



ROUND 28

# The Only Two Questions to Repair a Relationship

Source: School of Life

## 토크샵 관련 링크

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  - 2022년 [Go](#)
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## 알림 Notice

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

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

- Definition
- Example

QR코드를 통해 To lead SB on  
의 설명 영상을 보실 수 있습니다.



1. **Ostensibly**(adverb) apparently or seemingly, but perhaps not actually

Ex) The couple seemed **ostensibly** happy on the surface, but there were underlying issues they needed to address.

"To prevent this risk, lovers should regularly make room to ask themselves - in a calm spirit of gentle openness and curiosity - two **ostensibly** simple yet hugely central and effective questions..."

2. **Divulged** (verb) - to make known or reveal (private or sensitive information).

Ex) She finally **divulged** her true feelings about the situation after keeping them to herself for a long time.

"...it's critical that this anger can be **divulged** and heard. So in answer to the first question, we might explain how we are 'angry' that our partner's friends are so boring or they don't have a better job or they leave the kitchen untidy or that they worry so much about their mother."

3. **Untidy** (adjective) - not neat or well-organized; messy or disordered.

Ex) His desk is always **untidy**, with papers scattered everywhere.

"We might explain how we are 'angry' that our partner's friends are so boring or they don't have a better job or they leave the kitchen **untidy** or that they worry so much about their mother. "

4. **Stickler** (noun) - a person who insists on a particular quality or type of behavior.

Ex) He is a **stickler** for punctuality and always arrives on time for meetings.

"They might get similarly angry with us that we are so nervous or bad-tempered, that we've been a **stickler** for manners, and that we judge others so harshly."

5. **Lurks** (verb) - to be or remain hidden, especially with the intention of surprising or attacking someone.

Ex) The danger **lurks** in the dark corners of the old abandoned building.

" And fear erodes the trust that the small vulnerable version of ourselves who **lurks** within us needs from someone in whom they chose to invest. "

## 2. Listening Drill

How can we prevent our relationships *from getting damaged*? Every day brings with it small challenges - disappointments, frustrations, and irritations - that can come between even the most committed partners and subtly wear away at the sincerity of their connection.

To prevent this risk, lovers should regularly make room to ask themselves - in a calm *spirit of* gentle openness and curiosity - two ostensibly simple yet hugely central and effective questions: Firstly, "What are you angry with me about?" And secondly, "How have I scared you recently?"

Let's look at the first question. Without meaning to, we are constantly *angering our partners* by not being more of who they would hope us to be. And it's critical that this anger can be divulged and heard. So in answer to the first question, we might explain how we are 'angry' that our partner's friends are so boring or they don't have a better job or they leave the kitchen untidy or that they worry so much about their mother.

And they might get similarly angry with us that we are so nervous or bad-tempered, that we've been a stickler for manners, and that we judge others so harshly. We need not get angry while we divulge our anger. The mood can be *serene* and even playful.

We don't need solutions or magical answers either. What really counts is that we have a chance to let go of our let-downs in an atmosphere of understanding and mutual apology.

Then, to turn to the second question, love can be *subtly throttled* by fear. And that's why we should ask, "How have I scared you recently?" We scare each other all the time. By being unreasonable, by being messy, by being unreliable... And fear erodes the trust that the small vulnerable version of ourselves who lurks within us needs from someone *in whom* they chose to invest.

There is *in all of us* a little child looking for a safe mummy or daddy, and who probably privately recoiled when our partners raised their voice with us or didn't come home when they said they would.

Once more, in talking about these things, what matters isn't that we never cause an upset but that we should hear a lover out politely when they tell us sweetly and politely that we have done so. We should stop denying our relationships the routine kind of maintenance we don't hesitate to accord to a boiler or outboard engine.

We don't have to dread the mysterious end of relationships so long as we regularly muster the courage to accept how much we may have angered and frightened those whom we are committed to loving.

