



Lesson Objective

The student shall be able to use “power words” as part of their oral vocabulary, read and comprehend both social and business language and demonstrate effective oral communication skills.

Evaluation Criteria: Ability to understand definitions of English vocabulary.

Section One Vocabulary

Directive: Match the correct word in column A with the definition in column B, then use in a sample sentence.

Column A VOCABULARY	Column B DEFINITION
1. Jealousy (Noun)	A. Realistic confidence in one's own judgment, ability, power, etc.
2. Marital (Adjective)	B. Mental uneasiness from suspicion or fear of rivalry, unfaithfulness, etc., as in love or aims.
3. Self-Esteem (Noun)	C. An instance of suspecting something or someone.
4. Self-Confidence (Noun)	D. To show a satisfactory reason or excuse for something done.
5. Suspicion (Noun)	E. Marital disloyalty; adultery.
6. Justify (Verb)	F. Willfully or knowingly causing pain or distress to others.
7. Infidelity (Noun)	G. Lack of confidence or assurance; self-doubt.
8. Cruel (Adjective)	H. A realistic respect for or favorable impression of oneself; self-respect.
9. Insecurity (Noun)	I. Of or relating to marriage; conjugal; matrimonial.

Section Two Reading Comprehension and Pronunciation skills.

Evaluation Criteria: Ability to effectively read and comprehend written English in a social or business environment.

ARTICLE A

What's Really Behind Jealousy, and What to Do About It
Practical tips for dealing with a partner's jealousy, or your own.

[Source](#)

1. It's a common misconception that jealousy is a sign of love.

I recently saw the following quote on Twitter, from a source whose username at least suggested the author was associated with psychology: “The people who are really in love get jealous over stupid things.” I was surprised to see this misconception so deeply ingrained that even seemingly psychologically savvy people believe it.



Jealousy can be a major relationship problem—a survey of marital therapists reported that romantic jealousy was a serious problem for a third of their clients.¹ I hope to dispel the myth that jealousy is a sign of love. But if it's not, then what really motivates jealous responses? Research has linked several traits to greater jealousy:

2. Factors

- Low self-esteem.^{2,3}
- Neuroticism: a general tendency to be moody, anxious, and emotionally unstable.^{2,4}
- Feelings of insecurity and possessiveness.⁵
- Dependence on your partner:^{6,7} Even asking people to imagine that they don't have good alternative partners leads to more negative reactions to hypothetical jealousy-inducing scenarios.⁸
- Feelings of inadequacy in your relationship: Generally fearing that you're not good enough for your partner.^{3,9,10}
- An anxious attachment style: A chronic orientation toward romantic relationships that involves fear that your partner will leave you or won't love you enough.^{11,12} Research has shown that temporarily causing people to feel more securely attached, by asking them to think about receiving support from a loved one, makes them react less severely to a hypothetical jealousy-inducing situation.¹³



All of these factors that relate to jealousy are about the insecurities of the jealous people, not about the love they have for their partner.¹⁴

3. So, if your partner is exhibiting unwarranted jealousy, what should you do?

You should realize that your partner's jealousy isn't about you; it's about them. Respond to expressions of jealousy by reassuring your partner of your love. Research has shown that those who respond to partners' jealousy by reassuring them of their interest and attraction tend to have more stable relationships.¹⁵

4. What should you do if you're jealous?

How should you deal with jealousy if you're the one snooping through your partner's email? Several actions can help you cope:

