

**Pre-Intermediate 3**  
**Dialog, Unit 1**  
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## Can't Help Blowing up!

help = stop, resist

→ I can't help laughing. = I can't control my laughter.

→ I can't laugh. = I am not able to laugh.

blow up = get angry

Can't help blowing up! = I can't control my anger.

Howard has not been in a good mood recently.

mood = how you feel

recently = lately

**Jack:** Maybe it's none of my business, but you haven't been yourself lately.

maybe = perhaps

It's none of my business = It's no concern of mine. = It doesn't concern me.

**Howard:** What do you mean?

**Jack:** I mean, you've been losing your temper over nothing.

What do you mean? = What do you want to say? = What do you have on your mind?

lose one's temper ≠ keep one's temper

lose one's temper = get angry, blow up

You've been losing your temper over nothing. = You have been getting angry about unimportant things.

**Howard:** I don't know what came over me. I've been getting into arguments with kids, too.

**Jack:** Have you been doing anything besides working?

come over sb = happen to sb

argument = quarrel, dispute

kids = children

besides = in addition to, as well as, on top of

**Howard:** Not really. I don't get much sleep, either.

**Jack:** Well, you'd better not push yourself too hard, or you'll get sick.

**Howard:** I guess you're right.

### Point:

In positive sentences, we use "too", but we use "either" in negative sentences.

Example:

**Don't Say:** I wasn't absent, too.

**Say:** I wasn't absent, either.

you'd better not = you had better not = you shouldn't

- had better do sth = should do sth
- had better not do sth = shouldn't do sth

push yourself too hard = put too much pressure on yourself

### recommend somebody (not) to do something

Jack recommends Howard not to push himself too hard.

### Present Perfect Progressive:

Subject + has(n't)/have(n't) + been + Verb+ing + ...

Examples:

You've been losing your temper over nothing.

I've been getting into arguments with kids, too.

Have you been doing anything besides working?

**Full Text:**

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**Jack:** I mean, you've been losing your temper over nothing.

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**Howard:** Not really. I don't get much sleep, either.

**Jack:** Well, you'd better not push yourself too hard, or you'll get sick.

**Howard:** I guess you're right.

**Sample Summary:**

Jack has noticed a change in Howard's behavior, observing that he's been irritable and quick to anger. Howard admits to being unusually argumentative and acknowledges his lack of sleep and leisure activities. Jack warns Howard about the health risks of overworking and insufficient rest, and Howard concedes that Jack may have a point.

**Sample Summary:**

Jack noticed Howard is grumpy and gets angry easily. Howard said he's been arguing a lot and not sleeping well. Jack told him to take care because working too much and not resting can make him sick. Howard agreed with Jack.

Source:

[Pre-Intermediate 3 \(anglophone.ir\)](http://Pre-Intermediate 3 (anglophone.ir))