



APEX ENGLISH

Your voice. Global.

B2 · GENERAL ENGLISH

UNIT 6 · 6A

Old habits

Theme · Sound & Vision

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Old habits

Theme: Sound & Vision



Learning objectives

- Distinguish 'used to', 'be used to' and 'get used to' — three structures, three meanings.
- Talk about past habits and how they changed ('I used to smoke, but I don't any more').
- Talk about present familiarity ('I'm used to getting up at five').
- Talk about ongoing adjustment ('I'm getting used to the new schedule').
- Use 20+ verbs of routine and habit at B2 (unwind, wind down, snooze, doze off, crave...).
- Pronounce the third-person -s / -es endings correctly: /s/, /z/ or /■z/.

Ask the teacher — notes to bring to class



Class Book

Warm-up · Two truths and a habit

Write *THREE* statements about your daily routine — two true, one a total lie. Read them to your partner; they guess the lie. No 'I always brush my teeth' — get specific.

I check my phone in the first 30 seconds after waking up.

I've had exactly the same breakfast every day for the last five years.

I go to bed with the same podcast every single night.

I sleep with a glass of water on my bedside table — even though I never drink it.

I can't start a work session without a specific pen in my hand.

I never look at social media on Sundays.

followUp: Habits are 40% of everything you do daily — that's roughly six hours of your day on autopilot. Today's lesson: how English talks about the ones you HAD, HAVE, and are STILL LEARNING to have.

Lead-in: the habits map

Match each situation to the most natural sentence stem. Then, in pairs, finish each sentence out loud with real information about you.

1. Something you did as a child but stopped completely...
 2. Something that felt strange at first, but now feels totally normal...
 3. Something you're still adjusting to right now...
 4. Something you've done every single day for years...
 5. Something you'd never done before this month...
 6. Something you thought you'd never enjoy — but you do now...
- a) I'm still getting used to...
 - b) I used to...
 - c) I'm now used to...
 - d) I've been in the habit of...
 - e) Until recently, I'd never...
 - f) I never used to like..., but now I love it.
- 1 → b · I used to collect stickers obsessively when I was seven.
- 2 → c · I'm now used to driving on the left — took me two years.
- 3 → a · I'm still getting used to living in a different time zone from my family.
- 4 → d · I've been in the habit of reading before bed for at least a decade.
- 5 → e · Until recently, I'd never tried a cold shower — now I do it every morning.
- 6 → f · I never used to like coffee, but now I love it — one cup, no sugar.

Ask the teacher — notes to bring to class



followUp: Notice the three shapes: 'used to + INFINITIVE' (past habit), 'be used to + -ING / noun' (already familiar), 'get used to + -ING / noun' (still adjusting). Different structures — very different meanings.

Reading: the neuroscience of a habit

In a small windowless lab at MIT, neuroscientist Ann Graybiel spent thirty years watching what happens inside the brain when a routine becomes a habit. She and her team recorded thousands of hours of neural activity while rats learned, over and over again, to run a T-shaped maze in exchange for a small piece of chocolate.

What Graybiel found changed how we think about daily life. At first, the animals' brains lit up like fireworks — cells firing in every region, decoding smells, watching for signs, making dozens of tiny decisions. But something strange happened after the maze had been run about forty times. The brain went quiet. Almost silent. The rats now ran the same maze perfectly, but a whole part of their cortex simply switched off.

The behaviour was still there — smoother, faster, more accurate than ever. Only the effort had disappeared. That, Graybiel argues, is exactly what a habit is: a repeated action outsourced from the conscious mind to a small, fast, energy-efficient region called the basal ganglia. Your brain, in short, is designed to stop thinking about anything you do often enough.

That is very good news — and quite frightening news. Good, because it means we run our tooth-brushing, our commute and our morning coffee on almost no willpower at all. Frightening, because we also outsource things we never actively chose: scrolling for twenty minutes before we get out of bed, checking messages every three seconds, reaching for a glass at exactly six o'clock.

The bad news: once wired in, habits are very hard to erase. Graybiel's rats, if returned to the maze months later, ran it instantly and perfectly, even after being given completely new instructions. The good news: you don't erase a habit, you overwrite it. Same trigger, same time of day, same reward — but a new middle action. Replace, don't remove. That, according to a decade of newer studies, is what actually works.

So the next time you catch yourself doing something you didn't decide to do, don't panic. You're just running an older, deeper version of yourself. And the version you're becoming is being written the same way — one quiet, half-conscious repetition at a time.

1. What did Graybiel's team observe about the rats' brain activity as the maze became a habit?
 - (A) Every region of the brain became MORE active.
 - (B) A large area of the cortex became very QUIET.
 - (C) The brain stopped working entirely.
2. Which brain region takes over once a routine becomes a habit?
 - (A) The prefrontal cortex.
 - (B) The basal ganglia.
 - (C) The hippocampus.

