



ROUND #3

## How to Get in Touch With Your Feelings... and Why It Matters

Source: Big Think

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- 토크샵 23년 3-4월 배치 사전 등록 중 (현재 토크샵에 참여하지 않는 회원 대상, 빈자리 발생시 우선 등록) [Go](#)

※ 문의 070 8246 0570

## 1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression(오른쪽 링크 클릭) - [To be dead on](#)

- Definition
- Example

QR코드를 통해  
to be dead on의  
설명 영상을 보실 수 있습니다.



1. **Mediate**(verb) to talk to two separate people or groups involved in a disagreement to try to help them to agree or find a solution to their problems  
ex) Negotiators were called in to **mediate** between the two sides.

"it is **mediated** via the acceptance and understanding of other people."

2. **Gape**(verb ) (of a hole, wound, etc.) wide open.  
ex) There was a **gaping** hole in the wall

"We know well enough about some things: if, for example, there were to be **a gaping wound** in our leg, or we hadn't drunk anything for three days, we would know the truth soon enough."

3. **Attune**(verb) To make someone able to understand or recognize something  
ex) His previous experience **attuned** him to the limitations and possibilities of government service.

"They ring at a peculiar frequency that isn't picked up by our minds when these have been **attuned** incorrectly."

4. **set great store by**(idiom) to believe that something is very important  
ex) Martina **sets great store by** physical strength and fitness.

"It's been calibrated to respond only to an agenda which **sets store by** the fast-paced pursuit of status and money."

5. **In a rage** (idiom) Furious; very angry.  
ex) I can't stand sitting in traffic, it totally gets me **in a rage**.

"We might feel hugely anxious or **in a rage** with someone but consciousness, might not care"

6. **Sideline**(verb) If a sports player is sidelined they are prevented from playing or competing, and can only watch  
ex) Johnson has been **sidelined** through injury.

"We generally only notice those feelings to which other people, especially people in our childhoods, pay attention to - and conversely ignore those which they **sideline** or belittle."

7. **To Belittle**(verb) to make a person or an action seem as if he, she or it is not important  
ex) Stop **belittling** yourself - your work is highly valued.

"We generally only notice those feelings to which other people, especially people in our childhoods, pay attention to - and conversely ignore those which they sideline or **belittle**."

## 1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

8. **Disdain**(verb) to feel disdain for someone or something  
ex) The older musicians **disdain** the new, rock-influenced music.

"If there's a dominant assumption that tiredness is for wimps, then we'll follow suit and **disdain** bits of ourselves as much as others have done."

9. **Stonewall**(verb) to stop a discussion from developing by refusing to answer questions or by talking in such a way that you prevent other people from giving their opinions  
ex) The interviewer accused the minister of **stonewalling** on the issue of tax increases.

"Put another way, we have to be loved properly, and so allowed to register whatever we are actually going through without being belittled, **stonewalled** or humiliated."

10. **Peculiar**(adj.)unusual and strange, sometimes in an unpleasant way  
ex) She has the most **peculiar** ideas.

"They ring at a **peculiar** frequency that isn't picked up by our minds when these have been attuned incorrectly."

11. **In no way (idiom)** not at all  
ex) She added that she had **in no way** intended to offend anybody.

" It seems we're built in such a way that an understanding of much of what our minds and bodies go through is **in no way automatic**; it is mediated via the acceptance and understanding of other people."

## 2. Listening Drill

*Recap the story by filling-in the blanks*

The idea that we might - as the expression has it - 'lose touch with our feelings' is, when we reflect on it, a highly paradoxical one. How could we lose touch with feelings that belong to us?

*Where might* they go? And what might be driving their loss? It seems *we're built in* such a way that an understanding of much of what our minds and bodies go through is *in no way automatic*; it is mediated via the acceptance and understanding of other people.

We know well enough about some things: if, for example, there *were to be* a gaping wound in our leg, or we hadn't drunk anything for three days, we would know the truth soon enough.

