

Living in a Bubble

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سلام و درود دوست من!

فایل پیشرو درباره افرادی هست که دور خودشان یک حباب فرضی درست کردند و حاضر به خروج از آن نیستند. این افراد می ترسند با خروج از منطقه آسایش و راحتی آسیب ببینند. دلایل زیادی برای به وجود آمدن این حالت هست. من در این فایل سه نتیجه منفی این وضعیت را براتون به انگلیسی توضیح میدهم.

پیشنهاد من - نحوه استفاده از این پادکست

1. روخوانی متن انگلیسی
2. گوش دادن به فایل صوتی متن
3. چک کردن عبارات و کلمات جدید
4. انجام تمرین
5. تکرار این پادکست برای حداقل سه بار

امیدوارم دوست داشته باشید و به دیگران هم پیشنهاد کنید.

Living in a Bubble

Some people love their own world. They love **spending time** doing activities they enjoy. These people 'live in a bubble'. They **make an imaginary bubble** around themselves. This bubble is not real. They try to **avoid talking** to other people. They try to **stay away from other people**. **The main reason** is that they do not want to **exit their comfort zones**. They do not want to **experience new activities** or talk to new people. They are afraid that they may **get hurt**. Living in a bubble is, in my opinion, a negative thing. It will **create some difficulties** for the person, so they cannot **live a normal life**. They cannot **enjoy life**.

The first problem is **finding friends**. People who **suffer from** living in a bubble **have trouble finding** new friends. We need to talk to others to **become friends**. Talking to other people especially new people can **be a scary experience**. So these people avoid **getting into a conversation with others**. It is true that sometimes other people may want to hurt us, but it should not stop us from meeting new people. We can **have great relationships** with others and **have happy memories**.

Another problem is **finding a decent job**. If you live in a bubble, you probably won't look for a job. You do not want to get hurt, so you prefer to stay at home. In my view, to find a job a person has to start looking and asking people questions. If you don't **keep distance** between yourself and others, you will **stand a better chance of** finding a job which you love. Plus, when you find a new job, you can learn new things and it is good for you. You can be more open-minded.

And the last point is the **social benefits** and how it helps you **stay healthy**. When we live in a bubble, we don't want to talk to others. We want to be alone. By doing this, we will **miss the benefits** of interacting with people. People who **take part in different social groups and activities** are mentally healthier. They are happier and **have little problems with depression**. They are also less sick because their body can **fight different diseases more effectively**.

Living in the bubble may seem **a good choice** at first, but it has many disadvantages. If a person cannot exit his or her comfort zone, they may lose more. They will not **have wonderful friends**. They will **lose the chance of** finding a good job. They also have more physical and mental health problems. If you're living in a bubble, try to change it. Wonderful memories and experiences are out of your comfort zone. Your success and growth is out of your comfort zone. Great rewards can be found when we leave our comfort zones.

Exercise 1

Listen to the podcast and fill the gaps.

Living in a Bubble

Some people love their own world. They love spending time doing 1) _____ they enjoy. These people 'live in a bubble'. They make an imaginary bubble around themselves. This 2) _____ is not real. They try to avoid talking to other people. They try to stay away from other people. The main 3) _____ is that they do not want to exit their comfort zones. They do not want to experience new activities or talk to new people. They are afraid that they may get 4) _____. Living in a bubble is, in my opinion, a negative thing. It will create some 5) _____ for the person, so they cannot live a normal life. They cannot enjoy life.

The first problem is finding friends. People who suffer from living in a bubble have 6) _____ finding new friends. We need to talk to others to become friends. Talking to other people especially new people can be a scary 7) _____. So these people avoid getting into a conversation with others. It is true that sometimes other people may want to hurt us, but it should not stop us from meeting new people. We can have great 8) _____ with others and have happy memories.

Another problem is finding a decent job. If you live in a bubble, you 9) _____ won't look for a job. You do not want to get hurt, so you prefer to stay at home. In my view, to find a job a person has to start looking and asking people questions. If you don't keep 10) _____ between yourself and others, you will stand a better chance of finding a job which you love. Plus, when you find a new job, you can learn new things and it is good for you. You can be more 11) _____.

And the last point is the social benefits and how it helps you stay 12) _____. When we live in a bubble, we don't want to talk to others. We want to be alone. By doing this, we will miss the benefits of 13) _____ with people. People who take part in different social groups and activities are mentally healthier. They are happier and have little problems with 14) _____. They are also less sick because their body can fight different diseases more 15) _____.

