1. What do these underlined words in the text refer to?

a) The ones we choose:	b) them:
c) all:	d) one:

2. Match these underlined words in the text to the definitions.

1.	 anticipation	a.	to move forward in a steady but powerful way
2.	 forging on	b.	to feel and show sadness because somebody has died
3.	 mourn	c.	a feeling of excitement about something (usually something good) that is going to happen
4.	 unsought	d.	a dirty hole
5.	 pits	e.	not searched for or desired

3. What is your advice to someone you know who has experienced a hard change in their lives?