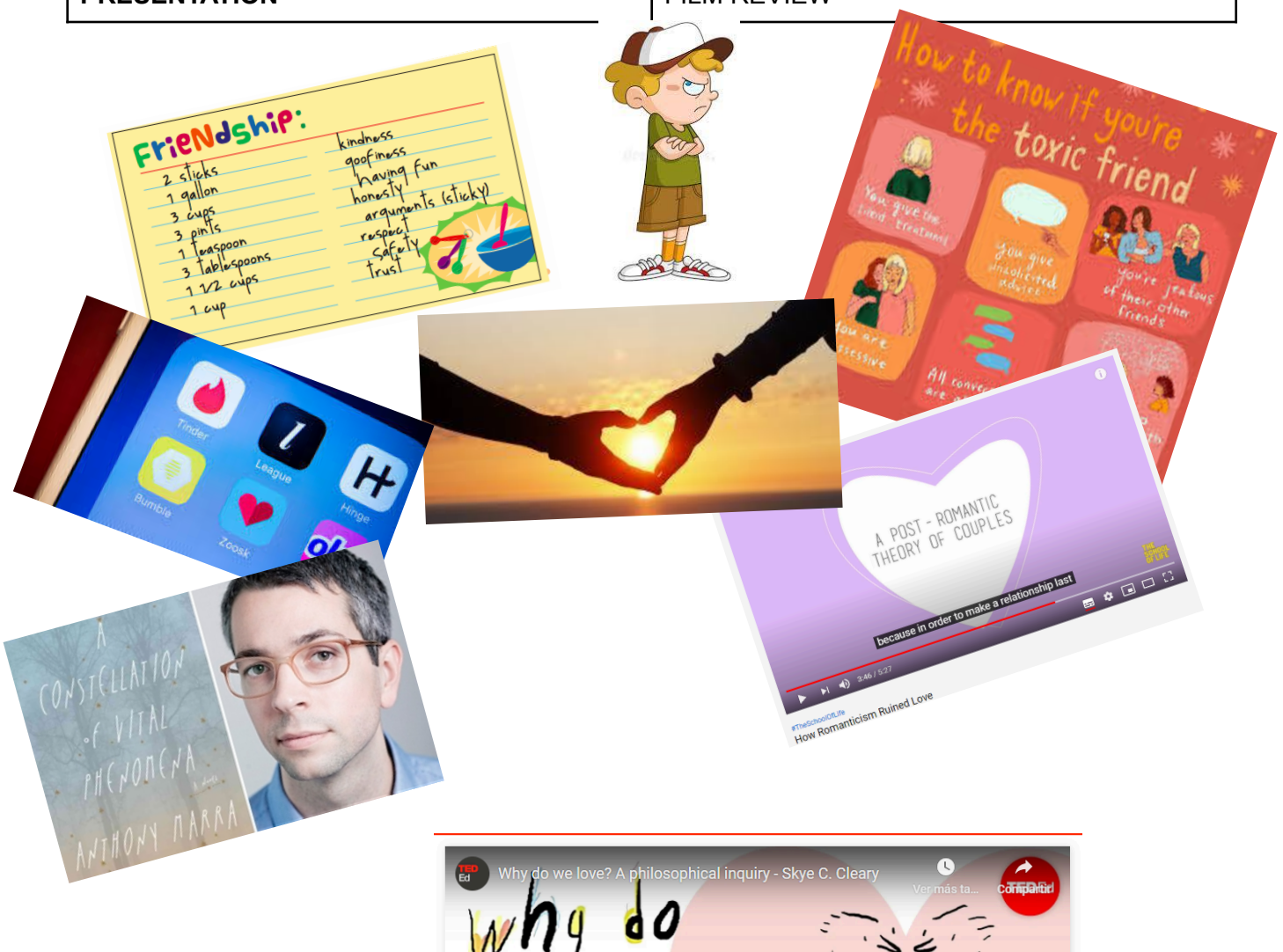


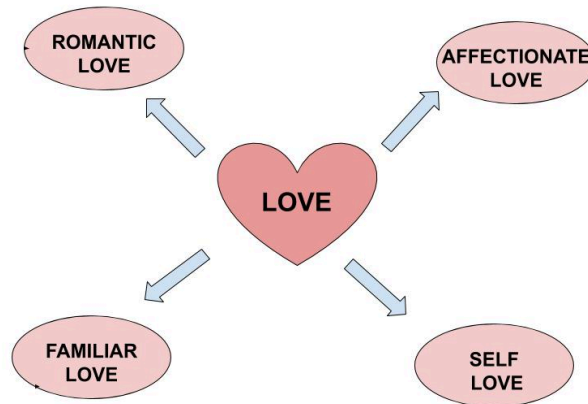
## UNIT 3 : ALL YOU NEED IS LOVE, IS IT?

VOCABULARY	FRIENDSHIP, LOVE, EMOTIONS AND FEELINGS, PERSONALITY ADJECTIVES
GRAMMAR	MODALS
READING	TOXIC FRIENDS
LISTENING	THE BEST ADVISE
WRITING	INFORMAL LETTER
PRESENTATION	FILM REVIEW



## VOCABULARY

1. Make a mind map for the word **LOVE**. Which kinds of love are there? What words or phrases can you associate with them?



2. Affectionate love has to do with friendship. What ingredients do you think are necessary for that kind of love?

3. Watch the video and complete your notes.

[Youtube Friendship soup](#)

[Drive file Friendship Soup](#)

4. Transform the nouns into adjectives and you'll have the definition of a perfect friend.

NOUN	ADJECTIVE	TRANSLATIONS
honesty		
kindness		
goofiness		
fun		
respect		
trust		

## READING

1. Have you ever heard about toxic friends? Watch the video [Youtube Toxic Friends](#) [Drive File Toxic Friends](#).

They talk about the ten differences between good and toxic friends. Which are the three you find more important

- 
- 
-



## 2. Read the text.

### TOXIC FRIENDS

For years, American psychologists have told romantic couples how to repair their **rifts**. But now therapists are being visited by troubled patients who want to know how to **get rid** of those “friends” who are ruining their lives. More than 10,000 psychologists and counselors are offering sessions on relationships with friends in America. The phrase “toxic friends” is becoming common and has been recognised by the American Psychological Association. The publishing industry has quickly reacted with a succession of books with titles such as ***Toxic friends / true friends or A Smart Girl’s Guide to Friendship***, that are at the top of the American best-sellers list.

According to psychologists, these toxic friends come in several forms: the passive aggressive debilitator, who delivers cruel criticisms dressed up as friendly questions; the naysayer, who **undermines** all your initiatives; the planbreaker, who **ditches** you at the last minute; and the non-stoppers, who won’t let you go home when you want to because they want you to solve their personal problems.

To deal with all these kinds of problematic friendships, Christine Northman, a relationship counsellor, has a common approach. She says that in order to maintain our emotional health in friendship there must be a level of reciprocity, so friendships need to be frequently evaluated. She says: “Only with emotional maturity can we see ourselves and our relationships more clearly. It can seem a bit cruel to break up friendships, but sometimes all we need to do is put some **boundaries** around ‘toxic’ friends: keep them in our lives but see them less frequently.”

Not treating the “toxic friends” problem can have unhealthy consequences. A recent study found that when people meet a person who is considered a toxic friend their heart rates and blood pressure increase. Most therapists agree that toxic friendships are a more difficult problem for women than for men. Males, having a much lower **threshold** for complications in friendships, will disconnect themselves from a negative friendship more easily, and faster, than women. Women friends can become “energy vampires” like the “crying sister” who keeps you on the phone for two hours with problems but no solutions and who leaves you exhausted.