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3. Why does the article call this 'good news' AND 'frightening news'?
- (A) Good: we save mental energy on routines. Frightening: we also automate things we never chose.
- (B) Good: habits make us richer. Frightening: they make us bored.
- (C) Good: habits erase easily. Frightening: they come back stronger.
4. What strategy for changing a habit does the article recommend?
- (A) Delete the habit entirely with willpower.
- (B) Overwrite the middle action while keeping the same trigger, time and reward.
- (C) Punish yourself every time you slip.
5. What happened when the rats returned to the maze months later?
- (A) They had completely forgotten it.
- (B) They ran it instantly and perfectly.
- (C) They refused to enter.

Routine vocabulary in context

Match each word from the text to its closest meaning.

willpower — the mental strength to control your actions or resist temptation

commute — the daily journey between home and work

outsource (fig.) — give a job or task to someone / something else

trigger — a signal that makes an action start automatically

reward — something pleasant you get after an action

wire in (a habit) — to fix a habit deeply into your brain through repetition

Vocabulary: routines and habits

intro: At B2, upgrade 'get up / go to bed' to native-sounding phrasal verbs and collocations. Here are the ones people actually use to describe their day.

1. **label:** Waking up · morning

2. **label:** Working / day

3. **label:** Evening · winding down

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4. **label:** Habits & cravings

practice

Complete each sentence with the correct expression from the box (correct form).

1. On weekends I love to ____ — sometimes until eleven.

2. I've finally managed to ____ my caffeine habit — no coffee for three months.

3. By nine o'clock I've usually ____ out on the sofa, halfway through a film.

4. I'm trying to ____ my sugar intake — not forgo it entirely, just less.

5. I always ____ chocolate around three in the afternoon. Total autopilot.

6. I ____ myself out of bed at five — it took me weeks to get used to it.

7. After work I need at least an hour to ____ before I can sleep.

8. I ____ out at six and I don't check emails again till the morning.

Practice 2 — collocations & rewrite

Rewrite each sentence replacing the underlined phrase with ONE word from this lesson's vocabulary. Keep the meaning identical.

1. I always <u>have a strong urge for</u> chocolate at three in the afternoon.

2. She finally <u>gave in to</u> the temptation and ordered dessert.

3. We've decided to <u>gradually reduce</u> our screen time before bed.

4. He's determined to <u>completely give up</u> sugar this year.

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5. Once I start a project, I <u>throw myself enthusiastically into</u> it.

Practice 3 — discursive writing

prompt: Reflect on a habit you have successfully changed — what triggered the change, and how did the process feel over time?

Use at least FOUR of the target words from this unit.

Vary sentence length and use one relative clause.

Aim for a reflective, cohesive C1 register.

sample: For years, I used to yearn for a sugary snack every afternoon, and more often than not I would succumb to the craving without a second thought. It wasn't until a routine check-up, which left me genuinely worried about my health, that I decided something had to change. Rather than forgo sweet things entirely overnight, which I doubted I could sustain, I chose instead to curtail my intake gradually, cutting back one biscuit at a time. What surprised me most was how quickly I began to immerse myself in new habits: a short walk after lunch, a piece of fruit instead of chocolate, water rather than juice. The process, which took nearly six months, taught me that willpower alone rarely works — small, repeated adjustments do. These days, I rarely think about the habit I once had, and that, more than anything, is proof that change is possible.



Grammar: used to · be used to · get used to

1. 'used to' + INFINITIVE — past habits / states that stopped — For things you regularly did (or were true) in the PAST but not now. • I USED TO smoke, but I quit two years ago. • She USED TO live in Berlin. • Negative & questions with 'did': I DIDN'T use to like coffee. / Did you USE TO play any instrument? (note: 'use', not 'used', after 'did'). ✓ Only for the PAST. There is no 'I use to...' for the present — that's simply 'I usually...'.

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2. 'be used to' + -ING / NOUN — you're ALREADY familiar — For things that ARE now normal for you — you have already adapted. • I'M USED TO getting up at five. (it's normal for me now) • She's USED TO the noise. (it doesn't bother her) • They're NOT USED TO paying that much for coffee.

3. 'get used to' + -ING / NOUN — you're STILL ADAPTING — For the process of ADJUSTMENT — something that is still becoming normal. • I'M GETTING USED TO the new schedule. (in progress) • It took me a month to GET USED TO driving on the left. • You'll GET USED TO it. (future — adjustment will happen)

4. The three at a glance — PAST habit that stopped → 'used to + INFINITIVE'. Present familiarity → 'BE used to + -ING'. Ongoing adjustment → 'GET used to + -ING'. Fast check: if you can replace it with 'previously did', it's 'used to'. If with 'familiar with', it's 'be used to'. If with 'am adjusting to', it's 'get used to'.

5. 'would' for repeated past actions (bonus) — For repeated PAST ACTIONS (not states), you can also use 'would': • Every summer we WOULD visit my grandparents. • He WOULD always leave his keys in the same drawer. ✗ Do NOT use 'would' for past STATES: ✗ 'I would live in Berlin.' → ✓ 'I used to live in Berlin.'

