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# Reader's Club

- Today's Idioms
- Vocabulary & Pronunciation
- Reader's Club
- Question & Answer Period
- Questions
  - After class [steve@doeducation.net](mailto:steve@doeducation.net)
  - During class Please raise your hand during

# Today's Idioms

## **knight**

**a knight in shining armour** *British & Australian*

**a knight in shining armor** *American & Australian*

someone who helps you when you are in a difficult situation ➡ In stories about medieval times (= the time between 500 and 1500 AD), knights were soldiers who rode on horses and helped women in difficult or dangerous situations. • *She looked around the bar to see if there was a knight in shining armour who might come and save her from this awful man.*

## **knock**

**Knock it off!** *informal*

something that you say in order to tell someone to stop doing something that is annoying you • *Knock it off, will you? I can't work with all that noise.*

# Vocabulary & Pronunciation

## Vocabulary and Pronunciation

hissy	- (slang) a fit of anger; Also called, hissy fit
fierce	- violent in force.
blowout	- sudden or violent escape of air.
amicably	- friendly.
assertive	- confidently aggressive.
cling	- to hold on tightly to sb/sth.
resort	- 1,~ to sth the act of using sth 2,a place where a lot of people go on holiday.
adept	- very skilled, expert.
convey	- to communicate.
attempt	- try.
resolve	- to deal with.
placate	- to make sb feel less angry about sth.
mutually	- felt or done equally by two or more people.
conflict	- disagreement.
integral	- being an essential part of sth.

# Reader's Club

**The Art Of The Hissy Fit**

**Screamer? Crier? Pouter? Your  
fighting style might be getting in  
the way of a good argument**

**By Michelle Sponagle**

# Reader's Club

There's nothing like a fierce blowout to clear the air. Yet, many of us avoid argument at any cost. In relationships with your friends, your partner, your boss and your family, there will always be differences in opinions—and not all will be resolved amicably. What separates the girls from the women is how you handle them. Do you pout, yell, cry, freeze or run away just to avoid tackling the issues? Your fighting style may be doing you more harm than good.

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“Many women have difficulties expressing their feelings in a direct way,” says Toronto-based psychotherapist Lori Dennis. “Rather than being celebrated or supported for their need to be assertive, women tend to be put down or criticized. They are trapped in old roles as pleasers and caregivers who dare not ask for what they really want.”

We cling to old patterns that are hard to break since they were learned on the playground. Most little girls will resort to stomping off or dissolving into tears, rather than standing up for themselves or stepping up to complain—“good” girls don’t do that. As a result, women have become adept at taking the long way around to convey emotions or simply say what’s on their mind.

# Reader's Club

## THE PEACEMAKER

Tactic: "You attempt to resolve an uncomfortable situation by placating the other person with what they want to hear," says Dennis.

Pitfalls: "You don't get heard and you aren't speaking the truth," says Dennis. "It's a short-term solution that isn't satisfying or meaningful in the long run [and] you're not getting to the heart of the matter."

A better way: Make resolution your top priority and talk about the underlying issues.

When it can work: If you're expecting friends over for dinner soon, it's not the time to get into a discussion with your boyfriend about his lack of help in the kitchen. Deal with it after, then discuss a mutually workable solution.

# Reader's Club

## THE ESCAPE ARTIST

Tactic: When disagreements pop up, you retreat and yank the plug on an argument.

Pitfalls: With nothing resolved, the fight continues and even escalates.

A better way: Hang tough and fight when it matters and deal with conflict right away.

When it can work: You and your boss have opposing views about how the department should be structured. A smart strategy would be to prepare a memo and request a meeting to calmly present it to her. Ducking her in the hall could damage your relationship with the person who is integral to your career.

# Reader's Club

Please answer all questions within a minute.

Q1. who do you usually argue with? Do you get angry easily? Why? Or Why not?

Q2. Are you a “screamer”, “crier”, “pouter” or “avoider”? What is your style?