Not everyone is convinced that therapy is the answer, though. For some, it is part of the problem rather than the solution. Mike Albo, a self-help American writer, thinks that the psychological literature and the self-help industry have taught these toxic friends a new kind of language. With it, they are trying to convince us that we rather than they might be having some sort of psychological problem. “One thing that worries me about friendship counselling is that underminers predominate in the self-help society,” Albo says. By accepting the type of discourse that is common among therapists we might be internalising a problem we didn’t have in the first place.

Mike Albo also has another warning for those confronting toxic friends: “Listen to their side of it because perhaps it’s you who is toxic.”

**The Sunday Telegraph. Adapted**

**rift:** esquerda, desavenença / fisura, distanciamiento

**get rid:** desfer-se / deshacerse

**undermine:** sabotear / sabotear

**ditch:** deixar plantat / dejar plantado

**boundaries:** límites / límites

**threshold:** llindar / umbral

## 2. Reading Comprehension

1- Find in the text a sentence that means:

**"Therapists are now seeing troubled patients who seek advice on how to eliminate 'friends' that are damaging their lives."**

2. What are the types of toxic friends mentioned in the text?

3. Who is Christine Northman and what is her approach to dealing with toxic friendships?

4. Why might toxic friendships be more difficult for women than for men?

5. Fill in the blanks

A recent study found that when people meet a person who is considered a toxic friend, their \_\_\_\_\_ and \_\_\_\_\_ increase.

6. Rephrase the following sentence from the text:

**"Not everyone is convinced that therapy is the answer, though."**

**1. According to the text a “toxic friend” is ...**

- a) a friend who improves your self-esteem.
- b) an invention of psychologists.
- c) a friend who is a drug addict.
- d) a friend who can make your life difficult.

**2. “Toxic friend” is an expression thought up by...**

- a) no one in particular but it's becoming widely accepted.
- b) therapists.
- c) the self-help industry.
- d) the American Psychological Association.

**3. Which of these definitions best describes a naysayer?**

- a) A tactful friend, always trying to be polite to his/her friends.
- b) A violent person who denies his/her real mean intentions.
- c) A friend who will never be supportive of things we want to do
- d) A busy person having no time to say anything to his/her friends.

**4. Christine Northman affirms that we should...**

- a) analyse our relationships with our friends very often.
- b) visit friends to keep reciprocity in friendship.
- c) visit friends more often to keep up our emotional health.
- d) not care too much about friendship.

**5. When treating the “toxic friend” problem, counselors advise us to...**

- a) avoid them from time to time.
- b) avoid them forever.
- c) give those friends a chance.
- d) see them within the boundaries of the city.

**6. Most therapists agree that the “toxic friend” problem...**

- a) mostly affects stressed women.
- b) does not affect happy people.
- c) is easier to solve for men.
- d) is more frequent among weak people.

**7. A “crying sister” could be defined as a person who...**

- a) ditches you on the last minute.
- b) is always crying on the phone.
- c) takes away all your energy.
- d) tires you telling you about her problems.

**8. Mike Albo thinks that...**

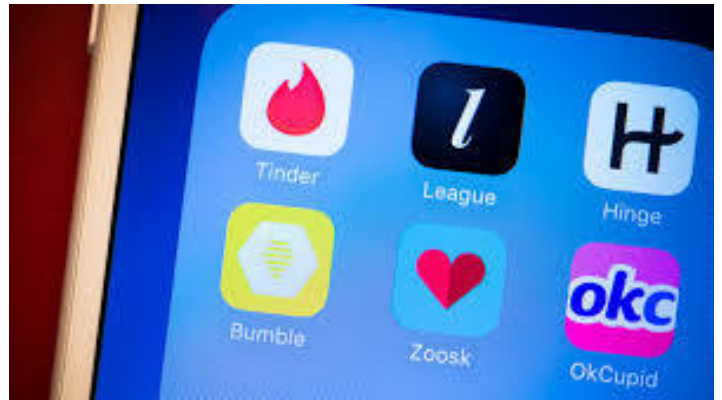
- a) therapy can solve all your problems with undesirable toxic friends.
- b) the toxic friends's problem cannot always be solved by therapy.
- c) self-help books are the only solution for our psychological problems.
- d) toxic friends not therapists always tell you the truth.