6. Common mistakes — ✗ I am used to get up early. → ✓ I am used to GETTING up early. ✗ I use to smoke, but I stopped. → ✓ I USED to smoke, but I stopped. ✗ Did you used to play piano? → ✓ Did you USE to play piano? ✗ I get used to the noise now, it's fine. → ✓ I'm USED to the noise now.

Exercise A — used to / be used to / get used to?

Complete each sentence with the correct form. Watch the tense and the -ing / infinitive.

1. When I was a kid, I (play) ____ football every day.

2. I've lived here for ten years — I (be) ____ the traffic now.

3. It took her a while, but she's slowly (get) ____ living alone.

4. He (not / like) ____ vegetables at all, but now he's a vegetarian.

5. You'll soon (get) ____ working the night shift, don't worry.

6. I (be) ____ speaking in public — I do it every week.

Exercise B — past habit or present familiarity?

Choose the more natural continuation.

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1. I've been vegetarian for years, so I ____ eating without meat.

2. As a teenager, I ____ hate mushrooms — now I love them.

3. The kids ____ having pizza every Friday when they were small.

4. She's only been in London a week — she's still ____ the tube system.

5. My grandma ____ tell me stories every night before bed.

6. It's my third job in tech, so I ____ working with tight deadlines.

Exercise C — spot & fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. I am used to get up at six.

2. Did you used to smoke?

3. I use to play the piano when I was ten.

4. She isn't use to drive on the right.

5. It's taking me time to used to the new software.

6. When I lived by the sea I would love the smell of salt every morning.

Exercise D — a life story

Complete the paragraph with ONE form from the box (or with the correct form of 'used to' / 'be used to' / 'get used to').

Word bank: used to be · am used to · would spend · didn't use to · am getting used to · used to hate · 'll get used to · am not used to · used to live · have got used to

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I (1) ____ a very shy child. I (2) ____ speaking in front of the class — my teachers thought I couldn't. My family (3) ____ in a small village where everyone knew everyone, and every summer we (4) ____ two months at my grandparents' farm by the river.

Life is completely different now. I live in Madrid, I speak on stage three times a month, and I (5) ____ crowds, noise and short deadlines. Some things still surprise me, though. I (6) ____ eating dinner at ten at night — it's been three years and I'm still adjusting. And I (7) ____ the summer heat — I never will, honestly.

But my brother, who just moved from Norway, keeps saying, 'Don't worry, you (8) ____ it.' He (9) ____ think the same about the cold winters back home. Now, he says, if he moved back, he wouldn't survive a week.

used to be

didn't use to

used to live

would spend

am used to

am getting used to

am not used to

'll get used to

used to hate

Listening: the 5 a.m. friend

Two friends catch up after one of them has started getting up at 5 a.m. Notice how they use 'used to', 'be used to' and 'get used to' constantly.

Before you listen

Are you a morning person or a night owl? Has that changed in your life?

Predict: which speaker will admit to being NEW to their routine?

First listen — gist

1. What has one of the speakers changed about their day?

2. How is the change going overall?

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3. What is the other speaker's honest reaction?

Second listen — detail

1. What did the early-riser 'use to' do at night?

2. How did the first two weeks feel?

3. What do they enjoy about the early morning now?

4. Why did they want to change?

5. What time do they now go to bed?

6. How do they feel about the new routine now?

A: So how's the new schedule going? Are you still getting up at five?

B: Yeah, believe it or not. I used to be a total night owl — I mean, I used to stay up until three watching series — but I'm slowly getting used to the early mornings.

A: That's mad. I could never. I'm used to sleeping until eight at least.

B: Same, honestly. The first two weeks were brutal. I wasn't used to hearing my alarm at five. But now I actually kind of like it. The city's quiet, nobody's emailing me, I get to read for an hour.

A: Did you always want to change?

B: Not really. But I used to feel awful by lunchtime, and I didn't use to have any time for myself. Something had to give.

A: And your evenings?

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B: I'm getting used to going to bed at nine-thirty. It sounds tragic, but honestly, I've never felt this good.

Speaking: 'The habit I'm most proud of / most ashamed of'

In pairs, describe ONE habit you're proud of and ONE you'd love to kick. You MUST use: (a) 2× 'used to' (past habit), (b) 1× 'be used to' (present familiarity), (c) 1× 'get used to' (still adjusting), (d) 2 verbs from today's routine vocab. Partner ■ each one.

1. **label:** The habit · **hint:** Name it in one sentence.

2. **label:** Where it came from · **hint:** 'I used to...' — the origin story.

3. **label:** How it feels now · **hint:** 'I'm used to...' — is it easy or automatic?

4. **label:** The adjustment · **hint:** 'I'm getting used to...' — what's still hard?

5. **label:** One tip for others · **hint:** 'If I were you, I'd...'

example: The habit I'm most proud of is a very short walk after every meal. I used to sit down straight after lunch and feel absolutely awful for an hour. Then I read something about digestion, and I started doing ten quiet minutes around the block. At first, I really didn't want to — I wasn't used to interrupting the day like that. But now I'm completely used to it; it feels weird if I miss it. The one I'm getting used to is putting my phone in another room at night. Some nights I still cave and grab it, but I'm slowly rewiring myself. If you were in my place, I'd honestly just start with three days and see how you feel.

challenge: ■ Extra ■ if you naturally slip in 'I never used to like... but now I love it.'

