

ROUND 42

How to change your Script

Source: School of Life

토크샵 관련 링크

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※ 문의 070 8246 0570

알림 Notice

토크샵 '23 Batch 5 (Sep.-Nov.)

Round #33 ~ 44, 12회, 1회 2시간

요일	타입	마스터	국적	위치	세션 스케줄
Mon.	Study	Alex	Korea	GangNam	Sep 18, 25, Oct9(변경) 16 Oct 23, 30, Nov6,13 Nov20, 27, Dec4, 11
Wed.	Study	Alex	Korea	GangNam	Sep13, 20, Oct4, 11 Oct18, 25, Nov8, 15 Nov22, 29, Dec5, 12
Thu.	Class	Ben	U.S.	GangNam	Sep 7, 14, 21, Oct19 Oct26, Nov2,9,16 Nov23,30,Dec7,14
Sat.	Class	Ben	U.S.	GangNam	Sep 9, 16, 23, Oct21 Oct28, Nov4, 11, 18 Nov25, Dec2,9, 16
Sat.	Study	Alex	Korea	GangNam	Sep 16, 23, Oct7,14 Oct 21, 28, Nov11, 18 Nov25,Dec2,9,16

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

💡 Today's Expression(오른쪽 링크 클릭) - [To cut to the chase](#)

- Definition
- Example

QR코드를 통해 **To cut to the chase** 의 설명 영상을 보실 수 있습니다.



1. **Therefrom (adverb)** - from that or it

ex) The explanation was clear, and the conclusion drawn **therefrom** was logical.

"A script is a collection of expectations about how events will unfold and how we should best respond to them - built up out of the worst moments of our childhoods and our most immature and frightened deductions **therefrom**."

2. **Stern (adjective)** - serious and unrelenting, especially in the expression of disapproval

ex) The teacher's **stern** gaze silenced the noisy classroom.

"If I get too emotional, there will be chaos. Therefore I must be very **stern** and detached."

3. **Flare up (phrasal verb)** - to become suddenly angry or intense

ex) It's important not to let small disagreements **flare up** into major conflicts.

"If a partner is out of contact for a while... it means they've abandoned me. Therefore I need to **flare up** at any threat of absence."

4. **Insistently (adverb)** - in a persistent and demanding manner

ex) She **insistedently** requested a chance to present her ideas to the team.

"We **insistently** layer them onto situations in the here and now that could have had far more benevolent endings."

5. **In the here (phrase)** - in the present or current situation

ex) Let's focus on resolving the issues **in the here** and now rather than dwelling on the past.

"We insistently layer them onto situations **in the here** and now that could have had far more benevolent endings."

6. **Benevolent (adjective)** - showing kindness and goodwill

ex) The **benevolent** gestures of the volunteers made a significant impact on the community.

"We insistently layer them onto situations in the here and now that could have had far more **benevolent** endings."

7. **Lets somebody down (phrase)** - to disappoint or fail to meet someone's expectations

ex) I hope I never **let my friends down** when they rely on me.

"Our partner **lets us down** in a minor way and, sure this means they are about to destroy us, we start to insult them."

8. **Reprimand (noun/verb)** - a rebuke, especially an official one; to rebuke or criticize

ex) The employee received a **reprimand** for consistently arriving late to work.

"Yes, I made a mistake, but the result doesn't have to be cruel **reprimand**."

2. Listening Drill

"Unfortunately for everyone, we seem to go around the world with scripts in our minds. A script is a collection of expectations about how events will unfold and how we should best respond to them - built up out of the worst moments of our childhoods and our most immature and frightened deductions therefrom.

Here are some representative scripts: When I make a mistake... I will get shouted at uncontrollably. Therefore I must never admit I'm at fault. Or when I trust someone... they betray me. Therefore I must never open up. Or if I get too emotional, there will be chaos. Therefore I must be very stern and detached. Or if a partner is out of contact for a while... this means they've abandoned me. Therefore I need to flare up at any threat of absence.

These scripts tell us a lot about our pasts, but the tragedy is that, unaware they exist, we let them determine our futures. We insistently layer them onto situations in the here and now that could have had far more benevolent endings.

A boss very gently points out a mistake and, out of a fear that this is a prelude to relentless humiliation, we snap back. Our partner lets us down in a minor way and, sure this means they are about to destroy us, we start to insult them.