Living in the bubble may seem a good choice at first, but it has many 16) _____. If a person cannot exit his or her comfort zone, they may lose more. They will not have wonderful friends. They will lose the 17) _____ of finding a good job. They also have more physical and mental health problems. If you're living in a bubble, try to change it. 17) _____ memories and experiences are out of your comfort zone. Your success and growth is out of your comfort zone. Great rewards can be found when we 18) _____ our comfort zones.

Check your answers.

Living in a Bubble

Some people love their own world. They love spending time doing **1) activities** they enjoy. These people 'live in a bubble'. They make an imaginary bubble around themselves. This **2) bubble** is not real. They try to avoid talking to other people. They try to stay away from other people. The main **3) reason** is that they do not want to exit their comfort zones. They do not want to experience new activities or talk to new people. They are afraid that they may get **4) hurt**. Living in a bubble is, in my opinion, a negative thing. It will create some **5) difficulties** for the person, so they cannot live a normal life. They cannot enjoy life.

The first problem is finding friends. People who suffer from living in a bubble have **6) trouble** finding new friends. We need to talk to others to become friends. Talking to other people especially new people can be a scary **7) experience**. So these people avoid getting into a conversation with others. It is true that sometimes other people may want to hurt us, but it should not stop us from meeting new people. We can have great **8) relationships** with others and have happy memories.

Another problem is finding a decent job. If you live in a bubble, you **9) probably** won't look for a job. You do not want to get hurt, so you prefer to stay at home. In my view, to find a job a person has to start looking and asking people questions. If you don't keep **10) distance** between yourself and others, you will stand a better chance of finding a job which you love. Plus, when you find a new job, you can learn new things and it is good for you. You can be more **11) open-minded**.

And the last point is the social benefits and how it helps you stay **12) healthy**. When we live in a bubble, we don't want to talk to others. We want to be alone. By doing this, we will miss the benefits of **13) interacting** with people. People who take part in different social groups and activities are mentally healthier. They are happier and have little problems with **14) depression**. They are also less sick because their body can fight different diseases more **15) effectively**.

Living in the bubble may seem a good choice at first, but it has many **16) disadvantages**. If a person cannot exit his or her comfort zone, they may lose more. They will not have wonderful friends. They will lose the **17) chance** of finding a good job. They also have more physical and mental health problems. If you're living in a bubble, try to change it. **17) Wonderful** memories and experiences are out of your comfort zone. Your success and growth is out of your comfort zone. Great rewards can be found when we **18) leave** our comfort zones.

Exercise 2

Can you complete the following sentences with the given words?

imaginary experience become hurt chance healthier growth

1. It is true that sometimes other people may want to _____ us.
2. Your success and _____ is out of your comfort zone.
3. They do not want to _____ new activities or talk to new people.
4. They make an _____ bubble around themselves.
5. You will stand a better _____ of finding a job which you love.
6. We need to talk to others to _____ friends.
7. People who take part in different social groups and activities are mentally _____.

Check your answers.

1. It is true that sometimes other people may want to **hurt** us.
2. Your success and **growth** is out of your comfort zone.
3. They do not want to **experience** new activities or talk to new people.
4. They make an **imaginary** bubble around themselves.
5. You will stand a better **chance** of finding a job which you love.
6. We need to talk to others to **become** friends.
7. People who take part in different social groups and activities are mentally **healthier**.

Exercise 3

Complete the sentences with the given words and phrases. You may need to make some changes. You may need to use some of them twice.

avoid suffer from stand a better chance open-minded
find a decent job comfort zone

1. She's _____ a lot of pain. She has to take a painkiller.
2. You will never grow as a person if you don't leave your _____.
3. In order to _____, you need to graduate from a good university.
4. Young children need to learn road safety to _____ road accidents.
5. They had an argument and now they _____ talking.
6. If you practice English every day, you will _____ of learning it.
7. Because they have read a lot of books, they are _____.
8. Unfortunately, he's _____ a mental problem. There is no cure for it.
9. She's more _____ than her daughter, who has divorced and living alone.

Check your answers.

1. She's **suffering from** a lot of pain. She has to take a painkiller
2. You will never grow as a person if you don't leave your **comfort zone**.
3. In order to **find a decent job**, you need to graduate from a good university.
4. Young children need to learn road safety to **avoid** road accidents.
5. They had an argument and now they **avoid** talking.
6. If you practice English every day, you will **stand a better chance** of learning it.
7. Because they have read a lot of books, they are **open-minded**.
8. Unfortunately, he's **suffering from** a mental problem. There is no cure for it.
9. She's more **open-minded** than her daughter, who has divorced and living alone.

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