Writing mini-task — 'A day in my life, then and now' (100–120 words)

Contrast one typical day in your life FIVE YEARS AGO with one typical day NOW. You MUST use: at least 3 'used to' constructions, 1 'be used to', 1 'get used to', and 2 routine verbs from section 4. Underline every grammar target.

Wrap-up · The three ladders

Three prompts. Pick ONE and finish it aloud with the correct structure. The class votes on the most surprising answer.

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1. **label:** Ladder 1 — past · **prompt:** When I was younger, I used to...

2. **label:** Ladder 2 — present familiarity · **prompt:** These days, I'm completely used to...

3. **label:** Ladder 3 — still adjusting · **prompt:** One thing I'm still getting used to is...

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Workbook — home practice



Ask the teacher — notes to bring to class

Old habits - Workbook

Extra practice for home study · with answer keys

1. Vocabulary - routine verbs

Choose the phrasal verb or expression that fits best.

1. It's Saturday - I'm going to properly ____.
(A) laze in bed
(B) trek to work
(C) take a respite
(D) conk out
2. After a long day I just want to ____ on the sofa.
(A) rouse
(B) loaf about
(C) clock out
(D) down
3. I finally managed to ____ my sugar habit.
(A) curtail
(B) shake off
(C) attend to
(D) mellow
4. I'm trying to ____ my caffeine intake, not forgo it completely.
(A) curtail
(B) clock
(C) down
(D) haul
5. I don't miss the two-hour ____ at all.
(A) laze in bed
(B) trek
(C) respite
(D) shift
6. By eleven I've usually ____ out on the sofa.
(A) conked
(B) trekked
(C) decompressed
(D) downed

2. Vocabulary - daily-routine gap-fill

Complete each sentence with ONE expression from the box.

BOX: postpone · decompress · mellow out · attend to errands · down a coffee · yearn for

1. I always ____ the alarm at least twice before actually getting up.
2. On Sundays I ____ - post office, bank, supermarket, done.
3. After work, a warm shower and one podcast is how I ____.
4. I usually ____ chocolate around 3 p.m. - total autopilot.

5. Give me five minutes - I'm just going to ____ from the shop next door.
6. I need at least an hour to ____ before bed.

2b. Vocabulary - discursive writing

Write 120-180 words: 'Modern life has made it increasingly difficult to maintain healthy daily routines. Discuss the challenges of shaking off bad habits in an era of constant distraction.'

Checklist:

- [] Use target lexis from the routine and habit sections
- [] Use varied C1-level grammar (e.g. inversion, conditionals)
- [] Ensure logical cohesion and smooth transitions
- [] Maintain a formal or semi-formal academic register

[illegible]

3. Grammar - used to / be used to / get used to

Choose the correct form.

1. When I was ten, I ____ ballet on Saturdays.
(A) am used to doing
(B) used to do
(C) would being
2. It took me a month, but now I ____ working from home.
(A) got used to
(B) am used to
(C) used to
3. She's just moved to Norway - she's slowly ____ the dark winters.
(A) used to
(B) getting used to
(C) getting use to

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4. ____ you ____ smoke?
(A) Did / used to
(B) Did / use to
(C) Do / use to
5. I ____ speaking in public - I do it every week.
(A) used to
(B) am used to
(C) am getting use to
6. Every summer we ____ visit our grandparents by the sea.
(A) are used to
(B) would
(C) get used to

4. Grammar - put the verb in the correct form

Complete each sentence with the correct form of the verb in brackets.

1. I (not / like) ____ coffee, but now I love it.
2. It took her a while but she (get) ____ the noise in the flat.
3. Don't worry - you (get) ____ the new software in a week.
4. My grandad (tell) ____ us a story every single night.
5. I (be) ____ working with tight deadlines. I love the pressure.
6. Where you ____ (live) as a child?

5. Grammar - put the words in order

Rearrange the words to form a correct sentence.

1. used / to / a / I / lot / read / when / a / kid / I / was
2. getting / to / I'm / up / early / used
3. you'll / worry / to / it / get / don't / used
4. didn't / to / I / vegetables / use / like
5. traffic / used / she / to / isn't / the
6. am / I / driving / to / not / on / used / the / right

6. Grammar - spot & fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. I am used to get up at six.
2. Did you used to smoke?
3. I use to play the piano.
4. It's taking me time to used to the new city.
5. She isn't use to speak in public.
6. When I lived there I would love the food.

7. Reading - true / false / not given

Read the short text and mark each statement T, F or NG.

