

**YEREVAN STATE UNIVERSITY**

**A. GRIGORIAN**

**“THOUGHTS – THE SHADOWS  
OF OUR FEELINGS”**

Yerevan  
YSU Press  
2015

*Երաշխավորված է Երևանի պետական համալսարանի  
ռոմանագերմանական բանասիրության  
ֆակուլտետի գիտական խորհրդի կողմից*

**Գրախոսներ՝**

ԵՊՀ փիլիսոփայության և հոգեբանության ֆակուլտետի անձի  
հոգեբանության ամբիոնի դոցենտ, հոգեբ. գիտ. թեկնածու  
Ե. Ջաքարյան,

ԵՊՀ ռոմանագերմանական բանասիրության ֆակուլտետի  
անգլերեն լեզվի թիվ 1 ամբիոնի դոցենտ Լ. Գրիգորյան  
Երևանի Վալերի Բրյուսովի անվան պետական լեզվաբանական  
համալսարանի բ.գ.թ., դոցենտ Ս. Ջաքարյան

**A. Grigorian**

“Thoughts – the shadows of our feelings”/ A. Grigorian. Yerevan, YSU  
Press, 2015, 352 p.

Դասագիրքը բաղկացած է 21 տեքստերից, բառարանից և բազմաբնույթ  
վարժություններից, որոնք կնպաստեն ուսանողների մասնագիտական խոսքի գրավոր  
և բանավոր ունակությունների զարգացմանը:

Դասագիրքը նախատեսված է Փիլիսոփայության և հոգեբանության ֆակուլտետի  
բակալավրիատի II կուրսի և մագիստրոսների համար: Տեքստերում շոշափվում են  
փիլիսոփայության և հոգեբանության ակտուալ հարցեր:

Հեղինակը խորին շնորհակալություն է հայտնում գրախոսներին՝ օգտակար  
խորհուրդների համար:

ISBN 978-5-8084-2036-6

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## **UNIT 1**

### **BEAUTY**

Beauty is an assemblage of perfections through which an object is rendered pleasing to the eye; those qualities in the aggregate that give pleasure to the aesthetic sense, qualities that delight the eye, the ear or the mind, loveliness, elegance, grace, a particular grace or ornament; that which is beautiful, a part which surpasses in beauty that with which it is united; a beautiful person, especially a beautiful woman.

Beauty is a characteristic of a person, animal, place, object, or idea that provides a perceptual experience of pleasure, meaning or satisfaction. Beauty is studied as part of aesthetics, sociology, social psychology, and culture. As a cultural creation, beauty has been extremely attributed to beauty in a particular culture.

There is evidence that a preference for beautiful faces emerges early in child development, and that the standards of attractiveness are similar across different genders and cultures. Symmetry is also important because it suggests the absence of genetic or acquired defects. Although style and fashion vary widely, cross-cultural research has found a variety of commonalities in people's perception of beauty.

Beauty ideals may contribute to racial oppression. For example, a prevailing idea in American culture has been that black features are less attractive or desirable than white features. The idea that blackness was ugly was highly damaging to the psyche of African Americans, manifesting itself as racism. Conversely, beauty ideals may also promote racial unity. Mixed race children are often perceived to be more attractive than their parents because their genetic diversity protects them from the inherited errors of their individual parents.

The characterization of a person as “beautiful” is often based on some combination of inner beauty, which includes psychological factors such as

personality, intelligence, grace, congeniality, charm, integrity, congruity and elegance, and outer beauty. A common way to measure outer beauty is to stage pageant, such as Miss Universe.

A strong indicator of physical beauty is “averageness”. When images of human faces are averaged together to form a composite image, they become progressively closer to the “ideal” image and are perceived as more attractive. This was first noticed in 1883, when Francis Galton, cousin of Charles Darwin, overlaid photographic composite images of the faces of vegetarians and criminals to see if there was a typical facial appearance for each. When doing this, he noticed that the composite images were more attractive compared to any of the individual images. Researchers have replicated the result under more controlled conditions and found that the computer generated, mathematical average of a series of faces is rated more favourably than individual faces. Evolutionarily it makes logical sense that sexual creatures should be attractive to mates who possess predominantly common or average features.

Inner beauty is a concept used to describe the positive aspects of something that is not physically observable. While most species use physical traits and pheromones to attract males, some humans claim to rely on the inner beauty of their choices. Qualities including kindness, sensitivity, tenderness or compassion, creativity and intelligence have been said to be desirable since antiquity.

Researchers have found that attractive patients receive more personalized care from doctors. Studies have even shown that handsome criminals receive lighter sentences than less attractive convicts. How much money a person earns may also be influenced by physical beauty. One study found that people low in physical attractiveness earn 5 to 10 percent less than ordinary looking people, who in turn earn 3 to 8 percent less than those who are considered good looking. Discrimination against others based on their appearance is known as lookism.

The opposite of beauty is ugliness. It is a property of a person or thing that is unpleasant to look upon and results in a highly unfavourable evaluation. To

be ugly is to be aesthetically unattractive, repulsive, or offensive. Like its opposite beauty, ugliness involves a subjective judgement and is at least partly in the “eye of beholder”. Although ugliness is normally viewed as a visible characteristic, it can also be an internal attribute. For example, an individual could be outwardly attractive but inwardly thoughtless and cruel. It is also possible to be in an “ugly mood”, which is a temporary, internal state of unpleasantness.

### WORDS AND WORD COMBINATIONS

<b>assemblage</b>	[q'sembliG]	ն. հավաքածու, կուտակում, ամբողջություն
<b>aggregate</b>	[ 'xgrigit]	ն. 1. ամբողջություն; 2. ագրեգատ
<b>delight</b>	[di'lait]	վ. հիանալ, հիացնել
<b>elegance</b>	[ 'eligqns]	ն. նրբագեղություն, պճնագեղություն
<b>grace</b>	[greis]	ն. գրավչություն, նագեղություն, նրբագեղություն
<b>ornament</b>	[ '0:nqmqnt]	ն. զարդարանք, զարդ
<b>surpass</b>	[sq: 'pa:s]	վ. գերազանցել
<b>perceptual</b>	[pq'septjuql]	ա. ճանաչողական, իմացական
<b>preference</b>	[ 'prefrqns]	ն. նախապատվություն, գերադասություն
<b>emerge</b>	[i' mq:G]	վ. երևան գալ, հայտնվել
<b>gender</b>	[ 'Gendq]	ն. սեռ
<i>cross-cultural research</i>		<i>միջմշակութային հետազոտություն</i>
<i>variety of commonalities</i>		<i>ընդհանրությունների բազմազանություն, մի շարք ընդհանրություններ</i>
<i>contribute to racial oppression</i>		<i>նպաստել ռասայական ճնշմանը</i>

