Be more optimistic

Do you ever wish you were more optimistic, someone who always expected to be successful? Having someone around who always (1) worries the worst isn’t really a lot of (2) fears. But if you catch yourself thinking negatively, it’s important to do something about it.

You can change your view of life, (3) judging to psychologists. It only takes a little effort, and you’ll find life more rewarding as a (4) result. Optimism, they say, is partly about self-respect and confidence but it’s also a more positive way of looking at life and all it has to (5) supply. Optimists are more (6) possible to start new projects and are generally more prepared to take risks.

Upbringing is obviously very important in forming your (7) opinion to the world. Some people are brought up to (8) trust too much on others and grow up forever blaming other people when anything goes wrong. Most optimists, on the other hand, have been brought up not to (9) regard failure as the end of the world – they just (10) get over with their lives.

1 A worries B cares C fears D doubts
2 A amusement B enjoyment C fun D good
3 A judging B following C concerning D according
4 A result B reason C purpose D product
5 A supply B suggest C offer D propose
6 A possible B likely C hopeful D welcome
7 A opinion B position C view D attitude
8 A trust B believe C depend D hope
9 A regard B respect C suppose D think
10 A get up B get on C get out D get over
2 VOCABULARY
Decide which answer A, B, C or D best fits each space.

11 The Health Protection Agency is investigating a/an _____ of a strain of Salmonella infection among 30 people in England and Wales since the beginning of December 2014.
   A outbreak  B breakout  
   C breakage  D breakthrough  

12 It was very difficult to predict the ____ of the presidential election, as the vote seemed split about 50 – 50.
   A outcome  B outline  
   C breakout  D outcast  

13 Norwich, a city in the east of England, is a popular shopping centre for thousands of people.
   In particular, visitors love to ____ the small, unusual shops hidden away in Norwich’s narrow streets.
   A inquire  B research  
   C analyze  D explore  

14 I’m thinking of changing my job because there are few ____ of promotion.
   A chances  B probabilities  
   C potentials  D sources  

15 I’m afraid Grandfather’s handwriting is becoming more and more ______.
   A illiterate  B illegible  
   C eligible  D incoherent  

16 Science magazine recently published a report by researchers at Minnesota University. The researchers studied identical twins who had been separated at ____ and had been taken care of by different families.
   A first  B beginning  
   C birth  D start  

17 The hospital is ____ out tests to find out what’s wrong with the patient.
   A bringing  B following  
   C doing  D carrying  

18 ____ to scientists, the human brain was divided up into different areas which controlled qualities like intelligence, kindness, selfishness and so on.
   A According  B Depending  
   C Referring  D Relating  

19 In the early 19th century people became very interested in phrenology. The aim of this new science was to provide a new and easy ____ of judging someone’s character.
   A instrument  B tool  
   C way  D formula  

20 The first safety razor was ____ by company founder King C. Gillette in 1903.
   A done  B invented  
   C discovered  D found
21 The trend for children to multitask is seriously damaging their level of concentration. Scientists have ____ the belief of many parents that it is impossible to concentrate on more than one thing at the same time.
A assured  B guaranteed
C confirmed  D authorized

22 True multitasking is only possible for simple activities such as ironing and listening to the radio. For situations ____ more complex tasks the total time taken to get all the tasks done will increase greatly.
A involving  B consisting
C containing  D meaning

23 Eating too much sugar and fat and not taking enough exercise can ____ to health problems.
A result  B precede
C lead  D bring

24 James’ clients pay a standard fee per hour and a small ____ charge for handing out leaflets to passers-by. It’s a cheap and effective way for local shops and cafes to advertise.
A super  B additional
C attached  D extension

25 Research has shown that over half the children in Britain who take their own lunches to school do not eat ____ in the middle of the day. Lunchboxes examined by researchers contained sweet drinks, crisps and chocolate bars.
A approximately  B probably
C possibly  D properly

26 The Barranquilla Carnival, ____ to be the biggest in the world after Rio’s, is held annually on Colombia’s Caribbean coast.
A claimed  B pronounced
C pretended  D announced

27 At the last History seminar I attended, there were just five other students and our ____.
A trainer  B coach
C consultant  D tutor

28 The government waits for an economic miracle while, in ____ , whole industries collapse.
A the middle  B the meantime
C the end  D the long run

29 Please be patient. We will tell you the result of your test in ____.
A the future  B the short term
C due course  D in those days

30 The research will provide a better ____ of why the percentage of overweight students in Britain has increased in the last decade.
A understanding  B comprehending
C information  D opinion
31 If you are to take the next step and move in with your partner, there are a few things you ___ know before you decide to live together.
A should  
C ought  
B had better to  
D had rather

32 I wonder ____ like to travel on a Dreamliner.
A how it is  
C what it is  
B how is it  
D what is

33 For a week in summer, we ____ to rent the same cottage in the mountains.
A used  
C had been used  
B were used  
D got used

34 Can you get me some water, please? I’m quite thirsty – I ____ anything to drink since lunch.
A hadn’t had  
C hadn’t  
B haven’t  
D haven’t had

35 I am afraid a small problem has ____ in connection with the renewal of the visa.
A arrived  
C risen  
B arisen  
D raised

36 I wish I ____ go to the dentist tomorrow. I’m scared of the sound of the drill.
A didn’t have to  
C don’t have to  
B wouldn’t have  
D haven’t

37 The hippo would have killed me if I ____ quickly.
A wouldn’t react  
C didn’t react  
B hadn’t reacted  
D haven’t reacted

38 I’ll always remember ____ at Hong Kong airport for the first time.
A land  
C landing  
B to land  
D to be landing

39 ____ applying for hundreds of jobs, he is still out of work.
A Although  
C Despite  
B In spite that  
D However

40 What makes you ____ that you are qualified for this job?
A thinking  
C to be thinking  
B think  
D to think

41 She ____ that whole cake herself – it was huge!
A can’t eat  
C shouldn’t eat  
B shouldn’t be eating  
D can’t have eaten
42 The manager ____ that all the customers should be searched.
A convinced  B insisted
C obliged  D told

43 ‘Shall I come over at nine?’ – ‘I’d rather ____ at ten instead.’
A you are coming  B you will come
C you had come  D you came

44 I started doing my homework when I got home from school but I stopped ____ my favourite show.
A watch  B watching
C to watch  D from watching

45 Those books I ordered should ____ by now.
A be delivering  B have delivered
C have been delivered  D have been delivering

46 The children won’t go to sleep ____ you leave a light on outside their room.
A except  B otherwise
C but  D unless

47 I’d rather we _____ go to the cinema, because I’m tired.
A didn’t  B hadn’t
C wouldn’t  D shouldn’t

48 I think you should take a warm jacket in case the weather ____ cold.
A will be  B would be
C is  D would have been

49 Take a warm sweater with you. It ____ get cold in the evening.
A might  B must
C has to  D can’t

50 There were so ____ people in the queue for tickets that I missed the train.
A much  B many
C few  D a few

CHECK YOUR ANSWERS IN THE KEY PROVIDED IN A SEPARATE DOCUMENT.