1	2	3	4	5	6	7	8

## DISCUSSION. ROMANTIC LOVE vs. ARRANGED MARRIAGE

1. How do you look for a date? Do you use any apps? Does your family have anything to say about your partner? Use the following vocabulary to talk about it.

Relatives	
Partner	
Single	
Lonesome	
Match up	
Flirt	
Dating	



2. Western culture has a romantic view of relationships, we often relate love with marriage, sex and destiny. In the video a post-romantic view of love is proposed. What do you think?

[Youtube How Romanticism Ruined Love](#)

[Drive file How Romanticism Ruined Love](#)

I believe \_\_\_\_\_

\_\_\_\_\_

3. In fact, dating apps are based on a matching system that we could consider “post-romantic” because it is based on “objective” matching facts such as likes and dislikes, social class or income, location or age. But this way of finding a partner is not new. In India and other asiatic countries they have been doing it for centuries. And now there is a Netflix program based on it called “Indian Matchmaking”. Watch the trailer and write down how matchmaking works in India.

[Youtube Indian Matchmaking](#)

[Drive file](#)

<https://www.youtube.com/watch?v=aZS2KbLAy5Y> [Indian Matchmaking](#)

In India \_\_\_\_\_

\_\_\_\_\_

4. This Netflix program is based on the [2006 British TV program “Arrange me a marriage”](#). Watch the video and answer the questions.

1. Lexy Crad has everything a girl \_\_\_\_\_ for: a high flying \_\_\_\_\_ CAREER \_\_\_\_\_, a flash \_\_\_\_\_ SPORT \_\_\_\_\_ CAR \_\_\_\_\_ and a desirable London pad.

2. What is the only thing missing in Lesxy’s life? \_\_\_\_\_

3. Who is Aneela Rahman? \_\_\_\_\_

4. She says: “for the typical Brit, meeting someone is quite random: \_\_\_\_\_, getting \_\_\_\_\_, falling into \_\_\_\_\_, and then waking up years later wondering why you are still \_\_\_\_\_”

5. Aneela will teach his friends and family to network on her behalf and \_\_\_\_\_

## VOCABULARY. PERSONALITY ADJECTIVES

### 1. Match the words with their definitions.

selfish bad-tempered sensitive sensible trustworthy shy stingy reliable stubborn loyal

	concerned only with oneself and not concerned about others	
	having or showing good sense; wise.	
	highly aware or feeling things strongly	
	not comfortable with other people.	
	showing faithfulness to someone or something	
	spending or giving as little as possible.	
	not willing to accept change, help, or control; obstinate	
	deserving confidence	
	someone who is irritable	
	capable of being trusted or relied on; dependable	

### Fill in the gaps with a word from the box. Only use each word once

- Janet is incredibly ..... She always arrives on time and does her job well.
- It's impossible to say anything to him. One word and he starts crying. He is so ..... !

3. I wonder why he is so ..... He has got lots of money but he hates spending it.

4. Come on, Maria!. You can't go on a country walk wearing high heels. Do be ..... for once.

5. Children are often really ..... They hide behind their mothers when guests come.

6. Don't be so ....., Cathy. You've got to learn to share things with other children.

7. She is 100% ..... I'd leave my money, car, anything, for her to look after.

8. Why do you get angry all the time?. You are so .....

9. He is terribly ..... Once he has made up his mind, it is impossible to get him to change it even if it's obvious that he is wrong.