A 2009 study at University College London followed 96 people who each tried to build ONE simple new habit - drinking a glass of water in the morning, doing 50 sit-ups before dinner, taking a fifteen-minute walk after lunch. Every day, the participants recorded how automatic the new behaviour felt. On average, it took 66 days - not the popular '21 days' figure - for the action to feel truly automatic. But the range between individuals was huge: some got used to their new habit in as little as 18 days; for others it took 254. The lead researcher, Dr Phillippa Lally, said that missing the occasional day made no meaningful difference. What did matter was starting simple and repeating the action in the same context.

1. The study was carried out at Cambridge. [T / F / NG]
2. It followed fewer than 100 volunteers. [T / F / NG]
3. Everyone in the study was under 30. [T / F / NG]
4. The average time to form a habit was 21 days. [T / F / NG]
5. Some people got used to their new habit in about 18 days. [T / F / NG]
6. According to Dr Lally, missing a single day ruins the whole process. [T / F / NG]

8. Writing - guided task

Write 80-100 words: 'A day in my life five years ago vs. today.' Use at least 3 'used to', 1 'be used to', 1 'get used to' and 2 routine verbs from the unit.

Checklist:

- [] 80-100 words
- [] 3+ 'used to' constructions (past habits)
- [] 1 'be used to' (present familiarity)
- [] 1 'get used to' (still adjusting)
- [] 2 routine verbs from section 4

[illegible]

9. Listening - interview with a habits coach

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Listen to the interview (journalist + habits coach - clearly different voices). Answer the questions. Play twice if you need.

Audio: Interview · habits coach · ≈ 1:20

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

10. Dictation - key sentences

Listen again and complete each line with the missing words.

Audio: Habits coach - key sentences

1. The real average is closer to ____ days before something feels automatic.
2. 'Used to' looks _____. I used to smoke, meaning I _____.
3. 'Get used to' looks _____. I'm getting used to not smoking - the adjustment is still _____.
4. Start absurdly _____. Not a one-hour workout - two _____.
5. And repeat it at the _____ time every day. Same time is the _____.

11. ■ Challenge - sentence transformation

Rewrite the second sentence using 2-5 words including the KEYWORD.

1. 1. When I was a child, I played the violin. → I _____ the violin. (KEYWORD: USED)
2. 2. It's normal for me to sleep six hours. → I _____ six hours. (KEYWORD: USED)
3. 3. It's slowly becoming normal for me to speak German. → I _____ German. (KEYWORD: USED)
4. 4. I don't like coffee now, but as a teenager I did. → I _____ coffee. (KEYWORD: USED)
5. 5. Living in a big city is new for her. → She _____ in a big city. (KEYWORD: USED)
6. 6. He no longer smokes. → He _____ but he stopped. (KEYWORD: USED)

12. ■ Challenge - /s/, /z/ or /■z/?

Which ending sound does each verb take?

1. wakes
(A) /s/
(B) /z/
(C) /■z/
2. runs
(A) /s/
(B) /z/
(C) /■z/
3. watches
(A) /s/
(B) /z/

(C) /■z/

4. reads

(A) /s/

(B) /z/

(C) /■z/

5. stops

(A) /s/

(B) /z/

(C) /■z/

6. washes

(A) /s/

(B) /z/

(C) /■z/

7. believes

(A) /s/

(B) /z/

(C) /■z/

8. laughs

(A) /s/

(B) /z/

(C) /■z/

13. ■ Challenge - odd one out

Three items share a category. Pick the ODD ONE OUT.

1. 1. 'used to' contexts:

(A) a childhood habit that stopped

(B) a past state that no longer exists

(C) adjusting to a new job right now

(D) a routine you had for years and then dropped

2. 2. Winding-down vocabulary:

(A) unwind

(B) wind down

(C) veg out

(D) clock off

3. 3. Third-person /z/ endings:

(A) reads

(B) runs

(C) loves

(D) stops

4. 4. Habit-change verbs:

(A) kick

(B) crave

(C) cut down on

(D) cut out

14. ■ Challenge - extended writing

Write a 130-160 word 'letter to a friend who's moving abroad next month.' Give real advice about what they'll get used to (and what they never will). Use AT LEAST 4 'get used to', 2 'be used to', 2 'used to' and 3 routine verbs.

Checklist:

- [] 130-160 words
- [] 4+ 'get used to' (adjustment)
- [] 2 'be used to' (present familiarity)
- [] 2 'used to' (past habit)
- [] 3+ routine verbs from section 4

[illegible]

15. Self-check

Tick what you can now do confidently.

- [] I use 'used to + INFINITIVE' for past habits and states that stopped.
- [] I use 'be used to + -ING / noun' for what already feels normal.
- [] I use 'get used to + -ING / noun' for adjustment in progress.
- [] I form questions and negatives with 'did / didn't + use to' (no -d).
- [] I know when 'would' can and can't replace 'used to'.
- [] I pronounce third-person -s as /s/, /z/ or /■z/ correctly.
- [] I can describe my daily routine with B2 phrasal verbs (wind down, veg out, kick a habit...).

Old habits — Workbook

Extra practice for home study · with answer keys

1. Vocabulary — routine verbs

Choose the phrasal verb or expression that fits best.

