



The science of happiness ®

Moving on.

Everyone has problems.
Happy people know that they will pass.

① Think of a big problem you had in the past.
How will you explain it in English?

② What helped you get past the problem?
Something you did? Someone else? Time?

③ Work with a partner.
Talk about the problem.
How did you get past it?

Partner, comment:



Language focus: past narrative
Positive psychology focus: Happy people learn to deal with stress and problems.

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