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## **Men hurt more in rocky relationships**

<http://www.breakingnewsenglish.com/1006/100613-relationships.html>

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# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1006/100613-relationships.html>

Most people think women are more affected when a relationship hits a rocky patch. According to a new study on over 1,000 break-ups, it is the opposite. Research from the Wake Forest University in the USA suggests men have a much harder time dealing with the low points. Researchers say women have a harder time coping with a break-up. Lead researcher Robin Simon said: "Common wisdom says that women are more hurt by problems in a relationship, but we found that the...disadvantages of strain are exaggerated for the men." She added: "Men are more sensitive than we often think they are." Simon and her co-researchers discovered that men often put a brave face on problems they have with their partner but inside, they feel more emotional pain than women.

The research also showed how differently men and women dealt with problems. Women show their feelings more by crying and talking about how they feel. Men find this hard to do because they need to be 'masculine' and men don't cry. Instead, they turn to the bottle or look for escape by using drugs. Ms Simon said the more relationship problems a guy went through, the more likely he was to become dependent on alcohol or drugs. They make the pain go away through substance abuse rather than talking. Simon said things are changing and that more and more men are opening up. She said guys these days are more likely to have divorced parents "and this might make them more sensitive to the ups and downs of a relationship" and be more emotionally aware.

# WARM-UPS

**1. RELATIONSHIPS:** Walk around the class and talk to other students about relationships. Change partners often. Sit with your first partner(s) and share your findings.

**2. CHAT:** In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

*relationships / rocky patches / break-ups / low points / wisdom / strain / a brave face / dealing with problems / masculine / drugs / dependent / divorce / ups and downs*

Have a chat about the topics you liked. Change topics and partners frequently.

**3. MEN & WOMEN:** Who's better at what? Complete this table with your partner(s). Change partners and share what you wrote. Change and share again.

Better at...	Who?	Why?
Romance		
Driving		
Parenting		
Saving money		
Teaching		
Being honest		

**4. COPING:** Students A **strongly** believe men are better at coping with relationship break-ups; Students B **strongly** believe the opposite – women are better. Change partners again and talk about your conversations.

**5. EMOTIONAL PAIN:** Which of these are best for dealing with emotional pain? Rank them and share your rankings with your partner. Change partners and share your rankings.

- talking to someone
- listening to music
- drinking alcohol
- spending time alone
- watching a movie
- pretending it isn't there
- going shopping
- drugs

**6. MASCULINE:** Spend one minute writing down all of the different words you associate with the word 'masculine'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1006/100613-relationships.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- |   |       |
|---|-------|
| a. An article suggested men are hurt more in mountaineering accidents.    | T / F |
| b. The study looked at details of more than 1,000 relationship break-ups. | T / F |
| c. The lead researcher said men are very insensitive.                     | T / F |
| d. The researcher said men try to cover up their real emotions.           | T / F |
| e. Women deal with problems through tears and chats.                      | T / F |
| f. Men drink alcohol when they want to make emotional pain disappear.     | T / F |
| g. The researcher said there is no link between break-ups and drug use.   | T / F |
| h. The research said divorced men are more sensitive.                     | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |                |                 |
|----------------|-----------------|
| 1. affected    | a. talking more |
| 2. rocky       | b. overstated   |
| 3. coping      | c. coped with   |
| 4. exaggerated | d. shaky        |
| 5. brave       | e. conscious    |
| 6. dealt       | f. influenced   |
| 7. masculine   | g. needy        |
| 8. dependent   | h. managing     |
| 9. opening up  | i. manly        |
| 10. aware      | j. courageous   |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                                  |                        |
|----------------------------------|------------------------|
| 1. when a relationship hits      | a. face on problems    |
| 2. a new study on over           | b. on alcohol or drugs |
| 3. men have a much               | c. we often think      |
| 4. Men are more sensitive than   | d. the ups and downs   |
| 5. men often put a brave         | e. the bottle          |
| 6. how differently men and women | f. a rocky patch       |
| 7. turn to                       | g. abuse               |
| 8. become dependent              | h. 1,000 break-ups     |
| 9. substance                     | i. harder time         |
| 10. more sensitive to            | j. dealt with problems |

# WHILE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1006/100613-relationships.html>

**GAP FILL:** Put the words into the gaps in the text.

Most people think women are more \_\_\_\_\_ when a relationship hits a rocky patch. According to a new study on over 1,000 break-ups, it is the \_\_\_\_\_. Research from the Wake Forest University in the USA suggests men have a much harder time \_\_\_\_\_ with the low \_\_\_\_\_. Researchers say women have a harder time coping with a break-up. Lead researcher Robin Simon said: "Common \_\_\_\_\_ says that women are more hurt by problems in a relationship, but we found that the...disadvantages of \_\_\_\_\_ are exaggerated for the men." She added: "Men are more sensitive than we often think they are." Simon and her co-researchers discovered that men often put a \_\_\_\_\_ face on problems they have with their partner but \_\_\_\_\_, they feel more emotional pain than women.