But many of our sensations are like bells that have no solid wire back to consciousness; they ring *at a peculiar frequency* that isn't picked up by our minds when these have been *attuned incorrectly*.

This may, for example, *happen around* tiredness. Our body may have grown extremely weary over many years but consciousness might simply not be interested, because it's been calibrated to respond only to an agenda which *sets store by* the fast-paced pursuit of status and money.

Or we might feel hugely anxious or in a rage with someone but consciousness, might not care because we have been ordered to be confident or extremely 'good'. Or there might be a profound sadness inside us, but the feeling might not earn our attention, because we're meant to be privileged people with nothing to complain about.

Why do we overlook our feelings like this? Because we generally only notice those feelings to which other people, especially people in our childhoods, pay attention to - and conversely ignore those which they sideline or belittle.

If no one especially cares *that we* are worried, if the grounds for our anger would be refused immediately, if there's a dominant assumption that tiredness is *for wimps*, then we'll follow suit and disdain bits of ourselves as much as others have done.

Knowing how to care for ourselves depends on having been cared for by others; we listen to ourselves because people around us have listened to us. Reconnecting with our lost feelings therefore relies on a new, expanded sense of what it might be legitimate to experience.

We have to be given permission to give our attention to as much of the sorrow, anxiety, anger or tiredness as may really be locked inside us.

Put another way, we have to be loved properly, and so allowed to register whatever we are actually going through without being belittled, stonewalled or humiliated.

Love will allow us to enjoy what should always have been our basic privilege: to know what we feel.