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(B) trek to work
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(B) loaf about
(C) clock out
(D) down
3. I finally managed to ____ my sugar habit.
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(B) shake off
(C) attend to
(D) mellow
4. I'm trying to ____ my caffeine intake, not forgo it completely.
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(D) haul
5. I don't miss the two-hour ____ at all.
(A) laze in bed
(B) trek
(C) respite
(D) shift
6. By eleven I've usually ____ out on the sofa.
(A) conked
(B) trekked
(C) decompressed
(D) downed

2. Vocabulary — daily-routine gap-fill

Complete each sentence with ONE expression from the box.

BOX: postpone · decompress · mellow out · attend to errands · down a coffee · yearn for

1. I always ____ the alarm at least twice before actually getting up.
2. On Sundays I ____ — post office, bank, supermarket, done.
3. After work, a warm shower and one podcast is how I ____.
4. I usually ____ chocolate around 3 p.m. — total autopilot.

5. Give me five minutes — I'm just going to ____ from the shop next door.
6. I need at least an hour to ____ before bed.

2b. Vocabulary — discursive writing

Write 120–180 words: 'Modern life has made it increasingly difficult to maintain healthy daily routines. Discuss the challenges of shaking off bad habits in an era of constant distraction.'

Checklist:

- Use target lexis from the routine and habit sections
- Use varied C1-level grammar (e.g. inversion, conditionals)
- Ensure logical cohesion and smooth transitions
- Maintain a formal or semi-formal academic register

[illegible]

3. Grammar — used to / be used to / get used to

Choose the correct form.

1. When I was ten, I ____ ballet on Saturdays.
(A) am used to doing
(B) used to do
(C) would being
2. It took me a month, but now I ____ working from home.
(A) got used to
(B) am used to
(C) used to
3. She's just moved to Norway — she's slowly ____ the dark winters.
(A) used to
(B) getting used to
(C) getting use to

Ask the teacher — notes to bring to class

4. ____ you ____ smoke?
(A) Did / used to
(B) Did / use to
(C) Do / use to
5. I ____ speaking in public — I do it every week.
(A) used to
(B) am used to
(C) am getting use to
6. Every summer we ____ visit our grandparents by the sea.
(A) are used to
(B) would
(C) get used to

4. Grammar — put the verb in the correct form

Complete each sentence with the correct form of the verb in brackets.

1. I (not / like) ____ coffee, but now I love it.
2. It took her a while but she (get) ____ the noise in the flat.
3. Don't worry — you (get) ____ the new software in a week.
4. My grandad (tell) ____ us a story every single night.
5. I (be) ____ working with tight deadlines. I love the pressure.
6. Where you ____ (live) as a child?

5. Grammar — put the words in order

Rearrange the words to form a correct sentence.

1. used / to / a / I / lot / read / when / a / kid / I / was
2. getting / to / I'm / up / early / used
3. you'll / worry / to / it / get / don't / used
4. didn't / to / I / vegetables / use / like
5. traffic / used / she / to / isn't / the
6. am / I / driving / to / not / on / used / the / right

6. Grammar — spot & fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. I am used to get up at six.
2. Did you used to smoke?
3. I use to play the piano.
4. It's taking me time to used to the new city.
5. She isn't use to speak in public.
6. When I lived there I would love the food.

7. Reading — true / false / not given

Read the short text and mark each statement T, F or NG.

A 2009 study at University College London followed 96 people who each tried to build ONE simple new habit — drinking a glass of water in the morning, doing 50 sit-ups before dinner, taking a fifteen-minute walk after lunch. Every day, the participants recorded how automatic the new behaviour felt. On average, it took 66 days — not the popular '21 days' figure — for the action to feel truly automatic. But the range between individuals was huge: some got used to their new habit in as little as 18 days; for others it took 254. The lead researcher, Dr Phillippa Lally, said that missing the occasional day made no meaningful difference. What did matter was starting simple and repeating the action in the same context.

1. The study was carried out at Cambridge. [T / F / NG]
2. It followed fewer than 100 volunteers. [T / F / NG]
3. Everyone in the study was under 30. [T / F / NG]
4. The average time to form a habit was 21 days. [T / F / NG]
5. Some people got used to their new habit in about 18 days. [T / F / NG]
6. According to Dr Lally, missing a single day ruins the whole process. [T / F / NG]

8. Writing — guided task

Write 80–100 words: 'A day in my life five years ago vs. today.' Use at least 3 'used to', 1 'be used to', 1 'get used to' and 2 routine verbs from the unit.

Checklist:

- 80–100 words
- 3+ 'used to' constructions (past habits)
- 1 'be used to' (present familiarity)
- 1 'get used to' (still adjusting)
- 2 routine verbs from section 4

[illegible]

9. Listening — interview with a habits coach

Ask the teacher — notes to bring to class

Listen to the interview (journalist + habits coach — clearly different voices). Answer the questions. Play twice if you need.

■ **Audio:** Interview · habits coach · ≈ 1:20

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

10. Dictation — key sentences

Listen again and complete each line with the missing words.