10. Bob is my best friend. He remained ..... through all my problems.





## 2. Match the words with their definitions.

lazy open-minded cheerful honest kind conservative narrow-minded ambitious brave  
big-headed respectful self-confident cautious annoying quarrelsome cowardly

ENGLISH	DEFINITION	SPANISH
	having strong desire for an objective	
	someone who is irritating	
	quick to fight.	
	someone who has an inflated opinion of oneself	
	someone who is ready to face pain or danger	
	taking care to avoid danger or trouble	
	wanting things to stay as they are; not favoring change.	
	having or showing no courage.	
	full of happiness	
	truthful, real or sincere	
	helpful; friendly; good	
	not willing to give much effort or to work	
	being polite, considerate, courteous	
	willing to consider new ideas.	
	showing intolerance or lack of respect for new information or the views of others	
	faith in oneself and one's own abilities	

**Fill in the gaps with a word from the box. Only use each word once.**

1. The other day Paul had a fight in a bar, he's quite \_\_\_\_\_
2. I am amazed about how \_\_\_\_\_ you are; you defended that woman without thinking about it.
3. She believes she is the most intelligent person in the world, she is a bit \_\_\_\_\_
4. John speaks in a way that he tires me a lot, he's so \_\_\_\_\_
5. Eva's brother is really \_\_\_\_\_, he says he wants to establish a company and become a rich man.
6. My teacher won't understand my point of view, only what he says is right, she is a bit \_\_\_\_\_
7. How \_\_\_\_\_! Thanks for helping me with the shopping.
8. That family always votes for the right wing, they are very \_\_\_\_\_
9. Andy is a couch potato, he is really \_\_\_\_\_
10. Rachel always does her work on time and well, she is very \_\_\_\_\_
11. Paula's friend always speaks his mind with confidence, he is quite \_\_\_\_\_
12. Some people may think Robert is \_\_\_\_\_ cause he left running from the quarrel at the bar the other day, but I think he's quite sensible and \_\_\_\_\_
13. Laura accepts other people's opinions, she is very \_\_\_\_\_
14. You are so \_\_\_\_\_, always happy and optimistic.
15. I haven't been totally \_\_\_\_\_ with you, I didn't tell you the truth.

**3. What about romantic love? How should your perfect couple be? and how she or he should not be?**

*My perfect partner should be:* \_\_\_\_\_, \_\_\_\_\_ *and*

\_\_\_\_\_

*My perfect partner shouldn't be* \_\_\_\_\_, \_\_\_\_\_ *or*

\_\_\_\_\_











## MODAL VERBS (1)

<b>ABILITY/PERMISSION/POSSIBILITY</b> <b>CAN/ COULD/ MAY</b> puedo, podía puede que	<b>OBLIGATION/ ADVICE</b> <b>MUST/ SHOULD</b> tengo que, tendría que	<b>OBLIGATION / NO OBLIGATION</b> <b>HAVE TO</b> tengo que
<p><b>CAN</b> We often use <b>can</b> to ask for and give permission. <i>Can I sit here?</i></p> <p><b>COULD</b> We also use <b>could</b> to ask for permission (but not to give it). Could is more formal and polite than can. <i>Could I ask you something?</i></p> <p><b>MAY</b> May is the most formal way to ask for and give permission. <i>May I see your passport, please?</i></p>	<p><b>MUST</b> <b>Must</b> expresses a strong obligation or necessity. It often shows us that the obligation comes from the speaker (or the authority that wrote the sentence). <i>I must phone my dad. It's his birthday today.</i></p> <p><b>SHOULD.</b> <b>Should</b> is a modal verb most commonly used to make recommendations or give advice. It can also be used to express obligation as well as expectation. When you go to Berlin, you <b>should</b> visit the palaces in Potsdam</p>	<p><b>OBLIGATION</b> We use <b>have to</b> and <b>must</b> to express obligation. There is a slight difference between the way we use them.</p> <p><b>HAVE TO</b> <b>Have to</b> shows us that the obligation comes from outside the speaker. <i>We have to wear a uniform when we're working in reception.</i> We sometimes call this 'external obligation' Note that we don't use must to express obligation in the past. We use have to instead. <i>I had to pay £85 to renew my passport last week.</i></p>
<p><b>PROHIBITION</b>  <b>MUSTN'T/ CAN'T</b>  We use can't and mustn't to show that something is prohibited – it is not allowed.</p> <p><b>CAN'T</b>  We use can't to talk about something that is against the rules, particularly when we didn't make the rules.  <i>What does this sign say? Oh, we can't park here.</i></p> <p><b>MUSTN'T</b>  We use must not to talk about what is not permitted. It is common on public signs and notices informing people of rules and laws.  <i>Visitors must not park in the staff car park.</i></p> <p>We use mustn't particularly when the prohibition comes from the speaker.  <i>(Parent to child) You mustn't say things like that to your sister.</i></p>		<p><b>NO OBLIGATION</b>  <b>DON'T HAVE TO</b>  We use don't have to to show that there is no obligation. You can do something if you want to but it's not compulsory.  <i>You don't have to wear a tie in our office but some people like to dress more formally.</i></p>

