

1. Read the text and answer the questions below.

a) What are the reasons for bad habits?

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b) How can you stay away from triggers?

.....

c) What should you do if you break your healthy routine once?

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d) How can a partner help you?

.....

e) Do you have any bad habits? What are they?

.....

f) Do you agree with the advice given above? Why/why not?

.....

2. Read the text and match the words with their definitions.

a) a part of a gun that causes the gun to fire when pressed

b) dried grapes

c) the state of being bored

d) to defeat or succeed in controlling or dealing with something