

Worksheet with listening comprehension

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For the article:

Playing a losing game: rejection therapy

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Topics: social media • psychology

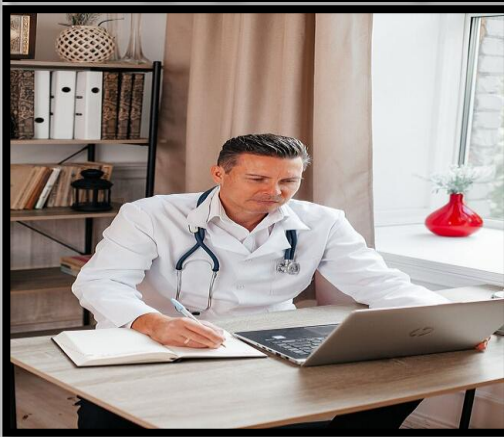
Skills: listening comprehension • reading comprehension • vocabulary • grammar • speaking • writing

Answers: see page 9

Pre-listening

👉 Work with a partner.

1. Choose one of the pictures below, and describe it to your partner.



| Photos: Wikimedia Commons

2. Now look at the title of the article you're about to hear:
Playing a losing game: Rejection Therapy

- What types of therapy do you know?
- Why do people go to therapy?
- What do you think rejection therapy is?

You can use a dictionary if you don't know what any of the words mean.

Listening comprehension

1. Listen to the first part of the text (paras. 1–5). This version contains eight mistakes. Underline each wrong word, and write your corrections in the right column. You will hear the text twice.

Do you care too much about what others think of you? Does speaking to	(01)
strangers make you nervous? Perhaps even asking friends if they want	(02)
to do something fills you with fear. Maybe something counterintuitive is	(03)
the key: rejection therapy.	(04)
Rejection therapy is a kind of exposure therapy, which is a form of what	(05)
is known as cognitive behavioural therapy. Exposure therapy says that	(06)
the more people experience something, the more they will fear it.	(07)
The idea is that people often try to avoid what they are afraid of.	(08)
Although avoidance might help them feel immediately better, it is not a	(09)
long-term solution. In the long run, avoiding the thing or situation they	(10)
fear will just make things worse.	(11)
Exposure therapy seeks to make the cycle of fear/avoidance/fear in a	(12)
safe environment by “exposing” people to the thing, activity or situation	(13)
they are afraid of. The classical example of how this therapy works is	(14)
someone with a fear of dogs.	(15)
If someone is very afraid of dogs, at first, just some photos of dogs may	(16)
be shown to the person. Then a small friendly dog which is standing far	(17)
away will be introduced. The dog is moved closer and closer until,	(18)
eventually, the person can touch the dog. Perhaps then a bigger dog is	(19)
introduced, and so on. With this constant exposure to dogs, the person	(20)
learns that most are not dangerous, many are quite friendly and, in	(21)
general, there is something to be afraid of.	(22)

2. Listen to the second part of the text (paras. 6–12), and tick (✓) the right answers. Please note that there may be more than one correct answer.

a) What is true about the Rejection Game?

- ☐ Respect is important.
- ☐ Trying to be rejected counts.
- ☐ The game goes on for about a month.

b) The game is about ...

- ☐ getting to know more people.
- ☐ doing something that you find uncomfortable, hard or even scary.
- ☐ being rejected at least once a day.

c) It is suggested that ...

- ☐ players start the game by asking for something they know they'll get.
- ☐ the game can help with the feeling of rejection.
- ☐ the game helps players build the courage to ask for something more important.

Reading comprehension

1. Read the text (paras. 1–6), and decide whether the following statements are true (T), false (F), or not mentioned (N). Tick (✓) the correct box.

Statement	T	F	N
a) Rejection therapy exposes you to things you fear.			
b) Rejection therapy is considered a very effective form of therapy amongst psychologists.			
c) Avoidance can be a long-term solution.			
d) Rejection is something that most people will experience.			

2. Read paragraphs 7–12 again. Then answer the questions.

a) What are the rules of the Rejection Game?

b) How does the Rejection Game help people?

3. Read the text again. Then decide in which paragraph the answers to questions a) – d) may be found.

Which paragraph(s) tell(s) the reader (about) ...

Question	Paragraph(s)
a) a typical example of exposure therapy?	
b) what supporters of the game say?	
c) online information about the game?	
d) the meaning of rejection therapy?	

Vocabulary

1. Find a word or expression that means the same as each of the words (a–h) below. The paragraphs where you can find the words in the article are indicated in brackets.

a) answer (para. 1)	
b) go through (para. 2)	
c) instantly (para. 3)	
d) secure (para. 4)	

e) finally (para. 5)	
f) accomplish (para. 6)	
g) competition (para. 7)	
h) significant (para. 8)	

2. Look at the text again. Match the following words (a–h) with their definitions (A–J).

There are two definitions that you will not need.