The solution is to recognize that there can be different endings. Yes, I made a mistake, but the result doesn't have to be cruel reprimand. Yes, the partner let me down, but they can - and do - still love me very much. I could get annoyed, but the emotion doesn't have to escalate uncontrollably.

In other words, what happened originally doesn't have to keep happening. But only if we can first understand what actually happened. And to help us with this, we should explore the past by completing the following sentences: When I make a mistake..., When I trust someone..., If I get too emotional..., If a partner has to be out of touch for a while... The end goal of maturity might be defined as the ability to approach as much of life as possible life without a script."

3. Summary

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

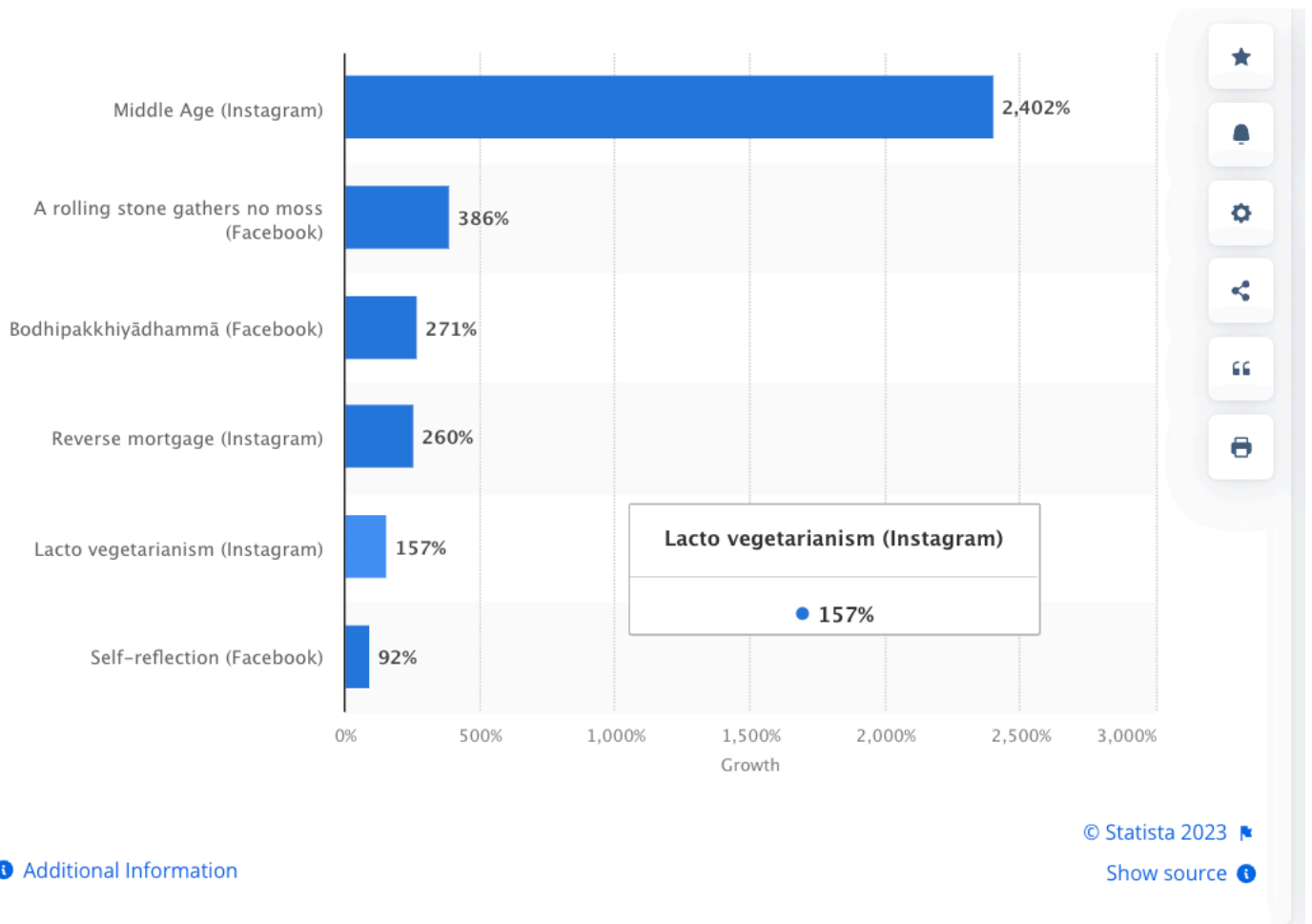
Tip.

