### Results

If you have 3–6 'a' answers, you're very past-focused. If you have 0–2 'a' answers, you're not very past-focused.

**7** Look at the word order of questions in the Grammar focus box, then choose the correct option to complete the rules.

### GRAMMAR FOCUS question forms

#### Questions with *do* and *did*

Question word	Auxiliary	Subject	Main verb
	Do	you	enjoy family events?
When	did	you	(last) see your older relatives?
Who	do	you	spend time with?

#### Questions with *be*

Question word	<i>be</i>	Subject	Adjective/Noun/Verb
	Are	you	interested in your parents' stories?
Who	is	your	favourite relative?

- We put auxiliaries (*do/does/did*) <sup>1</sup> **before** / **after** the subject.
- We put the verb *be* (*am/is/are/was/were*) <sup>2</sup> **before** / **after** the subject.
- We put prepositions (e.g. *to, with*) at the <sup>3</sup> **beginning** / **end** of the question.

→ Grammar Reference page 134

**8** Match the question words and answers.

- |                  |                |
|------------------|----------------|
| 1 How much ...?  | a every day    |
| 2 How often ...? | b \$30         |
| 3 How many ...?  | c action films |
| 4 What kind ...? | d six o'clock  |
| 5 What time ...? | e five         |

**9a** Put the words in the right order to make questions.

- do / live / who / you / with ?
- music / you / what / to / listen / do / kind of ?
- you / for / appointments / how often / are / late ?
- museums / enjoy / do / going / you / to ?
- to / did / what / last night / time / go / you / bed ?
- you / are / today / tired ?
- spend / how much / on Facebook / do / you / time ?
- have / fun / when / you / did / last ?

**b** 1.3 ))) Listen and check your answers. Then ask and answer the questions with a partner.

**10a** **TASK** Work with a partner. Write five questions for a questionnaire with the title 'Are you more present-focused or future-focused?' Use different question words and give two or three possible answers. Use the topics below or your own ideas.

*How often do you do exercise?*

a never    b sometimes    c often

- |                      |                          |                           |
|----------------------|--------------------------|---------------------------|
| • to-do lists?       | • late for appointments? | • save money?             |
| • healthy lifestyle? | • go to the dentist?     | • plan things in advance? |
| • keep fit?          | • stay out until late?   | • have a good time        |

**b** Work with another pair and answer both quizzes. Who is the most present-focused and future-focused?

**▶ VOX POPS VIDEO 1**