<b>prevailing</b>	[pri'veiliN]	a. տարածված, (գեր)իշխող, գերակշռող
<b>features</b>	['fi:Cqz]	n. <i>pl.</i> <i>դիմագծեր</i>
<b>psyche</b>	['saiki]	n. հոգի
<b>manifest</b>	['mɛnɪfest]	v. 1. դրսևորվել; 2. ակնհայտ դառնալ
<b>conversely</b>	[kɒn'vɜ:sli]	adv. ընդհակառակը
<b>perceive</b>	[pɜ:'si:v]	v. 1. գգալ, գգալով իմանալ; 2. գիտակցել, հասկանալ, ըմբռնել
<b>diversity</b>	[dai'vɜ:siti]	n. բազմազանություն, զանազանություն
<b>inherit</b>	[in'herit]	v. ժառանգել
<b>congeniality</b>	[kɒn'Gi:ni'ɔ:liti]	n. ազգակցություն, ընդհանրություն
<b>integrity</b>	[in'tegriti]	n. 1. ազնվություն; 2. մաքրություն
<b>congruity</b>	[kɒN'gruiti]	n. ներդաշնակություն, համապատասխանություն
<b>to stage pageant</b>		<i>մրցույթ կազմակերպել</i>
<b>averageness</b>	['xvɜ:riGnis]	n. միջակություն
<b>vegetarian</b>	['veGi'tfɜ:riqn]	n. բուսակեր
<b>replicate</b>	['replikeit]	v. կրկնել
<b>favourably</b>	['feivɜ:qbli]	adv. բարենպաստ ձևով
<b>evolutionarily</b>	['i:vɜ:'lu:Snɜ:rili]	adv. էվոլյուցիոն ձևով
<b>mate</b>	[meit]	n. ընկեր(ակից), գույգ
<b>predominantly</b>	[pri'dɒminɒntli]	adv. գերազանցապես
<b>observable</b>	[ɒb'zɜ:vɒbl]	a. 1. նկատելի; 2. ուշագրավ
<b>trait</b>	[trei]=[treit]	n. դիմագիծ
<b>pheromone</b>	['ferqmoun]	n. ֆերոմոն ( <i>կենդանիների արձակած քիմիական նյութ, որն ազդում է նույնատիպ այլ կենդանիների վարքի վրա, օրինակ՝ հսկառակ սեռին գրավելու համար</i> )

*some humans claim to rely on*

*որոշ մարդիկ հաստատում են,  
որ ապավինում են*

**sensitivity** ["sensi' tiviti]

n. զգայունություն,  
դյուրագգացություն,  
զգացողություն

**tenderness** ['tendqnis]

n. քնքշություն

**compassion** [kqm' pʰSn]

n. կարեկցություն

**creativity** [kriei' tiviti]

n. ստեղծագործական  
ունակություն

**desirable** [di' zaiqrqbl]

a. ցանկալի, բաղձալի

**antiquity** [ʰn' tikwiti]

n. հնություն

**convict** [' k0nvikt]

n. դատապարտյալ,  
բանտարկյալ

**discrimination** [di' skrimi' neiSn]

n. խտրականություն,  
դիսկրիմինացիա

**ugliness** [' Aglinis]

n. տգեղություն,  
այլանդակություն

**evaluation** [i' vʰlju' eiSn]

n. գնահատում

**repulsive** [ri' pʰsiv]

a. զգվելի, զարշելի, նողկալի

**offensive** [q' fensiv]

a. 1. վիրավորական,  
անարգական; 2. տհաճ,  
անախորժ

*a subjective judgement*

*սուբյեկտիվ կարծիք*

**beholder** [bi' houldq]

n. 1. հանդիսատես; 2. դիտող

*internal attribute*

*ներքին հատկանիշ*

**outwardly** [' autwqdli]

adv. արտաքուստ, արտաքին  
տեսքից, արտաքնապես

**inwardly** [' inwqdli]

adv. ներքուստ, ներքնապես

**thoughtless** [' T0:tlis]

a. անհոգ, անփույթ

**internal** [in' tq:nql]

a. ներքին, ներսի



## **EXERCISES**

### **1. What’s the Armenian for?**

**unfavourable evaluation**

---

**to form a composite image**

---

**ugliness involves a subjective judgement**

---

**manifesting itself as internalized racism**

---

**provides a perceptual experience of pleasure**

---

**assemblage of perfections**

---

**to dispel this notion**

---

**in the “eye of beholder”**

---

**tenderness or compassion**

---

**it makes logical sense**

---

**genetic diversity protects**

---

**typical facial appearance**

---

**images of human faces**

---

**aesthetically unattractive**

---

## **2. What’s the English for?**

**գեղեցկադեմ հանցագործները ավելի թեթև պատիժ են ստանում**

**բուսակերների և հանցագործների դեմքերի պատկերներ**

**այն կարող է նաև լինել ներքին հատկանիշ**

**աչքի համար տհաճ**

**գիտնականները կրկնել են արդյունքը**

**ներքուստ անփույթ և դաժան**

**գեղագիտական իմաստով հաճույք պատճառել**

**ֆիզիկապես նկատելի**

**խառնածին երեխաներ**

**տարածված միտք**

**աչք շոյող հատկություններ**

**մաս, որը գերազանցում է գեղեցկությամբ**

**համարվում են բարեսեռ**

**միջմշակութային հետազոտություն**

**3. Match the following words with their definitions:**

**surpass, thoughtless, convict, aesthetic, diversity, offensive, vegetarian, inherit, antiquity, temporary**

*concerned with beauty in music, painting, nature, etc.*

*lasting for, designed to be used for, a short time only*

*causing offence to the mind or senses, disagreeable*

*receive property, a title, etc. as heir*

*do or be better than*

*1. old times, esp. before the Middle Ages  
2. buildings, ruins, works of art remaining from ancient times*

*the state of being diverse, variety*

*careless, unthinking*

*person who eats no meat*

*person who has been found guilty of a crime and sent to prison*

**4. a) Find the corresponding nouns from the text:**

**attractive**

**diverse**

**characterize**

**satisfy**

tender

appear

judge

create

elegant

perfect

assemble

prefer

**b) Find the corresponding adjectives from the text:**

acquire

desire

offend

ugliness

vision

part

repulsion

character

race

gene

idea

**5. Choose the suitable word:**

1) The idea that ... was ugly was highly damaging to the psyche of African Americans, manifesting itself as internalized racism.

*(black / blackness)*

2) Qualities including kindness, sensitivity, tenderness or compassion, creativity and intelligence have been said to be desirable since ...

*(antiquity / modern times)*

3) Discrimination ... others based on their appearance is known as lookism.

*(against / for)*

4) When images of human faces are averaged together to form a composite image, they become progressively ... to the “ideal” image and are perceived as more attractive.

*(farther / closer)*

5) A common way to measure ... beauty is to stage pageant, such as Miss Universe.

*(inner / outer)*

**6. Find the right ending and fill in the boxes below:**

**1. To be ugly is to be ...**

*a) ... be influenced by physical beauty.*

**2. Inner beauty is a concept used to describe the positive aspects of ...**

*b) ... has found a variety of commonalities in people’s perception of beauty.*

**3. How much money a person earns may also ...**

*c) ... ugliness.*

**4. Beauty is studied as part of ...**

*d) ... aesthetically unattractive, repulsive, or offensive.*

**5. Although style and fashion vary widely, cross-cultural research ...**

*e) ... aesthetics, sociology, social psychology, and culture.*

**6. Like its opposite beauty, ugliness involves a subjective judgement ...**

*f) ... something that is not physically observable.*

**7. The opposite of beauty is ...**

*g) ... and is at least partly in the “eye of beholder”*

1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
----------	----------	----------	----------	----------	----------	----------

### **7. Fill in prepositions:**

Another feature ... beautiful women that has been explored ... researchers is a waist-to-hip ratio ... approximately 0.70 ... women. Physiologists have shown that this ratio accurately indicates most women's fertility. Weight and skin color often govern attractiveness ... a way dependent ... one's culture. Beauty is not only limited ... the female gender. More often defined as “bishōen”<sup>1</sup>, the concept of beauty in men has been particularly established throughout history ... East Asia, and most notably, ... Japan. This is distinct ... the idea ... being metrosexual, which focuses mainly ... the behaviour ... men ... traditionally feminine ways. Bishōen refers ... males ... distinctly feminine features, physical characteristics establishing the standard ... beauty ... Japan and typically exhibited ... their pop culture idols. The origin... such a preference is uncertain but it clearly exists even today.

