

Nombre: _____

1. Read and answer the questions

Dr. Cool helps teenagers who write him e-mails about their problems.....

Dear Dr Cool,

I'm a seventeen-year-old girl and I'd like to share my experience with other young people. Right now my life is fantastic and I feel really positive about my future. However, only a few months ago I felt lonely, depressed and most of all ... fat.

I had anorexia nervosa. It's an eating disorder which many teenage girls, women and men suffer from. I've had some difficult times in the last five years and now I'd like to offer my help to anyone who might be in the same position. Thanks to my best friend, I managed to get help.

I remember watching pop music programmes on TV when I was twelve. They always had lots of attractive, thin dancers. I wanted to be a dancer but the girls at school started telling me I was fat. I was too young to think about this – I just believed them. I starved myself but I didn't realize I was doing it. I felt weak and unhealthy all the time but I couldn't stop. The only thing I could control in my life was food. My family got worried about me but I told them I just wasn't hungry. I also started smoking. If I smoked, I didn't feel hungry. But when my parents caught me one day, they were really angry.

Now I realize I was under a lot of pressure. Every time I picked up a magazine or looked in a shop window, I saw slim models wearing the latest fashions. You never saw women or men of different shapes or sizes. The whole world made me feel fat and ugly.

When I finally saw a doctor he was kind and listened to me very carefully. He also gave me leaflets and contacted a therapy group for me. I soon realised that I wasn't alone. It was strange because I looked at the other people in the group and I thought they were very interesting and attractive people but, like me, they didn't feel that way. After a few months I was able to talk to my family and friends about my problems. It's been hard work, but my life is so much better now. I wouldn't change my life now for my life before.

Sandra

Starve (v): become very weak or die because there is not enough food to eat.

1. How long has the writer suffered from her disorder?

2. Why did the writer feel weak and unhealthy?

3. The writer smoked to keep herself from eating. T F

4. The writer thinks TV and fashion always represent all shapes and sizes in society. T F

5. How did the other people in the group feel about themselves?

2. Put the verbs in brackets in the correct tense. When you see a + use a modal

Dear Mr Cool,

I am so fed up with my younger sister. Unfortunately, we _____ (+ share) a room because our house is quite small. Every time my boyfriend _____ (come) over to my house she won't leave us alone. She waits outside the door and when we _____ (talk) about something private she pretends she _____ (lose) something and comes into the room. Yesterday she _____ (knock) at the door about ten times ...

It's so annoying! When she _____ (be) younger I could bribe her with sweets but now she's not interested. I've tried asking her nicely, but she won't go away. My boyfriend is really angry and I'm worried that if we don't get any private time to ourselves soon, he _____ (get) another girlfriend.

I _____ (+ not tell) my parents. If our house were larger it _____ (be) easier. What should I do? I'm afraid I _____ (+ kill) her one day!!! Please help me!

Cindy

Bribe (v): try to make someone do something for you by giving them money or presents

3. Read this other letter and complete the blanks with only one word

Dr. Cool,

I'm really upset with my parents. I've _____ turned sixteen but they don't seem to realise that I'm old _____ to be able to make my own decisions in life. I want _____ leave school to work in a friend's restaurant but I'm not _____ to do so. Last night we had a really _____ argument and I decided to stay at a friend's house. Why can't my parents accept _____ if I had a job I'd have my _____ money and be more independent? But no, they say I _____ go to school and do my homework _____ everyone else! I hate school. The only positive thing about it is the _____ that I don't have to wear a uniform. But I can't stand lessons, bullies and getting up early. Do I really have to do as my parents say?

Linda

4. Read Dr Cool's answer and complete the blanks with a suitable linking word

Dear Linda,

I understand your anger and frustration. Sometimes life at school is _____ bad that you can't stand it. You have the feeling that you're living a bad dream and that _____ you get up, it may become true. Believe me, I understand. _____, I'm afraid I have to tell you that I agree with your parents. _____ it is not easy, try and put yourself in their place for a while. It seems to me that _____ your mother and your father are thinking about your future _____ what may be best for you. _____ of them would want to be responsible for having told you to drop school, especially in this competitive modern world. Not going to school any longer may have many serious consequences. Not _____ will you miss the chance to go to university _____ you will also lose access to many different jobs. Trust me, Linda, school is not as bad _____ you think. You should make one last effort!

Dr Cool

5. Dr. Cool is having an interview at the local radio. Complete the dialogue

Interviewer Hello and welcome to our programme “Advice usually helps”. There are lots of questions we would like to ask you, so here we start ... _____?

Dr.Cool Well, let's say I receive about two hundred e-mails a week.

Interviewer That's quite a lot. And tell us _____?

Dr.Cool Girls write more than boys. Boys are more reserved. They don't show their feelings or thoughts so easily. But I want them all to know that _____
I will answer immediately.

Interviewer And ?

Dr. Cool I started giving advice many years ago, when I was working as a counsellor in schools.

Interviewer Would you like to say anything else?

Dr.Cool Yes, of course. This is something for all young people..... If I had a problem I couldn't solve, I ______. Life is too short to be unhappy.

6. Composition. Write about 60 – 80 words on one of the following:

- You are Dr. Cool. Write a letter of advice to either Linda or Cindy.
 - Write a letter to Dr Cool asking him for advice on a problem you have.