FRUSTRATION

UGH

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English for everyday use!

Fill in the blanks listening practice

Andrew:

Today I wanna talk about frustration and the reason why I wanna talk about frustration is because in the last hour or so I've been really frustrated. I have been using _____ to try and design some _____ for the Culips website and this is not a _____ _____ of mine. This is not something that I'm good at. So, I don't really know how to use Photoshop that well.

I know the basics but… I know what I wanna do, I don't know how to do it. So I know the _____ is available but I don't know where in the program that function is and I'm continually having to search on YouTube, search on _____ on the internet just to try and make some graphics for the website.

So, I had to take a break. I'm here recording now because I wanted to do something that I'm good at. You know, running a _____ and running a website, you have to _____ _____ _____, you have to be responsible for many different tasks. And some of these I think I'm good at, and some of them, I'm not so good at and designing graphics is one of those.

So, usually when I feel frustrated taking a break is the best thing to do. Particularly I like to go outside and go for a jog when I feel really frustrated. I think this is the best way to relieve my stress, take my _____ _____ my frustration, and then I can come back later, with a fresh attitude, and a fresh _____ and hopefully get rid of all of that _____ that I had earlier. But, today it's raining so I thought I would just share this story about my frustration with you and I think I'll leave it at that for today.

Talk to you next time. Bye.

Transcript

Andrew:

Today I wanna talk about frustration and the reason why I wanna talk about frustration is because in the last hour or so I've been really frustrated. I have been using Photoshop to try and design some graphics for the Culips website and this is not a strong suit of mine. This is not something that I'm good at. So, I don't really know how to use Photoshop that well.

I know the basics but… I know what I wanna do, I don't know how to do it. So I know the function is available but I don't know where in the program that function is and I'm continually having to search on YouTube, search on tutorials on the internet just to try and make some graphics for the website.

So, I had to take a break. I'm here recording now because I wanted to do something that I'm good at. You know, running a podcast and running a website, you have to wear many hats, you have to be responsible for many different tasks. And some of these I think I'm good at, and some of them, I'm not so good at and designing graphics is one of those.

So, usually when I feel frustrated taking a break is the best thing to do. Particularly I like to go outside and go for a jog when I feel really frustrated. I think this is the best way to relieve my stress, take my mind off my frustration, and then I can come back later, with a fresh attitude, and a fresh perspective and hopefully get rid of all of that frustration that I had earlier. But, today it's raining so I thought I would just share this story about my frustration with you and I think I'll leave it at that for today.

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Key Expressions

1. **Strong suit:** "I have been using Photoshop to try and design some graphics for the Culips website and this is not a strong suit of mine."

   Similar examples:

   a. Public speaking is my strong suit.

   b. One of his strong suits is to connect with people immediately.

   c. Charisma was never one of your strong suits, was it?

2. **To wear many hats:** "You know, running a podcast and running a website, you have to wear many hats, you have to be responsible for many different tasks."

   Similar examples:

   a. My mom wore many hats. She cooked, cleaned, ran the house, and had a full time job on top of that!

   b. We're looking for a new employee that can wear many hats and knows how to multitask.

   c. In order to be a successful small business owner, you need to wear many hats.