- Avoid situations that are likely to arouse false suspicions. In one survey, researchers found that those who were jealous tended to monitor their partners' Facebook activity. The more they snooped on Facebook, the more they would find evidence to worry about, leading to even more spying, and creating a vicious cycle of increased monitoring and jealousy.¹⁶
 - Work on yourself. Work on building your confidence in yourself and your relationship.
 - Communicate with your partner. If you are experiencing jealousy, talk about it with your partner—but the way you talk is key: If you express anger or sarcasm, or hurl accusations at your partner, that's not going to help. You must be direct, but not hostile. Calmly explain your feelings and discuss how to find a solution. This will enable you to be more satisfied¹⁷ and prevent your partner from being confused by your jealous behavior.¹⁸ These communication strategies are most likely to bring out positive responses in your partner.¹⁹
5. Sometimes jealousy is justified: If your partner has had an affair and has betrayed your trust, for example, that is a serious issue. If you are jealous because you're involved with someone who doesn't seek monogamy, while you do, then your jealous feelings may be a good reason to leave the relationship and seek someone whose relationship goals are more compatible with yours. But when you get jealous over "stupid things," you're not showing love; you're revealing your own insecurities.

"There is more self-love than love in jealousy"—Francois Duc de La Rochefoucauld

ARTICLE B

Who Gets More Jealous, Men or Women?

A study sheds new light on an ancient question.

[Source](#) | [Alternate Article](#)

1. "It is not love that is blind, but jealousy," according to the writer Lawrence Durrell. Still, this ugly but durable emotion has served a vital evolutionary purpose. Jealousy is defined as a fear and rage response that preserves romantic bonds between sexual partners. Its function, it is believed, is to curb infidelity between parents, which advances the survival of their children and their subsequent reproductive success.

Romantic jealousy is widely understood to be different for men and women because each gender has a different level of investment in reproduction. For a man to provide for genetically distant children decreases his reproductive success—and because men are uncertain whether they really are the father of said children, they are most susceptible to sexual infidelity. By contrast, women can rest assured that they are the mother of their own children; however, they are more dependent on men for resources, making them more sensitive to emotional infidelity, since it could threaten the supply of resources for herself and her child. While many subscribe to this view, the research has been inconclusive: Some studies attribute sex differences in romantic jealousy to cultural forces, while others have observed no gender differences.

2. Recently, a team led by Hasse Walum of the Karolinska Institute in Sweden broke new ground. He and his collaborators investigated if there were gender differences when it came to romantic jealousy, but they also wondered whether there's a genetic component.





That question hadn't yet been tested, and thanks to a gold-mine research sample comprised of 1,048 monozygotic twins, 1,129 same-sex dizygotic twins, and 1,020 opposite-sex dizygotic twins, they were able to pursue it. (Monozygotic twins share 100 percent of their genes; dizygotic twins share on average 50 percent).



Participants were presented with two hypothetical infidelity scenarios:

- Sexual jealousy: "You suspect that while your boyfriend/girlfriend was on vacation s/he had a one-night stand. You realize that even if s/he did have sex with this other person, they will probably never see each other again. How upset do you think you would feel if this happened?"
 - Emotional jealousy: "You suspect that while your boyfriend/girlfriend was on a trip s/he fell in love with someone else. You realize that even if s/he did develop these feelings, s/he will probably never see this other person again. How upset do you think you would feel if this happened?"
3. Participants were asked to answer these questions along a 10-point scale, ranging from 1 (not at all) to 10 (extremely).

When Walum and his team crunched the numbers, what did they find? Consistent with prior research, women reported higher levels of jealousy on both measures, and both men and women scored higher on sexual jealousy than on emotional jealousy.



However, men reported greater jealousy in response to sexual infidelity than to emotional infidelity. These findings square with the theory that men and women differ when it comes to types of jealousy—that is, sexual vs. emotional.

The results also revealed that genetics was a significant factor—accounting for 30 percent of the equation. Yet there were no differences between men and women when it came to jealousy on a genetic level."

4. The authors highlight that their study provides additional evidence that men and women probably process infidelity differently. From an evolutionary perspective, it could result from exposure to different "selection pressures" over the course of human evolution. And their finding that genetic factors play a role in romantic jealousy is in keeping with previous research establishing a relationship between genes and other mating behaviors, including marital quality, monogamy, and the probability of divorce. While the investigators acknowledge the limitations of the study and future research directions, their findings lend more insight into a cruel component of human nature.

Section Three Listening Comprehension

Evaluation Criteria: Ability to effectively understand and summarize oral English.

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