

Passage 2:

You've got a problem, right? So you carry it around with you for a while until it gets too bad to keep to yourself. So you draw on all your courage and find someone to talk to about it. And every time, the conversation finishes with something like this, "You've just got to try to pull yourself together (try to gain control over yourself), Paula."

Ask me, how do I feel after that? I'll tell you. I feel stupid, inadequate and actually very angry. You see, what I really wanted was some advice

Let me tell you something about the sort of people who tell you to try to pull yourself together (TPYT). There are two types, basically. Firstly, there are the busy-bees. You know that they don't want to listen to your problems and that they find it very embarrassing anyway.

Worse, though, are the people who seem to be only too willing to listen. You pour out your heart and are about to cry on their shoulder when they put on that special voice and suddenly say, "Try to pull yourself together".

Telling yourself to try to pull yourself together simply doesn't work. You've tried to think things through, but it's so difficult and you get stuck somewhere in the middle, unable to go on. So you try to behave as if nothing has happened, and you end up in an even bigger mess.

The trouble is that "try-to-pull-yourself-together" types really believe that they've given you the best advice possible. In fact, it's only a thinly-disguised criticism, telling you to stop wasting their time and accept the blame for whatever's gone wrong. They think they're being helpful but, the truth is, they just don't want to know.

If you want my advice, when you hear those words, stop right there and say, "Thank you, but no thank you."

22- According to Paula, what do most people eventually do when they have a difficult problem to solve?

- 1) Keep it to themselves
- 2) Pretend it doesn't exist
- 3) Ask people they know for advice
- 4) Cry on someone's shoulder

23- The first type of people who use TPYT are those who

- 1) feel sympathy for you but can't express it
- 2) have no real interest in the problems of others
- 3) can't wait to hear more about our problems
- 4) cause you a lot of embarrassment

24- The second type of TPYT users

- 1) offer a sensible solution to your problem
- 2) gently encourage you to forget about your problem
- 3) are similar to those of the first type while appearing sympathetic
- 4) listen sympathetically then say nothing at all

25- The worst thing about TPYT users is that they

- 1) pretend that nothing is your fault
- 2) tell you that you are wasting their time
- 3) pretend they aren't interested in you at all
- 4) believe that they have given you good advice