*strain*  
*dealing*  
*inside*  
*affected*  
*wisdom*  
*opposite*  
*brave*  
*points*

The research also showed how \_\_\_\_\_ men and women dealt with problems. Women show their feelings more by \_\_\_\_\_ and talking about how they feel. Men find this hard to do because they need to be '\_\_\_\_\_' and men don't cry. Instead, they turn to the bottle or look for \_\_\_\_\_ by using drugs. Ms Simon said the more relationship problems a guy went through, the more \_\_\_\_\_ he was to become dependent on alcohol or drugs. They make the pain go away \_\_\_\_\_ substance abuse rather than talking. Simon said things are changing and that more and more men are \_\_\_\_\_ up. She said guys these days are more likely to have divorced parents "and this might make them more \_\_\_\_\_ to the ups and downs of a relationship" and be more emotionally aware.

*likely*  
*through*  
*crying*  
*escape*  
*sensitive*  
*differently*  
*opening*  
*masculine*

## LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1006/100613-relationships.html>

Most people think women \_\_\_\_\_ a relationship hits a rocky patch. According to a new study on over 1,000 break-ups, \_\_\_\_\_. Research from the Wake Forest University in the USA suggests men have a much harder \_\_\_\_\_ low points. Researchers say women have a harder time coping with a break-up. Lead researcher Robin Simon said: "\_\_\_\_\_ that women are more hurt by problems in a relationship, but we found that the...disadvantages of strain are exaggerated for the men." She added: "Men are more sensitive than \_\_\_\_\_ are." Simon and her co-researchers discovered that men often put a brave face on problems they have with their \_\_\_\_\_, they feel more emotional pain than women.

The research also showed \_\_\_\_\_ men and women dealt with problems. Women show their feelings more by crying and talking about how they feel. Men find this hard to do because they \_\_\_\_\_ and men don't cry. Instead, they \_\_\_\_\_ or look for escape by using drugs. Ms Simon said the more relationship problems a guy went through, the more likely he was to become dependent \_\_\_\_\_. They make the pain go away through substance abuse rather than talking. Simon said things are changing and that more and more \_\_\_\_\_. She said guys these days are more likely to have divorced parents "and this might make them more sensitive to the \_\_\_\_\_ relationship" and be more emotionally aware.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1006/100613-relationships.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'rocky' and 'patch'.

rocky	patch

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• affected</li><li>• suggests</li><li>• coping</li><li>• strain</li><li>• brave</li><li>• pain</li></ul>	<ul style="list-style-type: none"><li>• dealt</li><li>• crying</li><li>• cry</li><li>• abuse</li><li>• opening</li><li>• ups</li></ul>
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# STUDENT RELATIONSHIPS SURVEY

From <http://www.BreakingNewsEnglish.com/1006/100613-relationships.html>

Write five GOOD questions about relationships in the table. Do this in pairs. Each student must write the questions on his / her own paper.  
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.



# RELATIONSHIPS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'relationships'?
- c) Do you think relationships are easy or difficult?
- d) What makes relationships so difficult?
- e) Are men or women better at dealing with relationships when things go wrong?
- f) What bad relationships have you had?
- g) Are men more sensitive than people think they are?
- h) When was the last time you put a brave face on something?
- i) What advice would you give someone to have a happy relationship?
- j) Why should men and women feel different things in relationships?

*Men hurt more in rocky relationships – 13th June, 2010*  
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# RELATIONSHIPS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article?
- b) How do you think men and women deal with things differently in rocky relationships?
- c) What celebrity relationships do you know of that are on rocky ground?
- d) Do you like hearing about the relationship problems of other people?
- e) Are all men 'masculine'? Do they need to be?
- f) What do you think of people who turn to the bottle when they feel emotional pain?
- g) Do you think talking is the best way to deal with things?
- h) Do you think men are opening up more?
- i) What ups and downs have you experienced recently?
- j) What questions would you like to ask Robin Simon?

# LANGUAGE – MULTIPLE CHOICE

From <http://www.BreakingNewsEnglish.com/1006/100613-relationships.html>

Most people think women are more (1) \_\_\_\_\_ when a relationship hits a rocky patch. According to a new study on over 1,000 break-ups, it is the (2) \_\_\_\_\_. Research from the Wake Forest University in the USA suggests men have a much harder time dealing with the low points. Researchers say women have a harder time (3) \_\_\_\_\_ with a break-up. Lead researcher Robin Simon said: "Common wisdom says that women are more hurt (4) \_\_\_\_\_ problems in a relationship, but we found that the...disadvantages of strain are exaggerated (5) \_\_\_\_\_ the men." She added: "Men are more sensitive than we often think they are." Simon and her co-researchers discovered that men often put a brave (6) \_\_\_\_\_ on problems they have with their partner but inside, they feel more emotional pain than women.