## MODAL VERBS (2)

### OTHER TENSES

FUTURE -Podré / tendré que				PRESENT PERFECT-He podido/he tenido que			
AFFIRMATIVE		WILL	be able to V <u>be allowed to V</u> have to V	AFFIRMATIVE		have has	been able to V <u>been allowed to V</u> had to V
NEGATIVE		WILL NOT	be able to V <u>be allowed to V</u> have to V	NEGATIVE		have has NOT	be able to V <u>be allowed to V</u> had to V
INTERROGATIVE	WILL		be able to V <u>be allowed to V</u> have to V	INTERROGATIVE	Have Has		be able to V <u>be allowed to V</u> had to V
WH-	WILL		be able to V <u>be allowed to V</u> have to V	WH-	have has		be able to V <u>be allowed to V</u> had to V

### SOME HELP

#### WH-

WHAT- QUÈ -QUÉ  
WHEN- QUAN -CUÁNDO  
WHERE- ON -DÓNDE  
WHY- PERQUÈ -PORQUÉ  
WHO- QUI -QUIEN

#### THE SUBJECT

I - jo  
You - tu  
He - ell  
She - ella  
It - això  
We - Nosaltres  
You - Vosaltres  
Ells - They  
Chris, Lou....  
My friends.....

#### VERBS

MEANING	VERB	V-Past	V-Participle
ANAR	GO	WENT	GONE
BALLAR	DANCE	DANCED	DANCED
CANTAR	SING	SANG	SUNG
ESCRIURE	WRITE	WROTE	WRITTEN
JUGAR	PLAY	PLAYED	PLAYED
LLEGIR	READ	READ	READ
MENJAR	EAT	ATE	EATEN
NADAR	SWIM	SWAM	SWUM
TREBALLAR	WORK	WORKED	WORKED
VIURE	LIVE	LIVED	LIVED



## 5. Let's get philosophical: Why do we love?

Ah, romantic love; beautiful and intoxicating, heart-breaking and soul-crushing... often all at the same time! If romantic love has a purpose, neither science nor psychology has discovered it yet – but over the course of history, some of our most respected philosophers have put forward some intriguing theories. Skye C. Cleary outlines five of these philosophical perspectives on why we love.

[TedEd Why do we love?](#)

[Dive file Why do we love?](#)

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Think

Dig Deeper

Discuss

Customize This Lesson

351

Create and share a new lesson based on this one.

**1. Plato's character Aristophanes in Symposium suggests that love is the longing to find:**

- A A husband or wife
- B Our other half
- C Someone with good genes
- D A best friend

**2. According to Schopenhauer, love is a trick that nature plays in order to get us to do what?**

- A Act crazy
- B Kiss
- C Hug
- D Procreate

**3. For Bertrand Russell, what is love?**

- A The best thing in life
- B The worst thing in life
- C The most annoying thing in life
- D The craziest thing in life

**4. Romantic attachments are a great source of what, according to the Buddha?**

- A Relief
- B Headaches
- C Suffering
- D Comfort

**5. Which sentiment about romantic love does novelist Cao Xueqin illustrate in Dream of the Red Chamber?**

- A It is folly
- B It is a solid foundation for marriage
- C It encourages us to be better people
- D It is a way to know ourselves