### 3. Summary

Summarize what you have seen/heard in two or three sentences

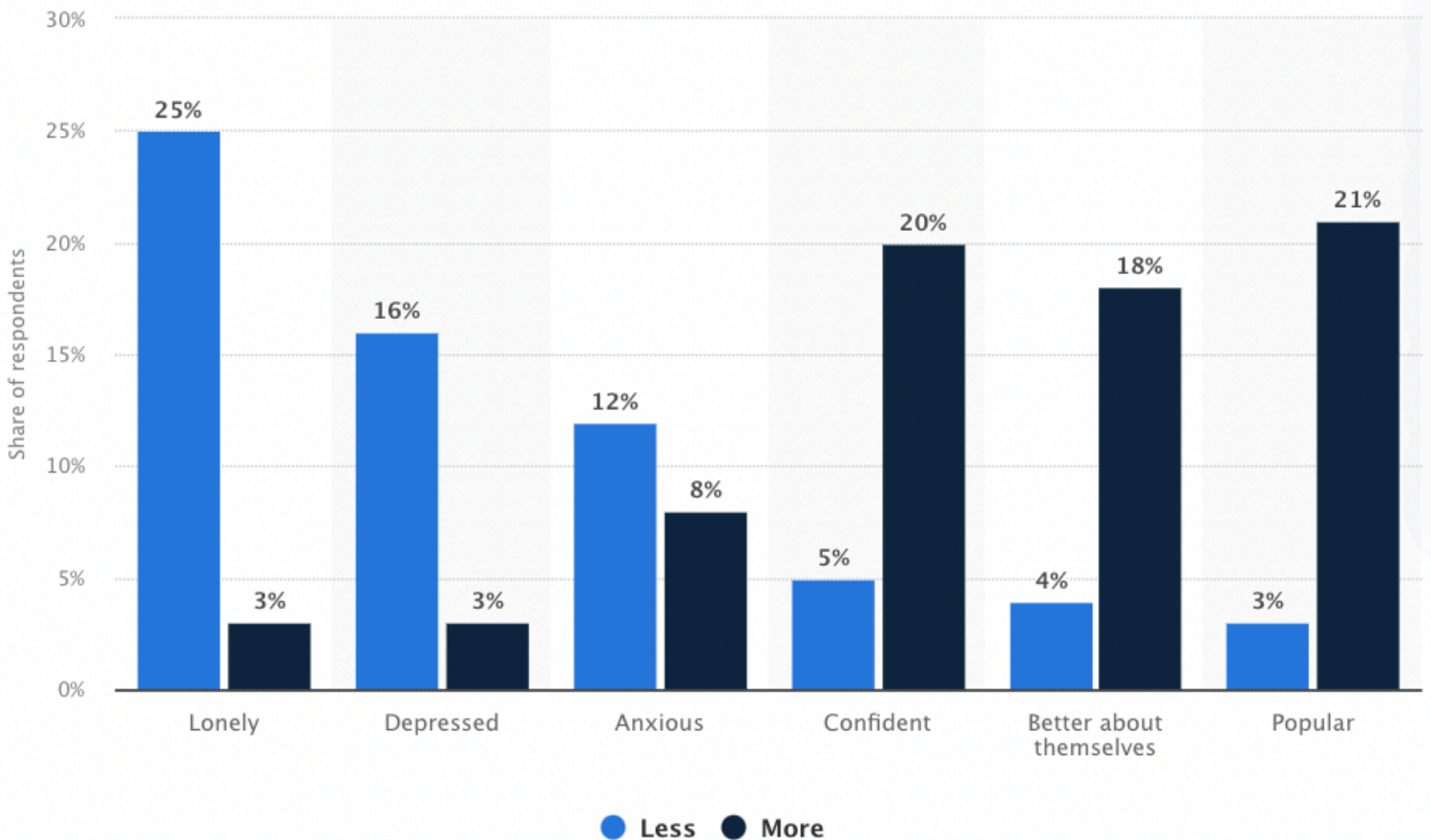
**Tip.**

Answer the questions using vocabularies that you learned in the vocabulary section.

### 4. Describing The Chart

Describe what is the general idea being expressed by the graph. Discuss it to your class. Try to interpret what you see in the chart.

## U.S. teen most common emotions when using social media 2018





# U.S. teen most common emotions when using social media 2018

Published by S. Dixon, Apr 28, 2022

This statistic presents the most common emotions experienced by teenagers in the United States when using social media. According to the April 2018 findings, 25 percent of teenagers reported that they felt less lonely when using social media, while additionally in comparison 21 percent also reported to feeling more popular when using social media platforms.

## Questions

1. What 's the take away of the graph?
2. What extra information can help you understand the graph even better?
3. Do you have any interesting findings? What's your guess about it?

## 5. Discussion Questions

*Let's begin at the easy category. You are expected to have prepared your answers already before the class begins.*

### Easy

1. What comes to mind when you hear 'lose touch with our feelings'?

2. What feelings or emotions are you most sensitive to? and why?

### Average

1. Are you interested in psychology? If yes, what things have you done to learn more about it?  
- If no, why so?

## 5. Discussion Questions

*Let's begin at the easy category. You are expected to have prepared your answers already before the class begins*

### Average

2. The video says, "If there's a dominant assumption that tiredness is for **wimps**, then we'll follow suit and disdain bits of ourselves as much as others have done." What other dominant assumptions do we have in our society?

### Difficult

1. What feelings or emotions do you think lost touch with in your life? What are they? Does the video inspire you to want to reconnect with them?



## # Note1

Date: \_\_\_\_\_ Topic \_\_\_\_\_

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### Expression of the Day

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*Write Down idioms/ phrasal verbs that you learned in the sessions*

**Have you used today?**

Week 1.

Yes

No

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Week 2.

Yes

No

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### Words of the Day

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*Please write down vocabularies and idioms that you have learned at Talksharp and try to practice them in your own sentences today. Once you use any of them today? Please cross them out.*

### Useful Sentences

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*Video Script is a good source to enhance your verbal sentences. Put a note of sentences that you want to learn*

### Today's Correction

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*Write down today's correction.*

## # Note 2

**Please write down Korean sentences difficult for you to convey in English**

Sentence1

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Sentence2

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Sentence3

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**Please write sentences above in English so that you could never fail again**

Sentence1

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Sentence2

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Sentence3

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**Put a note of vocabularies or idioms that you want to learn**