



Lesson 99 : Smoking

Exercise 01

Vocabulary

light-headed	(ADJ)	weak and dizzy	I feel light-headed whenever I exercise too much.
side effect	(N)	a harmful effect of a drug that occurs in addition to the main effect	If any unusual side effects occur after taking this medicine, consult a doctor.
bad example	(N)	someone who behaves badly and may influence others to behave badly as well	She's setting a bad example for other mothers.
give up	(Phrv)	to stop doing or trying to do something	I gave up smoking last month.
emotional discomfort	(N)	feeling uncomfortable because of the way you feel	I don't know exactly why I am having this kind of emotional discomfort . I am not used to this feeling.
good cause	(N)	something worth doing because it helps other people, such as charity	The concert is for a good cause . Seventy percent of the total ticket sales will go to charity.
motivation	(N)	willingness or enthusiasm for doing something	The students in this class show little motivation to learn.



Exercise 02

Dialogue Practice

Read the dialogue aloud with your teacher.

Hannah bumps into Grace while she is walking towards the cafeteria.



Alex

What's up, James? You seem stressed. What's bothering you?



James

Nothing much. I think it's because I quit smoking. I decided to stop just 5 days ago. Since then, I've been feeling irritated and uneasy. I even feel light-headed at times. This isn't easy at all, so I am considering whether I should continue trying.



Alex

Oh, I think it's great news that you are trying to quit. I mean, smoking is not very good for your health, but I heard it's really hard to quit because there are side effects. What made you decide to stop, by the way?



James

Well, it's because of my wife and our future baby. You know she is pregnant, and it's not good for her and the baby. I also don't want to be a bad example to my child.



Alex

Oh, that's sweet of you as a father and husband. I think that is a great motivation for you to quit, so don't give up yet. You can do it for your family!



James

I hope I can endure the side effects. I am not used to all the emotional discomfort that I am feeling right now, but I have to quit for them. Wish me luck!



Alex

You can do it. It's for a good cause and also for your own benefit. The first part is really difficult, but you will get used to it.





James

I hope so. I will do anything for my family.

Check your understanding:

- How has James been feeling since he decided to quit smoking?
- Why did he decide to quit smoking?
- What are the side effects of quitting smoking that he is experiencing?

Exercise 03

Role Play

Role-play the following situation with your teacher.

Situation:

- Your friend has just quit smoking, and he/she feels nervous as a result.
- Support your friend in his/her decision to quit.
- Your teacher will play the role of your friend.

Exercise 04

Discussion

- 1) Why do you think people start smoking in the first place?
- 2) How would you convince someone to quit smoking?
- 3) What do you think is the first step to quitting smoking?
- 4) Do you have any family members or friends who smoke?
- 5) What do you think of people who smoke?