**6. Simone de Beauvoir recommended loving:**

- A Unconditionally
- B Rationally
- C Authentically
- D Selflessly

**7. Why is it that love can be one of the best and the worst things in life?**

**8. Some people never fall in love or have a long term loving relationship. Are they missing out?**

**9. How important is friendship in romantic relationships?**

**9. How important is friendship in romantic relationships?**

## LISTENING. THE BEST ADVICE

### AUDIO FILE

In the following conversation you are going to hear some new words. Read and listen to them. Make sure you know what they mean.

flecked: esquitxat / salpicado

lovelorn: ferit d'amor / herido de amor

uneventful: sense sobresalts, normal / sin sobresaltos

slightest: mínim / mínimo

blessing: benedició / bendición

arise (to arise): despertar, iniciar

accurate: precís / preciso.

Now read the questions on the following page. Read them carefully before listening to the conversation.

Anthony Marra is a young American writer who grew up in Washington DC, and has lived and studied in Russia. His work has appeared in Best American Nonrequired Reading 2012. In 2013 Marra received the prestigious Whiting Writers' Award. His debut novel is entitled *A Constellation of Vital Phenomena* (2013). His story "Chechnya" won First Place in Narrative's Spring 2009 Story Contest and has received many prizes since then. In today's programme, Bertha Morris talks with Mr Marra about his work and his career.



1. In the conversation we hear that Anthony Marra looks young...

- a) and yet he is already a classical writer.
- b) although he has quite a lot of gray hair.
- c) and old at the same time.
- d) although he has not finished school yet.

2. *A Constellation of Vital Phenomena*,

- a) is based both on research and fiction.
- b) is based on the life of the author's family.
- c) is a novel about the author's personal experience.
- d) was inspired by the author's first love.

3. Why isn't Anthony Marra interested in writing autobiography?

- a) It would have no literary interest.
- b) It would cause a trauma to his family.
- c) He wants to keep his life private.
- d) His parents would not like to read about it.

4. In the interview we hear that Anthony Marra's father,

- a) was a professional geologist.
- b) convinced his son to become a geologist.
- c) collected shark teeth and kept them by his desk.
- d) became an amateur geologist.

5. In which way was the writer influenced by his father's advice?

- a) He never followed his father's advice.
- b) He decided to choose a very different route.
- c) He remembers his father's words as encouragement.
- d) He always felt lucky enough without his father's help.

6. Which of the following statements is NOT TRUE about the author's interest on Chechnya?

- a) It arose during a visit in Russia as an undergraduate student.
- b) It was inspired by watching Russian veterans beg for money in the streets
- c) It was influenced by reading about the Russian actions in the Chechen wars.
- d) It came after watching the Boston Marathon bombings.

7. According to Anthony Marra, what is most important in order to make his books convincing?

- a) To have the exact details about the trees and the place.
- b) To be able to capture the character's feelings.
- c) To make the setting as realistic as possible.
- d) To be able to make the story ring true.

8. The interviewer thinks that Marra has succeeded in his novel, because...

- a) many readers were identified with the story.
- b) Sarah Jessica Parker liked the book.
- c) the critics praised its intellectual ambition.
- d) of the humanity in his characters.

1	2	3	4	5	6	7	8

## WRITING. INFORMAL ADVICE LETTER

1. Imagine that you have a toxic friend, what advice would you give him or her?

You should \_\_\_\_\_

You must \_\_\_\_\_

You have to \_\_\_\_\_

You shouldn't \_\_\_\_\_

You mustn't \_\_\_\_\_

### Model letter

Dear Desperate Teenager,

I was sorry to read about your parents' objection to letting you talk with your friends on the phone. I understand how you feel and I hope I have some good advice for you.

First, you should not argue with your parents but try to explain to them calmly that your friends are important to you. Make it clear to them that you need a short break and talking with your friends does not distract you from studying. On the contrary, it's relaxing and it takes your mind off your worries.