### **8. Are these statements true or false? Correct the false ones:**

1. Although style and fashion vary widely, cross-cultural research has found a variety of commonalities in people's perception of beauty.
2. Inner beauty is a concept used to describe the negative aspects of something that is not physically observable.
3. Although ugliness is normally viewed as a visible characteristic, it can also be an internal attribute.

<sup>1</sup> bishōen [bi'SŌnen] հաս. բանաս. գեղեցիկ տղա

4. Researchers have found that attractive patients receive less personalized care from doctors.
5. To be beautiful is to be aesthetically unattractive, repulsive, or offensive.
6. Beauty is a property of a person or thing that is unpleasant to look upon and results in a highly unfavourable evaluation.
7. Beauty is a characteristic of a person, animal, place, object, or idea that provides a perceptual experience of pleasure, meaning or dissatisfaction.
8. Mixed race children are often perceived to be more attractive than their parents because their genetic diversity protects them from the inherited errors of their individual parents.

### **9. Translate into Armenian:**

1. Beauty is eternity gazing at itself in a mirror. (*Kahlil Gibran*)

.....

2. A thing of beauty is a joy forever. (*John Keats*)

.....

3. Beauty is truth, truth beauty - that is all, you know on earth, and all you need to know. (*John Keats*)

.....

.....

4. In youth and beauty wisdom is but rare! (*Alexander Pope*)

.....

5. If eyes were made for seeing, then Beauty is its own excuse for being. (*Ralph Waldo Emerson*)

.....

6. True beauty dwells in deep retreats, whose veil is unremoved, till heart with heart in concord beats, and the lover is beloved. (*William Wordsworth*)

.....  
.....

7. Everything has its beauty but not everyone sees it. (*Confucius*)

.....

8. Youth is happy because it has the capacity to see beauty. Anyone who keeps the ability to see beauty never grows old. (*Franz Kafka*)

.....  
.....

9. What a strange illusion it is to suppose that beauty is goodness. (*Leo Tolstoy*)

.....

10. Beauty is the first present nature gives to women and the first it takes away. (*Mere*)

.....

11. Beauty is but a flower which wrinkles will devour.

.....

12. The future belongs to those who believe in the beauty of their dreams. (*Eleanor Roosevelt*)

.....

13. When the people of the world all know beauty as beauty, there arises the recognition of ugliness. When they all know the good as good, there arises the



recognition of evil. (*Lao-tzu*)

.....  
.....  
.....

14. Beauty provokes thieves sooner than gold. (*William Shakespeare*)

.....

### **10. Remember the meaning of the following!**

1. The English saying “Beauty is in the eye of the beholder” means that not all people have the same opinions about what is attractive.
2. Another saying “Beauty is only skin deep” means that a person’s character is more important than how he/she looks.

### **11. Translate into English:**

1. Գեղեցկությունը, ինչպես ցողը, հավերժական չէ: (*Գ. Շվաբ*)

.....

2. Գեղեցկությունը թագուհի է, որը կառավարում է շատ կարճ ժամանակ:  
(*Սոկրատ*)

.....

3. Բարությունը գեղեցկությունից ավելի լավ է: (*Հ. Հայնե*)

.....

4. Բարի համբավը ավելի լավ է գեղեցիկ դեմքից: (*Թ. Ֆոլլեր*)

.....

5. Գեղեցկությունը բարոյական բարու խորհրդանիշն է: (Ի. Կանյո)

.....

6. Գեղեցիկը կարիք չունի լրացուցիչ զարդարանքների, ամենից ավելի նրան գեղեցկացնում է զարդարանքների բացակայությունը: (Ի. Հերդեր)

.....

.....

7. Աշխատեք գեղեցկությամբ միացնել կայուն հատկանիշներ: (Եգոպոս)

.....

8. Գեղեցիկ դեմքը լուռ երաշխավորանք է: (Ֆ. Բեկոն)

.....

9. Չի կարող գեղեցկություն լինել այն բանում, ինչում չկա իմաստնություն: (Է. Լ. Բուլե)

.....

10. Իդեալական գեղեցկությունը և ամենահիանալի արտաքինը ոչինչ չարժեն, եթե դրանցով ոչ ոք չի հիանում: (Օ. Բալզակ)

.....

.....

## **12. “The Greatest Beauty Tip” by Audrey Hepburn:**

“For attractive lips, speak words of kindness. For lovely eyes, seek out the good in people. For a slim figure, share your food with the hungry. For beautiful hair, let a child run his / her hands through it once a day. For poise, walk with the knowledge that you never walk alone. People, more than things,

have to be restored, renewed, revived, reclaimed, and redeemed, never throw out anyone. Remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.

Make-up can only make you look pretty on the outside but it doesn't help if you're ugly on the inside. Unless you eat the make-up.

Happy girls are the prettiest.”

**13. Think over the statement and express your attitude to it:** “It's not a lip, or eye, we beauty call, but the joint force and full result of all.”

**14. Topics for discussion:**

1. Explain the following expression: “Beauty's of a fading nature –has a season and is gone!” (*Robert Burns*)
2. Speak on your concept of beauty.
3. Speak on your concept of ugliness.

## **UNIT 2**

### **DREAMS**

Dreams are successions of images, ideas, emotions and sensations occurring involuntarily in the mind during certain stages of sleep. The content and purpose of dreams are not yet understood, though they have been a topic of speculation and interest throughout recorded history. The scientific study of dreams is known as oneirology.

There is not a universally accepted biological definition of dreaming. In 1952, Eugene Aserinsky identified and defined rapid eye movement (REM) sleep while working in the surgery of his PhD advisor. Aserinsky noticed that the sleepers' eyes fluttered beneath their closed eyelids. It's all this time that they dream. In one session, he awakened a subject who was wailing and crying out during REM and confirmed his suspicion that dreaming was occurring. Periods of REM occur every 90 minutes in young people and they last for between ten and fifty minutes. People woken as soon as REM stopped were able to remember their dreams quite clearly. The recall of dreams is extremely unreliable, though it is a skill that can be trained. Dreams can usually be recalled if a person is awakened while dreaming. Women tend to have more frequent dream recall than men. Often, a dream may be recalled upon viewing or hearing a random trigger or stimulus. At least 95% of all dreams are not remembered. Certain brain chemicals necessary for converting short-term memories into long-term ones are suppressed during REM sleep. Unless a dream is particularly vivid and if one wakes during or immediately after it, the content of the dream will not be remembered.

REM sleep (sleep spent in dreaming) is very important. Scientists have discovered that people who were woken five or six times in one night during REM sleep became very nervous and tense during the day. Dreams regulate mood. The most common emotion experienced in dreams is anxiety. Other emotions include abandonment, fear, joy, happiness, etc. Negative emotions

are much more common than positive ones.