■ **Audio:** Habits coach — key sentences

1. The real average is closer to ____ days before something feels automatic.
2. 'Used to' looks _____. I used to smoke, meaning I _____.
3. 'Get used to' looks _____. I'm getting used to not smoking — the adjustment is still _____.
4. Start absurdly _____. Not a one-hour workout — two _____.
5. And repeat it at the _____ time every day. Same time is the _____.

11. ■ Challenge — sentence transformation

Rewrite the second sentence using 2–5 words including the KEYWORD.

1. 1. When I was a child, I played the violin. → I _____ the violin. (KEYWORD: USED)
2. 2. It's normal for me to sleep six hours. → I _____ six hours. (KEYWORD: USED)
3. 3. It's slowly becoming normal for me to speak German. → I _____ German. (KEYWORD: USED)
4. 4. I don't like coffee now, but as a teenager I did. → I _____ coffee. (KEYWORD: USED)
5. 5. Living in a big city is new for her. → She _____ in a big city. (KEYWORD: USED)
6. 6. He no longer smokes. → He _____ but he stopped. (KEYWORD: USED)

12. ■ Challenge — /s/, /z/ or /■z/?

Which ending sound does each verb take?

1. wakes
(A) /s/
(B) /z/
(C) /■z/
2. runs
(A) /s/
(B) /z/
(C) /■z/
3. watches
(A) /s/
(B) /z/

(C) /■z/

4. reads

(A) /s/

(B) /z/

(C) /■z/

5. stops

(A) /s/

(B) /z/

(C) /■z/

6. washes

(A) /s/

(B) /z/

(C) /■z/

7. believes

(A) /s/

(B) /z/

(C) /■z/

8. laughs

(A) /s/

(B) /z/

(C) /■z/

13. ■ Challenge — odd one out

Three items share a category. Pick the ODD ONE OUT.

1. 1. 'used to' contexts:

(A) a childhood habit that stopped

(B) a past state that no longer exists

(C) adjusting to a new job right now

(D) a routine you had for years and then dropped

2. 2. Winding-down vocabulary:

(A) unwind

(B) wind down

(C) veg out

(D) clock off

3. 3. Third-person /z/ endings:

(A) reads

(B) runs

(C) loves

(D) stops

4. 4. Habit-change verbs:

(A) kick

(B) crave

(C) cut down on

(D) cut out



Answer key — Class Book

Reading: the neuroscience of a habit

1. (B) A large area of the cortex became very QUIET.
2. (B) The basal ganglia.
3. (A) Good: we save mental energy on routines. Frightening: we also automate things we never chose.
4. (B) Overwrite the middle action while keeping the same trigger, time and reward.
5. (B) They ran it instantly and perfectly.

Vocabulary: routines and habits

1. laze in bed
 2. shake off
 3. conked
 4. curtail
 5. yearn for
 6. haul
 7. mellow out
 8. clock
1. I always yearn for chocolate at three in the afternoon.
 2. She finally succumbed to the temptation and ordered dessert.
 3. We've decided to curtail our screen time before bed.
 4. He's determined to forgo sugar entirely this year.
 5. Once I start a project, I immerse myself in it.

Grammar: used to · be used to · get used to

1. used to play
 2. am used to
 3. getting used to
 4. didn't use to like
 5. get used to
 6. am used to
1. am used to (present familiarity)
 2. used to (past habit / state)
 3. used to have (past habit)
 4. getting used to (adjustment)
 5. used to / would tell (past habit — action, so both OK)
 6. am used to (present familiarity)
1. I am used to GETTING up at six.
 2. Did you USE to smoke?
 3. I USED to play the piano when I was ten.
 4. She isn't USED to driving on the right.
 5. It's taking me time to GET USED to the new software.
 6. When I lived by the sea I USED to love the smell of salt every morning. ('would' can't be used with state verbs like 'love')

Listening: the 5 a.m. friend

1. They now get up at 5 a.m., having previously been a night owl.
 2. It was very hard for the first two weeks, but they're now enjoying it.
 3. That it's mad — they themselves are used to sleeping until at least 8.
1. Stay up until 3 a.m. watching series.
 2. Brutal — they weren't used to hearing an alarm at 5.
 3. The city is quiet, no emails, and they get an hour to read.
 4. They used to feel awful by lunchtime and didn't use to have any time for themselves.
 5. 9:30 p.m.
 6. They've never felt this good.

