

Lesson 23: How to Encourage Someone

By Xandra

1. Dialogue

First, repeat after your tutor. Then, practice each role.

Jack: Are you joining next week's marathon in Tokyo?

Keiko: Nah... I don't think I'm up to it.

Jack: Why not? You can easily do 10 kilometers for your morning jog.

You're in perfect shape.

Keiko: I sprained my ankle in a marathon last year. It hurt so badly that I've never joined another one again.

Jack: **Don't give up** that easily. Sprained ankles happen all the time to active people. I've sprained my ankle many times.

Keiko: What do you do when that happens?

Jack: Wait for it to heal, then go out and about again as usual. Come on, let's run the marathon.

What have you got to lose?

Keiko: I suppose I can. I hope I don't hurt myself again.

Jack: That's the spirit.

2. Today's Phrase

First, repeat after your tutor. Then, make a few sentences using Today's phrase.

1. A: I work so hard but I still haven't been promoted. B: **Don't give up**. You'll get that promotion soon.
2. A: I've been house training my dog but it still makes a mess in my house. I don't think I can keep a pet. B: **Don't give up**. Just have a bit more patience.
3. A: I've been trying to lose weight for 6 months. Nothing's happening! I don't want to exercise anymore. B: **Don't give up** your workout. It's the best thing that you can do for your body.

* Don't give up / あきらめるな

3. Your Task

You are a gym instructor for people who want to lose weight. One of your clients (=your tutor) is not doing well with his work out and he's not losing weight at all. Encourage your client on continuing his workout regimen.

4. Let's Talk

When was the last time you encouraged someone not to give up on something?

Tell your teacher all about it. In the past, have you ever been frustrated about not reaching a goal? If yes, what did you do to push yourself back up again?

5. Today's photo

Describe the photo in your words as precisely as possible.



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