During a typical lifespan, a person spends a total of about six years dreaming. Most dreams only last 5 to 20 minutes. It is unknown where in the brain dreams originate, if there is a single origin for dreams or if multiple portions of the brain are involved, or what the purpose of dreaming is for the body or mind.

In 1886 Robert, a physician from Hamburg, was the first who suggested that dreams are a need and that they have the function to erase both sensory impressions which were not fully worked up and ideas which were not fully developed during the day. By the dream work incomplete material will be either removed or deepened and included into memory.

Since the 19<sup>th</sup> century, the art of dream interpretation has been transferred to a scientific ground, making it a distinct part of psychology. However, the dream symbols of the “unscientific” days—the outcome of hearsay interpretations that differ around the world among different cultures—continued to mark the day of an average human-being, who is most likely unfamiliar with Freudian analysis of dreams.

During the late 19<sup>th</sup> and early 20<sup>th</sup> centuries, both Sigmund Freud and Carl Jung identified dreams as an interaction between the unconscious and the conscious. They also assert together that the unconscious is the dominant force of the dream, and in dreams it conveys its own mental activity to the perceptive faculty.

Evolutionary psychologists believe dreams serve some adaptive function for survival. Deirdre Barrett describes dreaming as simply “thinking in different biochemical state” and believes people continue to work on all the same problems—personal and objective—in that state. Her research finds that anything—math, musical composition, business dilemmas—may get solved during dreaming, but the two areas especially likely to help are 1) anything where vivid visualization contributes to the solution, whether in artistic design or invention of 3-D technological devices and 2) problem where the solution lies in “thinking outside the box”—i.e. the person is stuck because

conventional wisdom on how to approach the problem is wrong.

During the night there may be many external stimuli bombarding the senses, but the brain often interprets the stimulus and makes it a part of a dream in order to ensure continued sleep. Dream incorporation is a phenomenon whereby an actual sensation, such as environmental sounds, are incorporated into dreams, such as hearing a phone ringing in a dream while it is ringing in reality. The mind can, however, awaken an individual if they are in danger or if trained to respond to certain sounds, such as a baby crying. Some philosophers have concluded that what we think of as the “real world” could be or is an illusion. There is a famous painting by Salvador Dalí that depicts this concept, titled “Dream Caused by the Flight of a Bee around a Pomegranate a Second Before Awakening”.

Dreams were historically used for healing as well as for guidance or divine inspiration. Some Native American tribes used vision quests as a rite of passage, fasting and praying until an anticipated guiding dream was received, to be shared with the rest of the tribe upon their return.

According to surveys, it is common for people to feel their dreams are predicting subsequent life events. There are many cases: Abraham Lincoln dreamed about his assassination a few days before it happened; people in the Bible were always having dreams about the future. Tolstoy, the Russian writer, said that in our dreams we remember earlier lives when we were different people.

Psychologists have explained these experiences in terms of memory biases, namely a selective memory for accurate predictions and distorted memory so that dreams are retrospectively fitted onto life experiences. The multi-faceted nature of dreams makes it easy to find connections between dream content and real events.

In one experiment, subjects were asked to write down their dreams in a diary. This prevented the selective memory effect, and the dreams no longer seemed accurate about the future. Another experiment gave subjects a fake diary of a student with apparently precognitive dreams. This diary described

events from the person’s life, as well as some predictive dreams and some non-predictive dreams. When subjects were asked to recall the dreams they had read, they remembered more of the successful predictions than unsuccessful ones.

## WORDS AND WORD COMBINATIONS

<b>succession</b>	[sqk'seSn]	n. հաջորդականություն
<b>involuntarily</b>	[in'v0lqntqrili]	a. ակամա, պատահական, ինքնաբուխ
<b>speculation</b>	['spekju'leiSn]	n. խորհրդածում, մտորմունք
<b>oneirology</b>	[ou'naiq'r0lqGi]	n. երազագիտություն, երազների գիտական ուսումնասիրություն
<b>surgery</b>	['sq:Gqri]	n. 1. վիրաբուժական կաբինետ; 2. վիրահատություն
<b>flutter</b>	['flAtq]	v. դողդողալ, թրթռալ
<b>eyelid</b>	['ailid]	n. կոպ
<b>session</b>	[seSn]	n. փոքրձ
<b>wail</b>	[weil]	v. սգալ, ողբալ
<b>confirm</b>	[kqn'fq:m]	v. հաստատել
<b>train</b>	[trein]	v. սովորեցնել, մարզել
<i>random trigger or stimulus</i>		<i>պատահական շարժում կամ ազդակ</i>
<b>convert</b>	[kqn'vq:t]	v. փոխել, փոխակերպել
<i>short-term memory</i>		<i>կարճատև հիշողություն</i>
<b>suppress</b>	[sq'pres]	v. դադարել, դադարեցնել, ճնշել
<b>vivid</b>	['vivid]	a. վառ, պայծառ, հստակ
<b>tense</b>	[tens]	a. 1. ձգված; 2. լարված
<b>regulate</b>	['regjuleit]	v. կանոնավորել, կարգավորել
<b>anxiety</b>	[xN'zaiqti]	n. անհանգստություն, հուզմունք
<b>abandonment</b>	[q'bxndqnmqnt]	n. լքվածություն

<b>lifespan</b>	[ˈlaifˈspɤn]	ն. կյանքի տևողություն
<i>to erase sensory impressions</i>		ջնջել զգայական տպավորությունները
<i>transfer to a scientific ground</i>		դնել գիտական հիմքերի վրա
<i>the outcome of hearsay interpretations</i>		խոսք ու զրույցի մեկնաբանությունների արդյունքը
<b>assert</b>	[qˈsq:t]	վ. հայտարարել, հաստատել
<b>perceptive</b>	[pqˈseptiv]	ա. ընկալելու, ճանաչողական, ըմբռնելու
<b>faculty</b>	[ˈfɤkɫi]	ն. ձիրք, ունակություն, ընդունակություն
<b>adaptive</b>	[qˈdɤptiv]	ա. հարմարվելու
<b>visualization</b>	[ˈvizjuɫaiˈzeiʂn]	ն. երևակայելը, պատկերացնելը
<b>conventional</b>	[kqnˈvenʂqnɫ]	ա. 1. պայմանական; 2. բոլորի կողմից ընդունված, հանրաճանաչ
<b>incorporation</b>	[inˈk0:pqˈreiʂn]	ն. միավորում, միություն
<b>environmental</b>	[inˈvairqnˈmentl]	ա. շրջապատի, միջավայրի
<b>depict</b>	[diˈpikt]	վ. նկարել, պատկերել
<b>pomegranate</b>	[ˈp0migrɤnit]	ն. նուռ, նռենի
<i>guidance or divine inspiration</i>		նուդեցույց կամ աստվածային նզեչնչում
<i>native tribes</i>		քնիկ ցեղեր
<i>vision quests as a rite of passage</i>		տեսական որոնումները որպես անցման արարողություն
<b>fast</b>	[fa:st]	վ. ծոմ պահել
<b>pray</b>	[prei]	վ. աղոթել
<i>anticipated guiding dream</i>		կանխավ տեսած ուղենիշ երազ
<b>subsequent</b>	[ˈsAbsikwqnt]	ա. հետագա, հաջորդ
<b>assassination</b>	[qˈsɤsiˈneiʂn]	ն. սպանություն



