

**Intermediate 1**  
**Unit 8 Dialog**  
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## **Slow Down... Fast!**

*Brian has been having frequent headaches, and feeling generally run-down. At the office, Ken notices that Brian doesn't look well.*

**frequent** = recurrent, very common

**generally** = usually

**run-down** = very tired; exhausted; drained

**notice** = find out; realize

**Point:**

Ken is Brian's co-worker.

**Ellipsis:**

Brian has been having frequent headaches, and (he has been) feeling generally run-down.

**ellipsis** = a situation in which words are left out of a sentence but the sentence can still be understood

**Ken:** Say, Brian, you look terrible. Something wrong?

**Brian:** I'm not sure. I always feel sort of run-down, and headaches keep coming.

**look** = seem

**terrible** = awful

**Something wrong?** = Is something wrong? = Is there a problem?

**sort of** = kind of = in some way or to some degree

**keep** = continue

**Ken:** That doesn't sound too good. Are you taking any medication for it?

**Brian:** Just aspirin. But it doesn't seem to help.

**sound** = seem

**medication** = drug, medicine

**aspirin** = a type of pain-killer

**Ken:** What did the doctor say the problem is?

**Brian:** Well, he believes if I don't slow down, I'll be in real trouble.

**slow down** = to be less active and relax more

➤ *The doctor has told him to slow down or he'll have a heart attack.*

**I'll be in real trouble.** = I'll have a serious problem.

**Ken:** You mean he was referring to stress – all the tension from work?

**Brian:** Yeah. But the more I try not be nervous, the more nervous I feel.

**refer to** = mention; call attention to

**tension** = mental or emotional strain = stress; pressure; anxiety

**Point:**

His stress is uncontrollable.

**Full Text:**

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**Ken:** Say, Brian, you look terrible. Something wrong?

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**Ken:** That doesn't sound too good. Are you taking any medication for it?

**Brian:** Just aspirin. But it doesn't seem to help.

**Ken:** What did the doctor say the problem is?

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**Ken:** You mean he was referring to stress – all the tension from work?

**Brian:** Yeah. But the more I try not be nervous, the more nervous I feel.

**Sample Summary:**

Brian has been experiencing frequent headaches and feeling generally run-down. Ken notices that Brian doesn't look well and asks if something is wrong. Brian explains that he always feels run-down and has headaches. Ken asks him about medication, and Brian mentions he takes aspirin, but it doesn't seem to help. Brian shares that the doctor believes if he doesn't slow down, he'll be in real trouble. Ken wants to know if the doctor was referring to stress and the tension from work. Brian confirms, but he says that trying not to be nervous makes him feel even more nervous. It seems Brian's situation is quite challenging. Stress and tension can be harmful for his well-being and his health. Taking aspirin is not enough. Perhaps relaxation techniques or stress management can be beneficial for him. He should remember that self-care is necessary!

**Source:**

[Intermediate 1 \(anglophone.ir\)](http://anglophone.ir)