



ROUND #14

## The surprising reason secrets destroy us

Source: Big Think

### 토크샵 관련 링크

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### 알림 Notice

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※ 문의 070 8246 0570

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

💡 Today's Expression(오른쪽 링크 클릭) - [Bread and butter](#)

- Definition
- Example

QR코드를 통해 Bread and butter의 설명 영상을 보실 수 있습니다.



1. **Jive with something** (phrasal verb) - If one statement or opinion jibes with another, it is similar to it and matches it

ex) Her account of the accident **jibes with** mine.

"But, often when people hear this conclusion from the research, they say it doesn't sound right, it doesn't **jive with** their experience."

2. **Conceal** (verb) - to keep something secret or hidden

ex) He tried to **conceal** his true feelings from his family. Sentence from transcript:

"When I ask people about secrets they've never told anyone about, and how often they've had to **conceal** them, they say that they've only had to conceal them about two times on average of the past month."

3. **Bandwidth** (noun) - the amount of mental or physical resources available to a person

ex) I'm sorry, I don't have the **bandwidth** to take on any more work right now.

"During the midst of a concealment episode, you don't have the **bandwidth** or the time to think about all the ways in which a secret hurts you."

4. **Make a world of difference** (phrase) - to greatly improve or impact a situation

ex) A good night's sleep can **make a world of difference** in how you feel.

"And if you have a secret that's upsetting you or you're not sure what to do, the one clear recommendation I can give is talk to someone else about that secret. You don't have to reveal it to the person you're keeping it from, but talking about it with someone else can **make the world of difference**."

5. **Hold back** (phrasal verb) - to refrain from expressing or revealing something

ex) She held back her tears until she was alone.

"When we keep a secret, we're often trying to protect something...But, when we **hold back** from other people, it's not always protecting it."

6. **Be better off** (phrase) - to be in a more advantageous position or situation

ex) I think we'd **be better off** taking the longer route to avoid traffic.

"Our secrets don't have to hurt us, and once we understand them better, we can understand how to better cope with them- which ones we might **be better off** revealing, and, essentially, just how to move forward."

## 2. Listening Drill

Before my research, the idea of how *our* secrets hurt us was very simple: For decades and decades, psychologists have said that the reason secrets harm our health and well-being is because of the stress of hiding something *during a social interaction*.

But, often when people hear this conclusion from the research, they say it doesn't sound right, it doesn't jive with their experience.

First of all, those situations don't look like anything like in the real world. In those situations, the person is asked to conceal a secret, and the other person in the room was instructed to ask questions directly related to the secret. That turns out to not be a common situation.

When I ask people about secrets they've never told anyone about, and how often they've had to conceal them, they say that they've only had to conceal them about two times on average of the past month.

But when I ask, "How many times has someone asked you about this secret?" They'll say about once in the past month. Meaning, *half the time* we're concealing a secret, nobody asked us a question about it at all.

And so, the reason why concealing a secret in a social interaction is not as stressful as we've long imagined, is that the average experience of concealing a secret is an easy one.

When you're concealing a secret, it's actually this useful situation because you just carefully attend to what you're saying, and how the other person is responding.

During *the midst of* a concealment episode, you don't have the *bandwidth* or the time to think about all the ways in which a secret hurts you.

And so, what we've learned from 10 years of my research is that, actually, the hard part of having a secret is not that we have to hide it, it's that we have to live with it alone in our thoughts.

And when you're alone in your thoughts, your mind can go to more harmful places.

When we ask people about their most pressing secret, they'll say that they definitely think about that secret about 20 times in a week *if not more*.

And if you have a secret that's upsetting you or you're not sure what to do, the one clear recommendation I can give is talk to someone else about that secret. You don't have to reveal it to the person you're keeping it from, but talking about it with someone else can *make the world of difference*.

When we keep a secret, we're often trying to protect something. Maybe we're trying to protect ourselves or what other people think of us. But, when *we hold back from* other people, it's not always protecting it.

Our secrets can hurt our relationships, our health, and our well-being in so many ways- but we don't have to be alone in our thoughts.

Our secrets don't have to hurt us, and once we understand them better, we can understand how to better cope with them- which ones we might be *better off* revealing, and, essentially, just how to move forward.