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.

Year-on-year growth of age and self-reflection related conversations on Facebook worldwide from 2022 to 2023



[Additional Information](#)

Facebook and Instagram: age and self reflection related conversation trends 2022-2023

Published by Stacy Jo Dixon , Apr 4, 2023

Between 2022 and 2023, conversations around middle age saw a 2,402 increase on Instagram. Age-related conversations which included the proverb "a rolling stone gathers no moss" saw increases on Facebook of 386 percent year on year, whilst discussions including the topic of Bodhipakkhiyādharmā, the qualities conducive to awakening, saw a 271 percent increase on the platform.

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. How do the scripts mentioned in the video resonate with your own experiences, and can you share an example where a script influenced your behavior in a particular situation?

Average

1. Imagine a friend who has broken your trust in a minor way. How would you approach the situation based on your own script, and what alternative responses could lead to a positive resolution?

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. Do you agree with the idea that scripts can be a tragedy in our lives, or do you believe they serve as necessary guides for behavior and decision-making?

Difficult

1. Imagine a world where everyone approached life without scripts. How might this influence the way people communicate and interact with each other?

These expressions and idioms can **be used when describing various trends, changes, or patterns** in charts, graphs, or data presentations.

1. **Shoot up** (phrasal verb) - to increase rapidly and sharply
ex) The sales figures for the new product **shot up** after the marketing campaign.
2. **Plummet** (verb) - to fall or decline steeply
ex) The stock prices **plummeted** after the negative news was released.
3. **Level off** (phrasal verb) - to stabilize or reach a steady state
ex) After a period of growth, the demand for the product **leveled off**.
4. **Skyrocket** (verb) - to increase dramatically and quickly.
ex) The company's profits **skyrocketed** after the successful launch of their new product.
5. **Plateau** (noun) - a period of stability or little change
ex) The revenue growth **reached a plateau** and remained steady for several months.
6. **Fluctuate** (verb) - to rise and fall irregularly or unpredictably
ex) The stock prices **fluctuated** throughout the day, responding to market conditions.
7. **Bottom out** (phrasal verb) - to reach the lowest point and then stabilize
ex) The housing prices finally **bottomed out** and showed signs of recovery.
8. **Surge** (verb) - to experience a sudden and significant increase
ex) The website experienced a **surge** in traffic after being featured in a popular blog.
9. **Slump** (noun) - a sudden and significant decline or decrease
ex) The company's profits **suffered a slump** due to the economic downturn.
10. **Rebound** (verb) - to recover or bounce back after a decline
ex) After a period of recession, the economy **rebounded with** strong growth.
11. **Peak** (noun) - the highest point or level
ex) The chart shows that sales **reached their peak** during the holiday season.
12. **Downturn** (noun) - a period of decline or decrease in economic activity
ex) The industry **experienced a downturn** due to changes in consumer preferences.
13. **Accelerate** (verb) - to increase in speed or rate
ex) The company's expansion plans **accelerated** after securing additional funding.
14. **Slow down** (phrasal verb) - to decrease in speed or rate
ex) The production rate **slowed down** due to a shortage of raw materials.
15. **Flattening curve** (idiom) - a gradual reduction or stabilization of a trend
ex) The chart indicates a **flattening curve** in COVID-19 cases, suggesting a decrease in infection rates.
16. **Break-even point** (noun) - the point at which total costs equal total revenue
The business needs to **reach the break-even point** to start making a profit.
17. **Double-digit growth** (idiom) - a growth rate of more than 10%
ex) The company **achieved double-digit growth** in sales for the third consecutive quarter.
18. **Taper off** (phrasal verb) - to gradually decrease or diminish
ex) The demand for the product **tapered off** after the initial launch hype.
19. **Upswing** (noun) - an upward or positive trend
ex) The market **experienced an upswing** as consumer confidence improved.
20. **Hit a plateau** (idiom) - to reach a point of stability or little change
The number of subscribers **hit a plateau** and remained steady for several months.