Ask the teacher — notes to bring to class



Answer key — Workbook

Ask the teacher — notes to bring to class

Old habits - Workbook — Answer Key

1. Vocabulary - routine verbs

1. **(A)** *laze in bed*
2. **(B)** *loaf about*
3. **(B)** *shake off*
4. **(A)** *curtail*
5. **(B)** *trek*
6. **(A)** *conked*

2. Vocabulary - daily-routine gap-fill

1. **postpone**
2. **attend to errands**
3. **decompress**
4. **yearn for**
5. **down a coffee**
6. **mellow out**

2b. Vocabulary - discursive writing

Sample answer

In today's fast-paced world, many of us yearn for a simpler routine, yet we find ourselves trapped by digital distractions. We often postpone our sleep, only to conk out exhausted after hours of mindless scrolling. To truly decompress, one must consciously curtail their screen time and attend to their physical well-being. While it is tempting to loaf about on weekends, taking a purposeful respite-perhaps a long trek in nature-can help rouse the spirit and mellow out the mind. Shaking off a deeply ingrained habit, such as downing a coffee the moment we wake, requires more than just willpower; it necessitates a complete shift in how we attend to our daily errands. Ultimately, while we may occasionally laze in bed, the key to a sustainable lifestyle is finding a balance that allows us to decompress without falling back into the autopilot of our old, less healthy ways.

3. Grammar - used to / be used to / get used to

1. **(B)** *used to do*
2. **(B)** *am used to*
3. **(B)** *getting used to*
4. **(B)** *Did / use to*
5. **(B)** *am used to*
6. **(B)** *would*

4. Grammar - put the verb in the correct form

1. *didn't use to like*
2. *got used to*
3. *'ll get used to / will get used to*
4. *used to tell / would tell*
5. *am used to*
6. *did you use to live*

5. Grammar - put the words in order

1. *I used to read a lot when I was a kid.*
2. *I'm used to getting up early.*
3. *Don't worry, you'll get used to it.*
4. *I didn't use to like vegetables.*
5. *She isn't used to the traffic.*
6. *I am not used to driving on the right.*

6. Grammar - spot & fix the mistake

1. *I am used to GETTING up at six.*
2. *Did you USE to smoke?*
3. *I USED to play the piano.*
4. *It's taking me time to GET USED to the new city.*
5. *She isn't USED to speaking in public.*
6. *When I lived there I USED to love the food. (state verbs → 'used to', not 'would')*

7. Reading - true / false / not given

1. **F**
2. **T**
3. **NG**
4. **F**
5. **T**
6. **F**

8. Writing - guided task

Sample answer

Five years ago, a typical day for me looked completely different. I used to wake up at nine, drag myself out of bed, grab a coffee and log straight into work. I didn't use to exercise at all - I actually used to hate the idea of running. These days, I'm up at six-thirty. I'm used to going for a slow half-hour walk before breakfast, and honestly, my mornings feel calmer. The one thing I'm still getting used to is going to bed before eleven. It sounds so small, but for a lifelong night owl, it's the hardest habit change of all.

9. Listening - interview with a habits coach

1. *That it takes 21 days - the real average is closer to 66.*
2. *That's completely normal - not a sign of failure.*
3. *'Used to' looks BACKWARDS (a past habit that stopped); 'get used to' looks FORWARDS (the adjustment is still happening).*
4. *Absurdly small - 2 press-ups, 3 breaths - never a full workout on day one.*
5. *Repeat it at the same time every day.*
6. *'Go and do your two press-ups.'*

10. Dictation - key sentences

1. *sixty-six*
2. *backwards / stopped*
3. *forwards / happening*
4. *small / press-ups*
5. *same / secret*

11. ■ Challenge - sentence transformation

1. *used to play*
2. *am used to sleeping*
3. *am getting used to speaking*
4. *used to like*
5. *isn't used to living / is getting used to living*
6. *used to smoke*

12. ■ Challenge - /s/, /z/ or /z/?

1. **(A)** /s/
2. **(B)** /z/
3. **(C)** /z/
4. **(B)** /z/
5. **(A)** /s/
6. **(C)** /z/
7. **(B)** /z/
8. **(A)** /s/

13. ■ Challenge - odd one out

1. **(C)** *adjusting to a new job right now*
2. **(D)** *clock off*
3. **(D)** *stops*
4. **(B)** *crave*

14. ■ Challenge - extended writing

Sample answer

Hey Léa, congrats on the move! I know you're anxious - I was too. So here's what I wish someone had told me. In your first month, you WILL feel exhausted. That's fine. You're not used to speaking German all day, and your brain will crash out on the sofa every evening. Don't panic. You'll get used to it faster than you think. You'll get used to shops closing at eight, to the strict recycling rules, and to people being direct - really direct. You might even get used to swimming outdoors in October. What I still haven't got used to, honestly, is the silence on Sundays. I used to spend Sunday afternoons running errands, and now the whole city just... stops. But I'm used to it now. Kind of. Bring warm socks. Call me when you land.

15. Self-check

Self-assessment — no fixed answers.

Old habits — Workbook — Answer Key

1. Vocabulary — routine verbs

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2. **(B)** *loaf about*
3. **(B)** *shake off*
4. **(A)** *curtail*
5. **(B)** *trek*
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4. **(B)** *Did / use to*
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4. **F**
5. **T**
6. **F**

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Sample answer

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6. *used to smoke*

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2. **(B)** /z/
3. **(C)** /z/
4. **(B)** /z/
5. **(A)** /s/
6. **(C)** /z/
7. **(B)** /z/
8. **(A)** /s/

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Sample answer

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