<i>in terms of memory biases</i>		<i>հիշողության փեսանկյունից</i>
<b>selective</b>	[si'lektiv]	a. կամածին, կամընտրական
<i>distorted memory</i>		<i>աղավաղված (խաթարված)</i>
		<i>հիշողություն</i>
<i>retrospectively fitted onto life experiences</i>		<i>հետադարձորեն համադրված</i>
		<i>իրական դեպքերին</i>
<b>multi-faceted</b>	[mAlti'fxsitid]	a. բազմակողմանի, ոչ միանշանակ
<i>prevent the selective memory</i>		<i>կանխել կամածին</i>
		<i>հիշողությունը</i>
<i>a fake diary</i>		<i>կեղծ (հորինված) օրագիր</i>
<b>apparently</b>	[q'pɣrqntli]	adv. ըստ երևույթին, ակնհայտ
		կերպով
<b>precognitive</b>	[pri'k0gnqtiv]	a. նախնացական
<b>prediction</b>	[pri'dikSn]	n. գուշակում, կանխագուշակում

## EXERCISES

### 1. What's the Armenian for?

**an interaction between the unconscious and the conscious**

**has been transferred to a scientific ground**

**distorted memory**

**used for guidance or divine inspiration**

**in terms of memory biases**

**are retrospectively fitted onto life experiences**

---

**used vision quests as a rite of passage**

---

**with apparently precognitive dreams**

---

**the multi-faceted nature of dreams**

---

**external stimuli**

---

**dreams about the future**

---

**trained to respond to certain sounds**

---

## **2. What’s the English for?**

**մարդկային բանականություն**

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**բուժման համար պատմականորեն կիրառվող**

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**կեղծ (հորինված)**

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**երազների մեկնաբանման արվեստ**

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**երազների բովանդակությունն ու նպատակը**

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**պատահական շարժում կամ ազդակ լսելով**

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**կյանքի հետագա իրադարձությունները կանխող երազներ**

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**կամաժին հիշողությունը կանխել**

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**սպանություն**

---

---

հաջողված կանխագուշակումներ

---

երաժշտական կոմպոզիցիա

---

իրադարձություններ անձի կյանքից

---

**3. Match the following words with their definitions:**

sensation, depict, faculty, anxiety, assassination, subsequent, mental, convey, erase

*killing a person for political reasons, murder*

*later, following*

*connected with or happening in the mind*

*make known ideas, views, feelings, etc. to another person*

*show in the form of picture*

*ability to feel, feeling*

*rub or scrape out*

*power of mind, power of doing things*

*emotional condition in which there is fear and uncertainty about the future*

**4. a) Find the corresponding nouns from the text:**

solve

define

move

suspect

happy

invent

visible

guide

abandon

memorize

**b) Find the corresponding adjectives from the text:**

biology

success

rely

frequency

type

nerve

train

tension

convention

**5. Choose the suitable word:**

1. The scientific study of ... is known as oneirology.  
(dreams / dreaming)

2. Some philosophers have concluded that what we think of as the “real world” could be or is an ...

*(reality/ illusion)*

3. There is not a ... accepted biological definition of dreaming.

*(universal / universally)*

4. Evolutionary psychologists ... dreams serve some adaptive function for survival.

*(believe/ don't believe)*

5. Periods of REM occur every ... minutes in young people and they last for between ten and fifty minutes.

*(90 / 20)*

6. During the night there may be many ... stimuli bombarding the senses, but the brain often interprets the stimulus and makes it a part of a dream in order to ensure continued sleep.

*(external / internal)*

## **6. Are these statements true or false? Correct the false ones.**

1. The multi-faceted nature of dreams doesn't make it easy to find connections between dream content and real events.

2. Since the 19<sup>th</sup> century, the art of dream interpretation has been transferred to a scientific ground, making it a distinct part of psychology.

3. Dreams don't regulate mood.

4. The most common emotion experienced in dreams is love.

5. Dreams were historically used for healing as well as for guidance or divine inspiration.

6. In 1975, Eugene Aserinsky identified and defined rapid eye movement (REM) sleep.

7. Tolstoy, the Russian writer, said that in our dreams we remember earlier lives when we were different people.

8. Positive emotions are much more common than negative ones.

9. 95% of all dreams are not remembered.
10. People woken as soon as REM stopped were able to remember their dreams quite clearly.

**7. Find the right ending and fill in the boxes below:**

- |   |  |
|---|--|
| <b>1. During a typical lifespan, a person ...</b>   | <i>a) ... night during REM sleep became very nervous and tense during the day.</i> |
| <b>2. Dreams were historically used for healing as well as ...</b>                          | <i>b) ... if a person is awakened while dreaming.</i>                              |
| <b>3. Scientists have discovered that people who were woken five or six times in one...</b> | <i>c) ... write down their dreams in a diary.</i>                                  |
| <b>4. Women tend to have more ...</b>   | <i>d) ...spends a total of about six years dreaming.</i>                           |
| <b>5. In one experiment, subjects were asked to ...</b>                                     | <i>e) ... for guidance or divine inspiration.</i>                                  |
| <b>6. Dreams can usually be recalled ...</b>  | <i>f) ... frequent dream recall than men.</i>                                      |

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

**8. Fill in the blanks with the corresponding words given in brackets:**  
*(causing, surgery, prophetic, pain, smoker, tumor, case, illustrate, suffocate)*

Intuitions of illness often occur in dreams. However, we don't dream of neon signs announcing "You Have Cancer". The messages are usually veiled in metaphors and images. Neuropsychiatrist and neuroscientist Mona Lisa Schulz, in her book "Awakening Intuition", reports several dreams that were

... of health problems. The images in these dreams ... the language of the dream world. One man who was a heavy ..., dreamed he was back in the army. Under attack, he took cover in the hollow of a large tree. Enemy bullets cut through the tree and penetrated the lower left side of his chest. He later found he had a small ... of the left lower lobe of his lung, where the bullet had hit him. In another case, a woman dreamed she was lying on the ground when the earth began to give way beneath her and formed a cavity, in which she began to ... It was discovered two months later that she had cavities in her lungs from tuberculosis, which by then was ... her breathing difficulties. In another ..., a woman dreamed repeatedly, for almost a year, as if trying to show her something. Eventually the woman began to feel ... in her left shin; afterward a bone infection was discovered at the site, requiring ...

### **9. Fill in prepositions:**

Sigmund Freud was an Austrian neurologist who founded the discipline ... psychoanalysis. Freud is best known ... his theories ... the unconscious mind and the mechanism ... repression, and ... creating the clinical method ... psychoanalysis ... investigating the mind and treating psychopathology ... dialogue ... a patient and a psychoanalyst. Freud established sexual drives as the primary motivational forces ... human life, developed therapeutic techniques such as the use ... free association, discovered the phenomenon ... transference ... the therapeutic relationship and established its central role ... the analytic process; he interpreted dreams as sources ... insight ... unconscious desires. He was an early neurological researcher ... cerebral palsy, aphasia and microscopic neuroanatomy, and a prolific essayist, drawing ... psychoanalysis ... contribute ... the history, interpretation and critique ... culture.