Online-Übung (auch als H5P) für Abonnent:innen in unserem [Kundenportal Digitales Lernen](#)

Word	Definition
a) care (para. 1)	A a repeating series of events
b) less (para. 2)	B a contest
c) avoidance (para. 3)	C a series of plays written by the same author
d) cycle (para. 4)	D something that's currently in style or popular
e) constant (para. 5)	E to be interested in or have concern about something
f) trend (para. 6)	F staying away from something
g) challenge (para. 7)	G showing politeness towards someone
h) denied (para. 8)	H refused or not granted
	I continuing without pause
	J a smaller amount of something

a)	b)	c)	d)	e)	f)	g)	h)

Grammar

Fill each gap with **ONE** or **TWO** words only.

If needed, change the words given in the brackets to make them fit.

a) Do you _____ (**CARE**) too much about what others think of you?
 _____ (**DO**) speaking to strangers make you nervous?

b) Perhaps even _____ (**ASK**) friends if they want _____ (**DO**) something
 fills you with fear.

- c) Rejection therapy is a kind of exposure therapy, which is a form of what is _____ (KNOW) as cognitive behavioural therapy.
- d) Exposure therapy _____ (SAY) that the more people experience something, the less they _____ (FEAR) it.
- e) The idea is that people often try to avoid what they are afraid of. Although _____ (AVOID) may help them feel immediately better, it is not a long-term solution.
- f) In the long run, _____ (AVOID) the thing or situation they fear will just make things worse.
- g) Exposure therapy _____ (SEEK) to break the cycle of fear/avoidance/fear in a safe environment.

Speaking

Work with a partner.

1. Talk about the following questions. Do you agree? Why (not)? Then discuss your arguments in class.

- What things are people usually afraid of and why?
- What is your biggest fear?
- How do you react to fear?
- What can you do to help yourself or other people overcome fear?
- Do you like putting yourself in situations where you can feel fear?
- Do you like to challenge yourself?
- What is the most challenging subject at school? Why?
- How do you usually deal with challenges?

2. Watch one of the following videos. You can use the links below:



https://www.ted.com/talks/jia_jiang_what_i_learned_from_100_days_of_rejection

Title: What I learned from 100 days of rejection | Jia Jiang | TEDxMtHood May 2015



https://www.ted.com/talks/karen_thompson_walker_what_fear_can_teach_us

Title: What fear can teach us | Karen Thompson Walker | TEDGlobal 2012

Now talk to your partner about the ideas presented in the video and what you have learned.

Writing

At school, you talked about challenges and fears. Write a short postcard or email (about 100 words) to your Australian pen pal, and tell them your thoughts and ideas about these topics.

You can use the following prompts to help you with ideas:

- what you (don't) fear
- what you think about fear
- what you find challenging
- what you think about challenges
- ...

You can start like this:

Hello Katie,

Thanks for your email. What I fear most is ...

I / We ...

...

Then ... Also, ... I think challenges are ...

Bye

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Answer key

Listening comprehension

1. **(4)** key → solution • **(7)** more → less • **(09)** might → may • **(10)** sun → run • **(12)** make → break • **(13)** thing → object • **(19)** hog → dog • **(22)** something → nothing
2. **a)** Respect is important; The game goes on for about a month. (para. 7) • **b)** doing something that you find uncomfortable, hard or even scary; being rejected at least once a day. (paras. 7–8) • **c)** the game can help with the feeling of rejection; the game helps players build the courage to ask for something more important. (paras. 11–12)

Reading comprehension

1. **a)** T (para. 2) • **b)** N • **c)** F (para. 3) • **d)** T (para. 6)
2. **a)** There is no list of rules as such, but the game goes on for 30 days, and to win it, you must be rejected at least once a day. Attempts to be rejected do not count; you have to really be rejected to win the game. Whilst playing the game, the feelings of the person you are requesting something from must be respected. (paras. 7–8) • **b)** The article suggests that while being rejected is hard and will most likely make you feel upset, it will get easier over time. The game might also help you find the courage to ask for something that is really important to you. (paras. 11–12)
3. **a)** 4, 5 • **b)** 12 • **c)** 8, 9 • **d)** 2

Vocabulary

1. **a)** solution • **b)** experience • **c)** immediately • **d)** safe • **e)** eventually • **f)** achieve • **g)** game • **h)** important
2. **a)** E • **b)** J • **c)** F • **d)** A • **e)** I • **f)** D • **g)** B • **h)** H

Distraktoren: C, G

Grammar

a) care; Does • **b)** asking; to do • **c)** known • **d)** says; will fear • **e)** avoidance • **f)** avoiding • **g)** seeks

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Hinweis: Mit dem Aktivieren der Links in diesem Dokument gelangen Sie auf fremde Internetseiten. Wir weisen darauf hin, dass die Carl Ed. Schünemann KG keinerlei Verantwortung für externe Inhalte und deren Darstellung übernimmt. Davon ausgenommen sind Links zu verlagseigenen Webseiten.

Hinweis: Die Zugangsdaten zu Ihrem persönlichen Abo dürfen Sie nicht an Dritte weitergeben.