

VI34 TOLERANCE AND FRUSTRATION

BEGINNER



Activity 1 Pronunciation guide

Activity 2 make sentences

bang **his** head against the wall

bash **her** head against the wall

hit **its** head against the wall

knock **their** head against the wall

beat **my** head against the wall

TOLERANCE AND FRUSTRATION

Beat one's head against the wall-to be completely frustrated in one's effort, feeling of regret

bang/bash/beat/hit/knock one's head against a brick wall

INTERMEDIATE

TOLERANCE AND FRUSTRATION



Put up with-----to tolerate/accept unwillingly

Be fed up with-----to be unable to accept any longer

Put an end to -----to abolish, to eliminate

The last straw/string-----final action by others which cannot be ignored

To draw the line at-----to establish a certain limit at

At the end of one's rope-----Feeling frustrated and not knowing what to do.

Pull one's hair out over-----To remain upset about frustrating situation

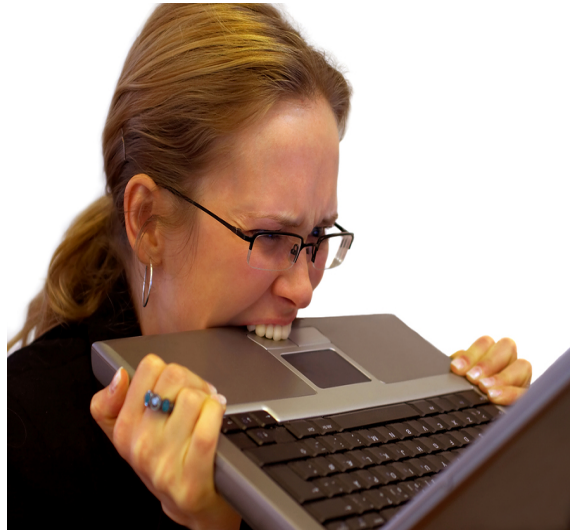
Beat one's head against the wall-to be completely frustrated in one's effort, feeling of regret

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ADVANCED

TOLERANCE AND FRUSTRATION



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At the end of one's rope-----Feeling frustrated and not knowing what to do.

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Beat one's head against the wall-to be completely frustrated in one's effort, feeling of regret

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Activity 2 let's talk Let me know

.... the things that motivates/frustrates you.

.... if you're happy and satisfied with your life now