### **10. Translate into Armenian:**

In 1900, Freud, the famous psychologist, said that dreams were messages from the dreamer's subconscious self. Dreams often tell us the truth about the

ugly, aggressive, or physical sides of our character which we want to hide. A little later, Jung, one of Freud’s students, said that it was impossible for a psychiatrist to understand a stranger’s dream. Certain symbols were the same in all dreams, but the clue to the dream was hidden in the dreamer’s own personality. According to Jung, the people we see in our dreams usually represent different aspects of ourselves. If they are members of the family, or friends, they are only in the dreams because they indicate certain characteristics in our own personalities. This is what the subconscious is trying to tell us about. Often it is an ugly characteristic. Very imaginative persons have logical and symbolic dreams which are quite easy to analyze; but practical, logical people such as doctors often have strange, complicated dreams which they find incomprehensible. In addition, people in dreams often represent ideas. For example, someone who is deciding whether or not to get married may dream about a happily married friend. In this way, his subconscious is telling him that his marriage is a good idea. So dreams are often “dress rehearsals” for real life. External influences can change one’s dreams, while one is actually dreaming. One man dreamt that he had died and was going through the gates of Heaven where there were bright rays of light and trumpets blowing. A few seconds later he woke to find his alarm clock making a loud noise and the sun streaming through his bedroom window. There have also been experiments carried out on people who were dreaming. A doctor said the name Robert several times to a girl when she was asleep. Robert was the name of her boyfriend. He woke the girl a few seconds later and she had been dreaming about a rabbit. It had sounded similar. Another man was told the name Gillian while he was sleeping. He had a dream about a Chilean woman (a woman from Chile).

### **11. Compare these meanings of dreams with those of your dreams:**

Here are some general hints to help you to analyze your own dreams. It is much easier to remember your dreams if you wake up slowly and think about



your dream while you wake. People usually have their most vivid and meaningful dreams during a personal crisis.

**Falling:** Falling dreams usually mean anxiety about your work or emotional life.

**Travel:** This usually means progress. Long journeys are symbolic of the dreamer's life. Short journeys represent particular episodes.

**School:** For most people, the first real confrontation with society is at school. The subconscious never really forgets the impact which this made. School tests, reports, uniforms and reprimands come up again and again during most people's lives in the form of dreams. They often represent other tests. For example, an adult may dream about taking an exam in school the night before the interview for an important job.

**Earthquakes, volcanoes and floods:** These all represent turning-points or times of decision in people's lives. Middle-aged people often dream about these things. They are trying to compare their past life with plans for the future.

**Fire:** Forest fires or burning buildings appear in dreams. The dreamer usually feels that his life is threatened by an outburst of emotion. Ways in which the dreamer deals with the fire represent the ways in which he is trying to deal with emotion.

**Darkness or dark houses:** This is usually symbolic of the dark, inner regions of one's own personality which one is a little afraid of, but which affects one's life.

**Animals:** They often represent a conflict in oneself-when one side of one's struggling with the wilder side, and trying to come to terms with it.

**Being chased:** Dreams in which you are being chased by someone usually refer to a member of the opposite sex. Sometimes in a dream you find yourself stuck to one spot, unable to move. Beware! This means you secretly want to be caught!

**Clothes:** Clothes represent the kind of façade or role that the dreamer wants

to give to the world. People who dream about having too many heavy, uncomfortable clothes on are usually worried that they are conforming too much with society. Other people dream that they have gone out with no clothes on at all-often in crowded streets or buses. In this case, the dreamer is refusing to accept any role. His dream (or subconscious) is showing him that this makes him vulnerable. There is a danger that he will be rejected by society.

## **12. Translate into English:**

1. Եգիպտական փարավոնները համարվում էին Ռ-ա արևի աստծո որդիներ և նրանց երագները սուրբ էին համարվում:

.....  
.....

2. Հին Հունաստանում երազը համարվում էր աստծո ուղերձ: Շատ տարածված էր բազմանշանակ երագներ կանչելու պրակտիկան կամ ինկուբացիան, ինչպես նաև սուրբ տեղում քնելը:

.....  
.....  
.....

3. Արևմտյան Աֆրիկայում բնակվող աշանտի ժողովուրդի մոտ երագներն ընդունվում են այնպիսի լրջությամբ, որ կարող են քրեական հետապնդման ենթարկել տղամարդուն, եթե նա երագում տեսել է ուրիշ տղամարդու կնոջը:

.....  
.....  
.....

4. Պարզվում է, որ կյանքի մայրամուտին հասած մարդը գրեթե քառորդ դար

անցկացրել է քնած, որից վեց տարին քունն ուղեկցվել է երազներով:

.....  
.....

5. Երազներն իրականություն դարձնելու լավագույն միջոցն արթնանալն է:

.....

6. Հույսերը արթունների երազներն են: (*Ա. Բասիակյան*)

.....

7. Մենք հասկանում ենք, որ սիրահարվել ենք այն ժամանակ, երբ չենք կարողանում քնել, որովհետև իրականությունը ավելի լավն է, քան մեր երազները: (*Դոկտոր Սյուզ*)

.....

.....

### **13. Sayings by great men on dreams:**

1. Sigmund Freud suggested: “Bad dreams let the brain learn to gain control over emotions resulting from distressing experiences”.
2. Carl Jung suggested: “Dreams may compensate for one-sided attitudes held in waking consciousness”.
3. Arthur Schopenhauer said: “A dream is a short-lasting psychosis, and a psychosis is a long-lasting dream”.
4. Sigmund Freud wrote: “A dream then is a psychosis”.
5. Immanuel Kant wrote: “The lunatic is a wakeful dreamer”.

### **14. Topics for discussion:**

- 1) Speak about your most interesting dream.
- 2) Speak about your happiest/saddest dream.

### **UNIT 3**

#### **LOVING RELATIONSHIP**

Love is a number of emotions and experiences related to a sense of strong affection. The word love can refer to a variety of different feelings, states, attitudes ranging from generic pleasure to intense interpersonal attraction. As an abstract concept, it usually refers to a deep, ineffable feeling of tenderly caring for another person. Even this limited conception of love, however, encompasses a wealth of different feelings. Love usually refers to interpersonal love, an experience felt by a person for another person. It often involves caring for or identifying with a person or a thing.

“... and they lived happily ever after.” So goes the eternal myth of loving each other. The fantasy that being in love and forming relationships based upon love will solve all of life’s problems and provide us with deserved instant and lasting happiness. The myth is delightful, the reality - too often fierce.

Everything that lives, lives not alone nor for itself. It’s true that we are all alone. This knowledge is devastating to many of us. Still it is a fact. We are brought into the world alone and we’ll, no matter how many people love us, have to die alone. We’ll have to grow alone, make personal decisions alone and determine our choices for change and growth, alone. Most of us feel this mounting sense of aloneness all of our lives. Love and relating help to make the knowledge of aloneness more bearable. To bring another into our life in love we must be willing to give up certain destructive characteristics: the need to be always right, to be first in everything, to be perfect, to possess, to change others for our needs, to manipulate, to blame, to dominate.

Human beings have the longest period of dependency of any living creature. At birth in total helplessness, we engage in our first coupling, mother-child, and from that time on, the more sophisticated our lives become, the more interrelated we become. We spend our entire existence weaving one relationship into another until we’ve created a complete pattern.

Tenderness emerges from the fact that the two people, longing, as all individuals do, to overcome the separateness and isolation to which we are all heir because we are individuals, can participate in a relationship that, for the moment, is not of two isolated selves but a union.

Most of us have never felt compelled to examine our relating and explore that what we feel, what we say, and what we do, affects it. It's imperative that this be done. Our relationship influences our mental health, our role in society and the family, our friends and lovers, and the groups to which we belong.