The research also showed how (7) \_\_\_\_\_ men and women dealt with problems. Women show their feelings more by crying and talking about how they feel. Men find this hard to do because they need to be 'masculine' and men don't cry. Instead, they (8) \_\_\_\_\_ to the bottle or look for escape by (9) \_\_\_\_\_ drugs. Ms Simon said the more relationship problems a guy went through, the more (10) \_\_\_\_\_ he was to become dependent on alcohol or drugs. They make the pain go away through substance abuse (11) \_\_\_\_\_ than talking. Simon said things are changing and that more and more men are opening up. She said guys these days are more likely to have divorced parents "and this might make them more sensitive to the ups and downs of a relationship" and be more (12) \_\_\_\_\_ aware.

**Put the correct words from the table below in the above article.**

- |     |                 |                 |                 |                |
|-----|-----------------|-----------------|-----------------|----------------|
| 1.  | (a) affected    | (b) affects     | (c) effects     | (d) effected   |
| 2.  | (a) attracts    | (b) opposite    | (c) opposed     | (d) parallel   |
| 3.  | (a) copying     | (b) coped       | (c) coping      | (d) copied     |
| 4.  | (a) at          | (b) with        | (c) to          | (d) by         |
| 5.  | (a) at          | (b) to          | (c) on          | (d) for        |
| 6.  | (a) head        | (b) skull       | (c) face        | (d) look       |
| 7.  | (a) differently | (b) differences | (c) different   | (d) difference |
| 8.  | (a) spin        | (b) turn        | (c) twist       | (d) screw      |
| 9.  | (a) used        | (b) usage       | (c) using       | (d) uses       |
| 10. | (a) likely      | (b) liked       | (c) likelihood  | (d) likes      |
| 11. | (a) instead     | (b) opposite    | (c) prefer      | (d) rather     |
| 12. | (a) emotions    | (b) emotionally | (c) emotionless | (d) emotion    |

Men hurt more in rocky relationships – 13th June, 2010



# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about relationships. Share what you discover with your partner(s) in the next lesson.

**3. RELATIONSHIPS:** Make a poster about relationships. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. ROCKY:** Write a magazine article about a rocky relationship. Include imaginary interviews with the people in the relationship. What do they say about each other?

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. LETTER:** Write a letter to an expert on relationships. Ask him/her three questions about relationships. Give him/her three pieces of advice on how to make relationships successful. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE:

a. F      b. T      c. F      d. T      e. T      f. T      g. F      h. F

## SYNONYM MATCH:

- |                |                 |
|----------------|-----------------|
| 1. affected    | a. influenced   |
| 2. rocky       | b. shaky        |
| 3. coping      | c. managing     |
| 4. exaggerated | d. overstated   |
| 5. brave       | e. courageous   |
| 6. dealt       | f. coped        |
| 7. masculine   | g. manly        |
| 8. dependent   | h. needy        |
| 9. opening up  | i. talking more |
| 10. aware      | j. conscious    |

## PHRASE MATCH:

- |                                  |                        |
|----------------------------------|------------------------|
| 1. when a relationship hits      | a. a rocky patch       |
| 2. a new study on over           | b. 1,000 break-ups     |
| 3. men have a much               | c. harder time         |
| 4. Men are more sensitive than   | d. we often think      |
| 5. men often put a brave         | e. face on problems    |
| 6. how differently men and women | f. dealt with problems |
| 7. turn to                       | g. the bottle          |
| 8. become dependent              | h. on alcohol or drugs |
| 9. substance                     | i. abuse               |
| 10. more sensitive to            | j. the ups and downs   |

## GAP FILL:

### Men hurt more in rocky relationships

Most people think women are more **affected** when a relationship hits a rocky patch. According to a new study on over 1,000 break-ups, it is the **opposite**. Research from the Wake Forest University in the USA suggests men have a much harder time **dealing** with the low **points**. Researchers say women have a harder time coping with a break-up. Lead researcher Robin Simon said: "Common **wisdom** says that women are more hurt by problems in a relationship, but we found that the...disadvantages of **strain** are exaggerated for the men." She added: "Men are more sensitive than we often think they are." Simon and her co-researchers discovered that men often put a **brave** face on problems they have with their partner but **inside**, they feel more emotional pain than women.

The research also showed how **differently** men and women dealt with problems. Women show their feelings more by **crying** and talking about how they feel. Men find this hard to do because they need to be 'masculine' and men don't cry. Instead, they turn to the bottle or look for **escape** by using drugs. Ms Simon said the more relationship problems a guy went through, the more **likely** he was to become dependent on alcohol or drugs. They make the pain go away **through** substance abuse rather than talking. Simon said things are changing and that more and more men are **opening** up. She said guys these days are more likely to have divorced parents "and this might make them more **sensitive** to the ups and downs of a relationship" and be more emotionally aware.

## LANGUAGE WORK

1 - a    2 - b    3 - c    4 - d    5 - d    6 - c    7 - a    8 - b    9 - c    10 - a    11 - d    12 - b

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