

1. Κατανόηση Γραπτού Λόγου

A. Read the text below and respond to tasks A1 and A2.

The secret to forming real and long-lasting friendships

Rebecca Joiner is a psychologist working at the Linnsdale Clinic in California, and the question she gets asked most often, she says, is 'How do I make real friends?'. According to Rebecca, most of us are plagued by a degree of self-doubt and a desire for acceptance. Human beings are social creatures, after all, and friendship is fundamental to happiness. But Rebecca is the first to admit that it is not easy to form real friendships, even for her. 'You have to work at it; there is no magic recipe for friendship and it doesn't happen overnight. Even successful people, or people who seem to have it all, often admit to feeling a real sense of loneliness. Remember; the number of friends listed on your Facebook page doesn't equate to your social position in the real world. Many of our online 'friends' are just casual acquaintances; anonymous figures in our real day-to-day life. There is, in truth, no substitute for face-to-face contact and real companionship. Many of us would be quite shocked to learn just how lonely some of the more 'popular' figures we know in our social circle really are. Their outward contentment often hides a desperate yearning for something more meaningful than the Friday-night party club.'

So how do we go about forming lasting bonds? Here are Rebecca's tips:

Be patient and sensitive. It doesn't matter how much you like a person. Demanding too much from them too soon may just freak them out and push them further away from you. Relax and allow your relationships to grow naturally. If you suffocate someone, they will not want to be your friend for very long.

Listen to your inner voice. Trust what your conscience tells you. If a prospective friend does something to make you feel uncomfortable, don't be afraid to tell them what's bugging you in a direct way. If the two of you just can't see eye to eye, then it's time to cool the friendship before it leads to ill feeling.

Allow yourself to trust. Be open and honest and don't be afraid to say no when you don't want to do something. Friendship can't blossom without mutual trust and understanding.

Learn to forgive. Understand the limits of particular friendships you may have. Some people will let you down, blab your secrets and so forth. They can't help themselves. Accept them for who they are and don't fall into the trap of believing everyone is like that. You will find some friends who will always be there for you.

Don't expect every friend to be a best friend. It's okay to have party buddies you just have fun with; it's okay to see so-and-so once a week for a chat. Don't expect them all to know you like an open book; just try to find a select few who really understand you and enjoy your other superficial friendships for what they are.

A.1

Answer the following questions in your own words.

1. What is the purpose of this text?
2. 'This text supports the idea that there is a quick and easy way to form good friendships.' Do you agree?
3. Some people say that trust plays a very important role in forming friendships. To what extent does the text support this view?

A.2

Choose the correct answer (A, B or C) for the following questions.

4. What does Ms Joiner say about Facebook?
 - a) your popularity on it equates to your real-life popularity
 - b) people don't have real friends on Facebook
 - c) it doesn't really reflect the reality of your social life
5. Popular people
 - a) often experience the same feelings of loneliness as the rest of us.
 - b) try to find substitutes for real companionship.
 - c) often party too much.
6. What happens when we are too demanding of our friends?
 - a) they become anxious and freaked out
 - b) they cannot relax, and push themselves too much
 - c) they may feel that the friendship is too intense
7. What happens if you act against what your conscience is telling you about a potential friend?
 - a) it may cause conflict or resentment later
 - b) it may make you feel unwell
 - c) it may lead to discomfort and fear
8. What does the text say about finding reliable friends?
 - a) new friends cannot always be there for you
 - b) if friends let you down, it's not their fault
 - c) some friends will always support you
9. A 'best friend' is
 - a) someone you just have fun with.
 - b) someone you meet once or so a week for a chat.
 - c) not the only type of friend you should allow yourself to have