If we desire to come closer to our wives, husbands, lovers, children - communication, affection, compassion, forgiveness, honesty, acceptance, romance, patience, freedom are the qualities most enhancing to continue the growth of love. Meanwhile lack of communication, selfishness, unforgiving, dishonesty, jealousy, lack of trust, lack of respect, apathy have destructive influence on loving relationship. How do we define a loving relationship?

A loving relationship is one in which individuals trust each other enough to become vulnerable, secure that the other person won't take the advantage. It neither exploits nor takes the other for granted. It involves much communication, much sharing and much tenderness.

A loving relationship is being able to express feelings frankly and honestly with child-like spontaneous trust and openness.

A loving relationship is one in which one can be open and honest with one another without the fear of being judged. Leave judgment and revenge to heaven: "... forgive us our trespasses as we forgive those who trespass against us..."

It's being secure in the knowledge that you are each other's best friend and no matter what happens you will stand by one another.

A loving relationship is one in which the loved one is free to be himself- to laugh with me, but never at me; to cry with me, but never because of me; to love life; to love being loved. Such a relationship is based upon freedom and can never grow in a jealous heart. Everyone who cares and loves feels jealous at one time or another. The essential decision is whether one will allow his/

her jealousy to become an all-consuming monster, capable of destroying him/her and those he/ she loves or become a challenge for the person to grow in self-respect and personal knowledge. The challenge will rest with the person.

A loving relationship is the desire of knowing another's heart and soul.

Perhaps the greatest love presupposes the greatest freedom. There is an old saying which suggests that we must be free, and when it comes back to you, only then will you know the real love.

### WORDS AND WORD COMBINATIONS

<b>affection</b>	[q'fekSn]	n. կապվածություն, մտերմություն, սեր
<b>ineffable</b>	[in'efqbl]	adj. անասելի, անպատմելի
<b>encompass</b>	[in'kAmpqs]	v. ներառել, ընդգրկել
<b>generic</b>	[Gi'nerik]	a. 1. սեռային, սեռի. կենդանիների (բույսերի) որոշ դասի՝ տեսակի համար հատկանշական, բնորոշ; 2. հատուկ
<b>fierce</b>	[fiqs]	a. 1. կատաղի, վայրագ, մոլեգին 2. սաստիկ, ուժեղ, ուժգին
<b>devastating</b>	['devq"steitiN]	a. ավերող, կործանող, կործանարար, ամայացնող
<b>mounting</b>	['mauntiN]	a. աճող, ահագնացող, ուժեղացող
<b>manipulate</b>	[mq'nipjuleit]	v. կեղծել, աղավաղել, նենգավորել, աչքակապություն անել (խաբկանք ստեղծել)
<b>dependency</b>	[di'pendqnsi]	n. կախում, կախվածություն
<b>sophisticated</b>	[s0'fistikeitid]	a. հարուստ կենսավորձ ունեցող, կյանքի իմաստություն ձեռք բերած, փորձառու
<b>interrelated</b>	['intqri'leitid]	a. փոխադարձ կապի մեջ գտնվող, փոխկապակցված
<b>weave</b> <i>/wove-woven/</i>	[wi:v]	v. հյուսել <i>փխբ.</i> հորինել, հնարել

<b>attraction</b>	[q'trɤkɤn]	n. 1. համակրանք; 2. գրավչություն, ձգողականություն
<b>compel</b>	[kqm'pel]	v. 1. ստիպել, հարկադրել; 2. ենթարկել
<b>imperative</b>	[im'perqtiv]	a. շատ կարևոր, անհրաժեշտ, անհետաձգելի, հրատապ, հրամայական
<b>enhancing</b>	[in'ha:nsiN]	a. նպաստավոր, նպաստող
<b>apathy</b>	['ɤpqTi]	n. անտարբերություն, անզգայություն, ապատիա
<b>vulnerable</b>	['vAlnqrqbl]	a. խոցելի
<b>exploit</b>	[iks'pl0it]	v. շահագործել, օգտագործել
<b>spontaneous</b>	[sp0n'teinjqs]	a. անմիջական, բնական, ինքնաբուխ
<i>take advantage of sth</i>		<i>օգտվել առիթից</i>
<i>take advantage of sb</i>		<i>չարաշահել մեկի վարսահությունը</i>
<i>take sth for granted</i>		<i>հալած յուրի տեղ դնել; համարել, որ այդպես էլ պիտի լինի; շարք բնական համարել</i>
<b>secure</b>	[si'kjuq]	a. 1. ապահով, անվտանգ; 2. հուսալի, վստահելի
<b>revenge</b>	[ri'venG]	n. վրեժ, վրիժառություն v. վրեժ լուծել, վրեժ առնել
<b>trespass</b>	['trespq]	n. 1. ոտնձգություն; 2. զանցանք; 3. չարաշահում v. ոտնձգություն անել
<b>consuming</b>	[kqn'sju:miN]	a. ոչնչացնող, հյուծող, սպառող, կլանող
<i>rest with sb</i>		<i>1. պարասխանարվություն կրել, պարասխանարու լինել; 2. կախված լինել</i>
<b>presuppose</b>	[prisq'pouz]	v. նախապես ենթադրել

## **EXERCISES**

### **1. What’s the Armenian for?**

**to take the advantage of**

---

**our relationship influences our mental health**

---

**to take the other for granted**

---

**a loving relationship**

---

**related to a sense of strong affection**

---

**with child-like spontaneous trust**

---

**a challenge for the person to grow in self-respect**

---

**entire existence weaving one relationship into another**

---

**intense interpersonal attraction**

---

**provide us with deserved instant and lasting happiness**

---

**mounting sense of aloneness**

---

**refers to interpersonal love**

---

### **2. What’s the English for?**

**վստահության պակաս**

---



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զգացմունքներն անկեղծորեն և ազնվորեն արտահայտելու ունակ

---

միայնակ կայացնել անձնական որոշումները

---

հաղթահարել բաժանությունը

---

երբեք չի կարող առաջանալ խանդոտ սրտում

---

ազատության վրա հիմնված կապ

---

անպատմելի զգացմունք

---

հարգանքի պակաս

---

առանց դատվելու վախի

---

մյուսի սիրտն ու հոգին ճանաչելու ցանկություն

---

ամեն ինչ կործանող հրեշ

---

**3. Match the following words with their definitions:**  
sophisticated, revenge, creature, apathy, fierce, identify, affection, forgive,  
secure, exploit

*deliberate injury to the person(s) from whom injury  
has been received*

---

*violent, cruel*

---

*use selfishly or for profit*

---

*1. free from anxiety 2. safe*

---

	<i>kindly feeling, love</i>
	<i>excuse, pardon a sin; pardon or show mercy to (a person)</i>
	<i>absence of sympathy or interest</i>
	<i>say, show, prove what a person or thing is</i>
	<i>1. having lost natural simplicity through experience of the world; cultured 2. with the latest improvements and refinements 3. (of mental activity) cultured, elaborate</i>
	<i>1. living animal 2. living person</i>