It might also be a good idea to tell your parents that you've always respected them and depended on their advice, that your schoolwork is your priority and so they have nothing to worry about. Finally, you should let them know that your friends are of the same age as you are and you all have the same problems and worries to discuss.

Concluding, I'm sure it will all work out and they will show understanding.

Good luck,  
Mr. Michael

2. You are going to write him or her a letter. Look at the structure of this informal advice letter:

**Underline the expressions used to give advice**

**3. Write alternative expressions to the expressions for an informal letter**

Salutation	Closing

3. Imagine you have a toxic friend that is ruining your life. Write a letter to him/her explaining the problem and proposing solutions to re-establish your mutual confidence. Invent his or her name.

Dear \_\_\_\_\_,

How are you? I hope you are well. I am well, studying and getting good marks. Lately, though, I have been thinking about our relationship, so I have decided to write a letter for you.

I want to tell you that \_\_\_\_\_

For instance, the other day \_\_\_\_\_.

If you want to be a real friend you should \_\_\_\_\_

but you mustn't \_\_\_\_\_

You also could \_\_\_\_\_

but you shouldn't \_\_\_\_\_

Finally, I hope/ wish that \_\_\_\_\_

Best wishes.

Your name.

P.S. \_\_\_\_\_



## ORAL PRESENTATION: FILM REVIEW

1. Choose a film/ series/ documentary, which you liked, and recommend it to your classmates

2. Write a review about it:

### a) Opening

One of my favorite films /series is \_\_\_\_\_. It is a \_\_\_\_\_ (film genre). It is directed by \_\_\_\_\_. Regarding the cast, some of the leading roles are played by \_\_\_\_\_ (name of the actors and actresses)

### b) Explain the plot

The story is set in \_\_\_\_\_ (time) in \_\_\_\_\_ (place). It is about \_\_\_\_\_. The main character is a man/woman, boy/girl who \_\_\_\_\_. There are other characters such as \_\_\_\_\_.

The end is very surprising/predictable \_\_\_\_\_ (if it is a series and you have not finished it). I (don't) like it very much so far. I hope it won't lose interest/ I hope it will catch my attention

### c) Explain one of the scenes / chapters that you think is good.

One of my favorite scenes/ chapters is when \_\_\_\_\_ because \_\_\_\_\_.

### d) Recommend the film

There are several reasons why I would recommend this movie. First of all, the film is \_\_\_\_\_. Secondly, \_\_\_\_\_. Finally \_\_\_\_\_. (use adjectives to describe it)



Here you find adjectives to describe a film. They can be useful:

[http://member.tokoha-u.ac.jp/~dixonfdm/Writing%20Topics%20htm/Movie%20Review%20Folder/movie\\_descrip\\_vocab.htm](http://member.tokoha-u.ac.jp/~dixonfdm/Writing%20Topics%20htm/Movie%20Review%20Folder/movie_descrip_vocab.htm)

Here you find general vocabulary about movies and series:

<https://www.englishclub.com/vocabulary/movies.htm>

## VOCABULARY

	concerned only with oneself and not concerned about others	
	having or showing good sense; wise.	
	highly aware or feeling things strongly	
	not comfortable with other people.	
	showing faithfulness to someone or something	
	spending or giving as little as possible.	
	not willing to accept change, help, or control; obstinate	
	deserving confidence	
	someone who is irritable	
	capable of being trusted or relied on; dependable	
	having strong desire for an objective	
	someone who is irritating	
	quick to fight.	
	someone who has an inflated opinion of oneself	
	someone who is ready to face pain or danger	
	taking care to avoid danger or trouble	
	wanting things to stay as they are; not favoring change.	
	having or showing no courage.	
	full of happiness	
	truthful, real or sincere	
	helpful; friendly; good	
	not willing to give much effort or to work	
	being polite, considerate, courteous	
	willing to consider new ideas.	
	showing intolerance or lack of respect for new information or the views of others	
	faith in oneself and one's own abilities	
	having too high an opinion of oneself	