### 3. Summary

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

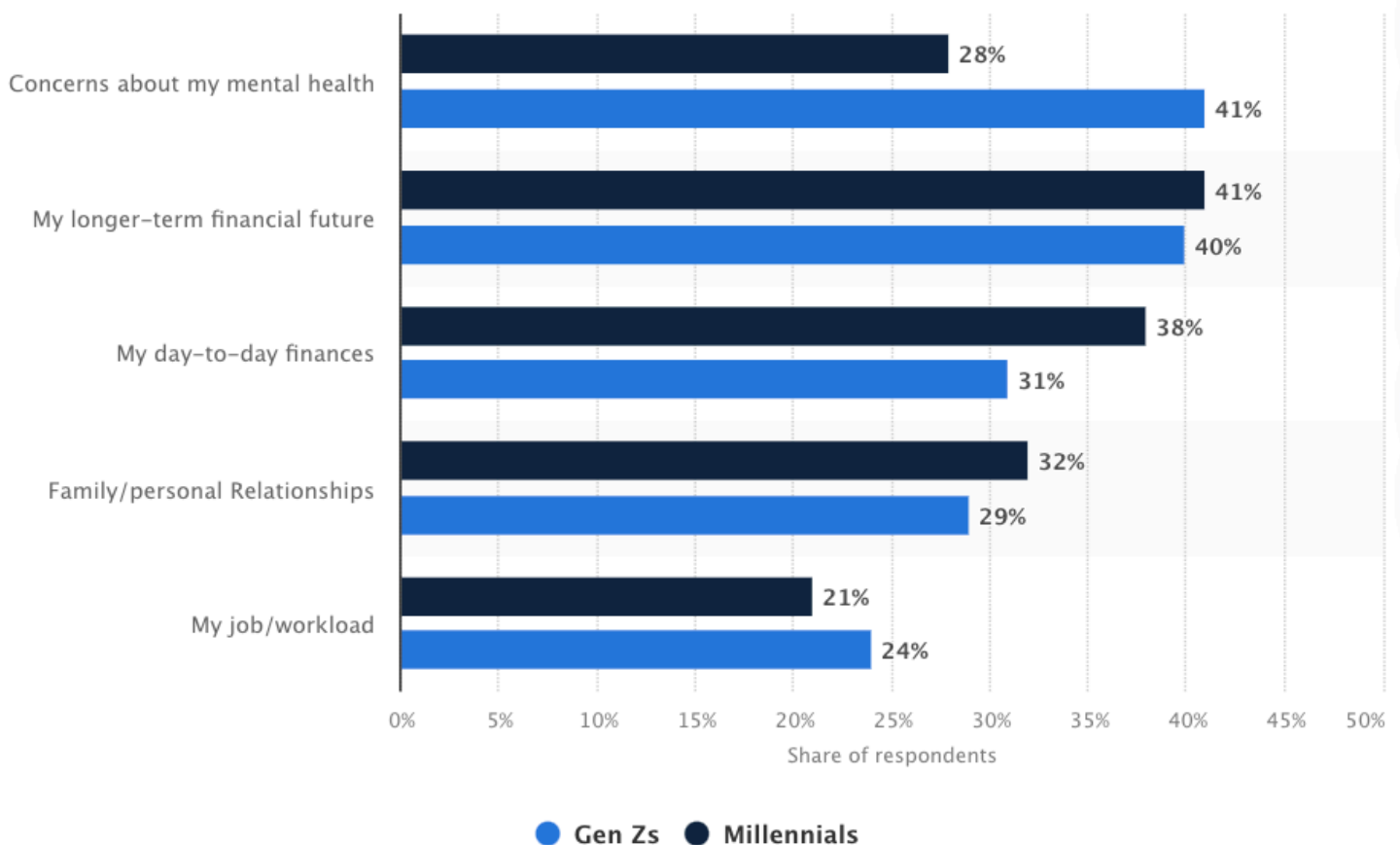
**Tip.**

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.*

## Reasons for anxiety and stress among millennials and Gen Zs in New Zealand as of February 2022



## Reasons for anxiety and stress among millennials and Gen Zs in New Zealand as of February 2022

Published by Statista Research Department, Mar 16, 2023

According to a 2022 survey of millennials and members of Generation Z in New Zealand, 40 percent of Gen Zs reported feeling stress or anxiety about their long-term financial future. In comparison, 41 percent of millennial respondents reported the same.

### 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. If you won a lot of money, would you tell your family? Friends?

### Average

1. If you had the time, opportunity, and ability, what psychological experiment would you like to conduct? What answer or insight would you like to gain from this experiment?

## 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 think it's important to be honest with people, even if it means revealing a secret? Why or why not?

### Difficult

1. Have you ever shared a secret with someone? Was it difficult for you before sharing it? Or did it have any psychological effects on you? - What are some tools, spaces, or apps that we can use to share secrets without necessarily sharing them with a specific person?

## # 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**