

## Заняття 4

*Exercise 1. Match these words and word-combinations with their Ukrainian equivalents.*

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|-----------------|------------|
| 1. furthermore  | рівновага  |
| 2. homeostasis  | несумісний |
| 3. incentive    | крім того  |
| 4. inconsistent | неминучий  |
| 5. inevitable   | спонука    |

*Exercise 2. Translate into Ukrainian.*

1. To affect;
2. Consistency;
3. Correlate;
4. To deflate;
5. To flick out.

*Exercise 3. Translate into English.*

1. Уникати негативних емоцій чи небажаного досвід;
2. Реакція на минулу подію;
3. Докласти зусиль;
4. Пов'язаний з емоцією;
5. Динамічна ознака поведінки.

*Exercise 4. Answer the questions.*

1. When do we deal with the social motivation?
2. In what way do our cognitive processes depend on information?
3. Do Heilder's and Festinger's theories have anything in common?
4. Why do most people fail to realize their potentials?
5. What is a dominant human driving force?

*Exercise 5. Translate into English.*

1. Стосуватися сфери творчості та самореалізації;
2. Прагнути рівноваги фізіологічних і когнітивних станів;
3. Сприяти становленню его;
4. Позбавлений необхідних речовин;
5. Не сумісний з правилами.

*Exercise 6. Read and translate the text.*

### **Choleric**

(<http://fourtemperaments.com/4-primary-temperaments/>)

The Choleric temperament has three combinations: Choleric-Sanguine, Choleric-Phlegmatic, and Choleric-Melancholy. The Choleric is the least occurring of the

four temperaments, and a female Choleric is extremely rare.

The traits of the primary temperament, Choleric, may be altered or modified in some significant way because of the influence of the secondary temperament. Remember, there are at least three levels of intensity of a temperament: classic, moderate, and mild. Some Cholerics will be very strong, others somewhat strong, and still others more mild.

Cholerics are naturally result-oriented. They have active, positive, and forward movement, in an antagonistic environment. They influence their environment by overcoming opposition to get results.

Cholerics are extroverted, quick-thinking, active, practical, strong-willed, and easily annoyed. They are self-confident, self-sufficient, and very independent minded. They are brief, direct, to the point, and firm when communicating with others. Cholerics like pressure and are easily bored when things are not happening fast enough. They are bold and like to take risks.

Cholerics are domineering, decisive, opinionated, and they find it easy to make decisions for themselves as well as for others. They wake up wanting to control, change or overcome something...anything! They leave little room for negotiating— it's usually their way or no way.

Cholerics are visionaries and seem to never run out of ideas, plans, and goals, which are all usually practical. They do not require as much sleep as the other temperaments, so their activity seems endless. Their activity, however, always has a purpose because of their goal-oriented nature.

Cholerics usually do not give in to the pressure of what others think unless they see that they cannot get their desired results. They can be crusaders against social injustice, and they love to fight for a cause. They are slow to build relationships, and tend to have only a few close friends, because results are more important than people. Cholerics do not easily empathize with the feelings of others or show compassion. They think big and seek positions of authority.

Cholerics tend to not be angry, although their assertive push to get results may be interpreted as anger. They are quickly aroused, but quickly calmed.

*Exercise 7. Answer the questions.*

1. Where can sociophobics apply for help?
2. How does pathological shyness interfere with social contacts?
3. Do sociophobics easily begin to panic? Under what circumstances?
4. How is it possible to treat sociophobia?
5. How do sociophobics feel around the people?