### 3. Summary

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

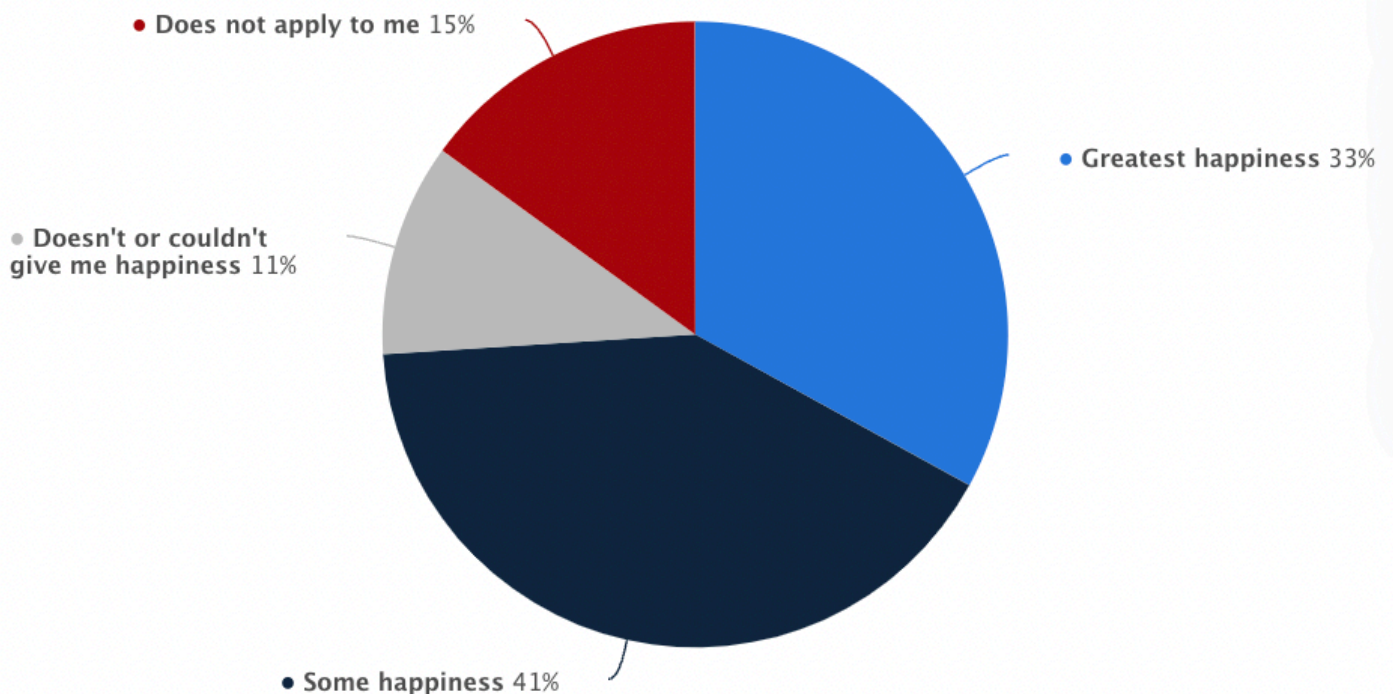
**Tip.**

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.

## Relationship with their partner/spouse as a source of happiness among South Koreans in 2020



# Relationship with partner/spouse as a source of happiness among South Koreans 2020

Published by Won So , Jul 19, 2022

According to a survey conducted in 2020 by Ipsos on global levels of happiness, around 33 percent of South Korean respondents said their relationships with their partners/spouses did or could give them greatest happiness. Overall, around 74 percent of all surveyed South Koreans said they were a source of happiness.

## 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. In your opinion, do you believe that certain types of relationships tend to be more difficult than others? If so, why do you think that is the case?

### Average

2. "There is in all of us a little child looking for a safe mummy or daddy." How does this idea resonate with your experiences in relationships?

## 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. How do societal expectations and norms play a role in how we express anger or fear in our relationships?

### Difficult

1. What specific challenges unique to the workplace can lead to damaged relationships among colleagues or team members? Have you experienced such challenges, and if so, how did you proactively address and overcome them?

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.