



ROUND #3

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

Source: Big Think

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알림 Notice

- 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)

ex)

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

2. **Gape**(verb) (of a hole, wound, etc.)

ex)

"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)

ex)

"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)

ex)

"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)

ex)

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

6. **Sideline**(verb)

ex)

"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)

ex)

"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)
ex)

"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)
ex)

"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.)
ex)

"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)
ex)

"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?

_____ they go? And what might be driving their loss? It seems _____ such a way that an understanding of much of what our minds and bodies go through is _____; it is mediated via the acceptance and understanding of other people.

We know well enough about some things: if, for example, there _____ 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 _____ that isn't picked up by our minds when these have been _____.

This may, for example, _____ 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 _____ 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 _____ are worried, if the grounds for our anger would be refused immediately, if there's a dominant assumption that tiredness is _____, 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

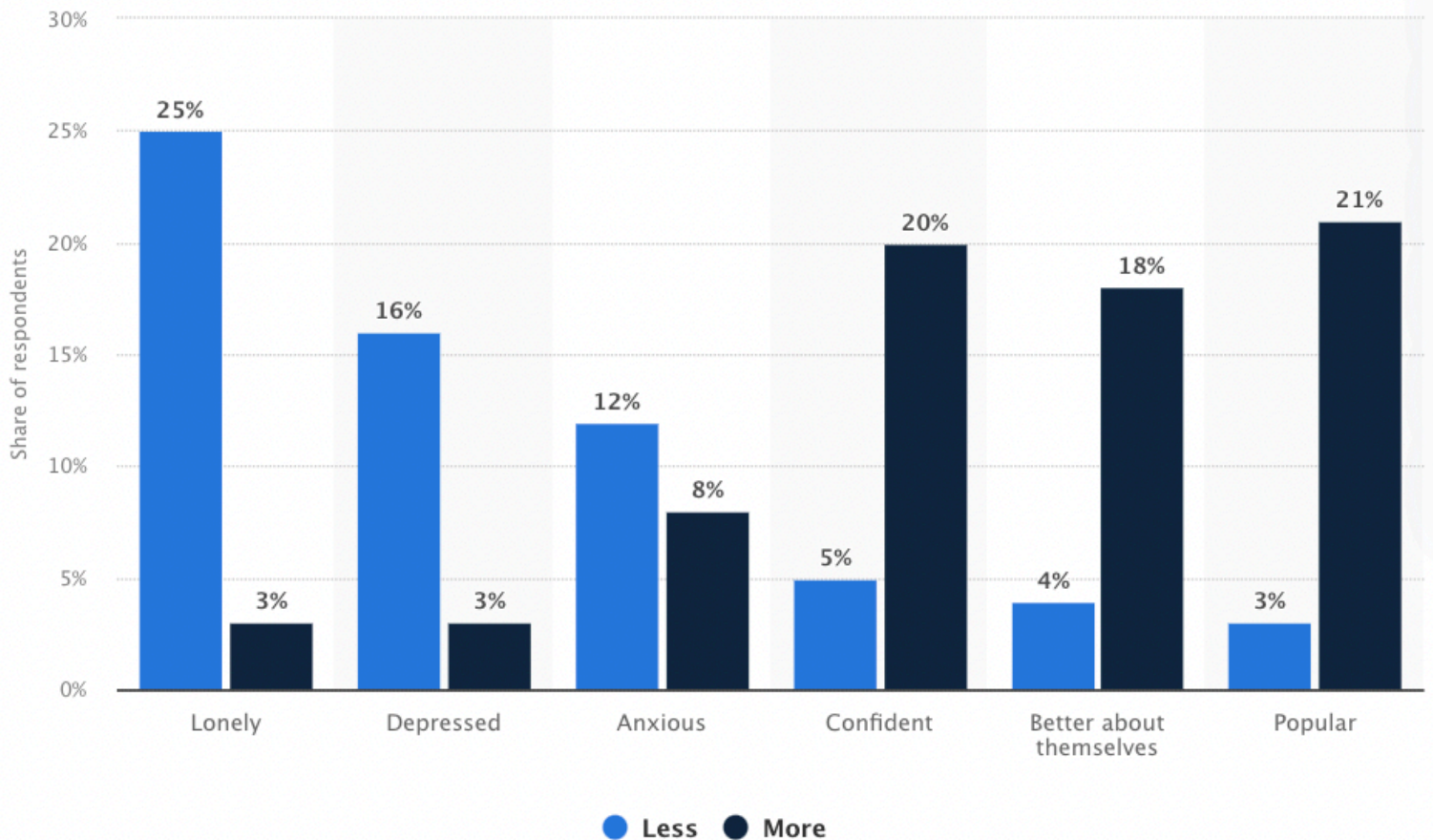
Tip.

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

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 _____

Expression of the Day

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

Have you used today?

Week 1.

Yes

No

Week 2.

Yes

No

Words of the Day

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

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

Today's Correction

Write down today's correction.

Note 2

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

Sentence1

Sentence2

Sentence3

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

Sentence1

Sentence2

Sentence3

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