**4. a) Find the corresponding nouns from the text:**

**pleasant**

**accept**

**honest**

**communicate**

**exist**

**open**

**free**

**real**

**tender**

**vary**

**selfish**

**grow**

**b) Find the corresponding adjectives from the text:**

love

eternity

society

instance

live

essence

bear

destruction

security

limit

**5. Match the words with the similar meanings:**

**decision, affection, freedom, vulnerable, endure, pleasure, honest**

*comfort, enjoyment, gratification*

*upright, honorable*

*determination, conclusion, resolution*

*attachment, love, tenderness*

*assailable, weak, exposed*

*liberty, independence*

*last, continue*

**6. Match the words with the opposite meanings:**

**revenge, delight, voluntary, forgive, patience, soul, tender**

*resistance, impatience, rebellion*

*condemn, accuse*

*body, materiality, physiology*

*pardon, forgiveness*

*pain, suffering, sorrow, annoyance*

*tough, strong, rough, rude*

*involuntary, compulsory*

### **5. Choose the suitable word:**

Love is an ... powerful word. When you're in love, you always want to be together, and when you're not, you're thinking about being together because you need that person and ... him/her your life is incomplete. */incredibly-incredible/*, */with-without/*

This love is unconditional ... with no limits or conditions: completely loving someone. */affection-affected/* It's when you trust the other with your life and when you would do anything for ... */one another- each other /*. When you love someone you want nothing more than for them to be truly happy no matter ... it takes because that's how much you care about them and because their needs come before your own. */what- that/* You hide nothing of ... and can tell the other anything because you know they accept you just the way you are and vice versa. */your own- yourself/*

### **6. Find the right ending and fill in the boxes below:**

**1. The myth is delightful, the reality ...**

*a) ... lives not alone nor for itself.*

**2. Love usually refers to interpersonal love, an experience felt ...**

*b) ... with one another without the fear of being judged.*

**3. A loving relationship is one in which one can be open and honest ...**

*c)... that what we feel, what we say, and what we do, affects it.*

**4. A loving relationship is the desire ...**

*d)... and much tenderness.*

**5. It involves much communication, much sharing ...**

*e)... -too often fierce.*

**6. Everything that lives, ...**

*f)... by a person for another person.*

**7. Most of us have never felt compelled to examine our relating and explore ...**

*g)... of knowing another's heart and soul.*

1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
----------	----------	----------	----------	----------	----------	----------

**7. Are these statements true or false? Correct the false ones.**

1. To bring another into our life in love we must be willing to give up certain constructive characteristics: the need to be always right, to be first in everything, to be perfect, to possess, to change others for our needs, to manipulate, to blame, to dominate.
2. Human beings have the longest period of dependency of any living creature.
3. It's being insecure in the knowledge that you are each other's best friend and no matter what happens you will stand by one another.
4. Perhaps the greatest love presupposes the greatest dependence.
5. A loving relationship is being able to express feelings frankly and honestly with child-like spontaneous trust and openness.
6. Everyone who cares and loves mustn't feel jealous at one time or another.
7. The fantasy that being in love and forming relationships based upon love will solve all of life's problems and provide us with deserved instant and lasting happiness.

**8. Fill in prepositions where necessary:**

Interpersonal love refers ... love between human beings. It is a more potent ... sentiment than a simple *liking* ... another. Unrequited love refers ... those feelings ... love that are not reciprocated. Interpersonal love is most closely associated ... interpersonal relationships. Such love might exist ... family members, friends, and couples. There are also a number ... psychological disorders related ... love, such as erotomania.

Throughout history, philosophy and religion have done the most speculation ... the phenomenon ... love. ... the last century, the science ... psychology has written a great deal ... the subject. ... recent years, the sciences ... psychology, anthropology, neuroscience, and biology have added ... the understanding ... the nature and function ... love.

**9. Fill in the blanks with the corresponding words given in brackets:**  
*(existence, impact, various, spiritual, beloved, justified, nature, vast, behavior)*

The philosophy of love is a field of social philosophy and ethics that attempts to explain the ... of love. The philosophical investigation of love includes the tasks of distinguishing between the ... kinds of personal love, asking if and how love is or can be ... , asking what the value of love is, and what ... love has on the autonomy of both the lover and the ...

Many different theories attempt to explain the nature and function of love. Explaining love to a hypothetical person who had not himself or herself experienced love or being loved would be very difficult because to such a person love would appear to be quite strange if not outright irrational ... Among the prevailing types of theories that attempt to account for the ... of love are: psychological theories, the ... majority of which consider love to be very healthy behavior; evolutionary theories which hold that love is part of the process of natural selection; ... theories which may, for instance consider love to be a gift from a god; and theories that consider love to be an unexplainable mystery, very much like a mystical experience.

**10. Translate into Armenian:**

1. Recognize that all relationships cannot be forever. Recognize their temporary quality, but continue to act as if they are permanent.

.....

.....

2. Respect the other person’s relationships apart from you. If they are important to the one you care about, they should be important to you.

.....

.....

3. Don’t smother each other. No one can grow in shade.

.....

4. Don’t hold on anger, hurt or pain. They steal your energy and keep you from love.

.....

5. If you take time to talk together each day you’ll never become strangers.

.....

6. Value yourself. The only people who appreciate a doormat are people with dirty shoes.

.....

7. Be polite. Love doesn’t give license for rudeness.

.....

8. “To love someone deeply gives you strength. Being loved by someone deeply gives you courage.” (*Lao Tzu*)

.....

9. Love is a thing that’s never out of season. (*Barry Cornwall*)

.....

10. In dreams and in love there are no impossibilities. (*Janos Arany*)

.....

### **11. Translate into English:**

1. Նա ով սիրում է, պետք է բախտակիցը դառնա նրա, ում սիրում է:

(*Մ. Բուլղակով*)

.....

2. Դու ինձ նվիրեցիր մի փշապատ կակտուս և քո նվերի մեջ ես ծաղիկներ տեսա: (*Ա. Կիրակոսյան*)

.....

3. Սիրո հակառակը ամեննին էլ չսիրելը չէ, մահն է պարզապես: Սիրահարները անմահությունն են վերանորոգում: (*Ա. Կիրակոսյան*)

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4. Կինը սիրուց իմաստնանում է, իսկ տղամարդը կորցնում է գլուխը:

(*Է. Մ. Ռեմարկ*)

.....



5. Ոչ ոք չի կարող ավելի օտար դառնալ, քան նա, ում անցյալում սիրում էիք:  
(Է. Մ. Ռեմարկ)

.....  
.....

6. Մենությունն ավելի հեշտ է, երբ չես սիրում: (Է. Մ. Ռեմարկ)

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7. Ով ուզում է պահել, նա կորցնում է: Ով պատրաստ է ժպիտով բաց թողնել,  
նրան ձգտում են պահել: (Է. Մ. Ռեմարկ)

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8. Սիրել՝ չի նշանակում նայել իրար վրա: Սիրել՝ նշանակում է միասին նայել  
նույն ուղղությամբ: (Անրուան դը Սենդր Էքսյուպերի)

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9. Մարդն առանց սիրո ասել է թե հանգուցյալը արձակուրդում:

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10. Կանայք ոգևորում են տղամարդկանց վեհ գործեր կատարելու, բայց  
միշտ խանգարում են իրականացնելիս: (Օսկար Ուայլդ)

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11. Մերը նուրբ է, կթառամի, եթե ջրես արցունքով: (Ֆենիմոր Կուպեր)

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12. Պաշտիր սերը, եթե նույնիսկ նա քեզ վիշտ բերի: (Ռափինդրանայր Տազոր)

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13. Սերն ամբողջ աշխարհի կրճատումն է մինչև մի արարած և մի արարածի տարածումն է նույնիսկ մինչև Աստված: (Օ. Բալզակ)

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14. Սերը կամավոր ստրկություն է, որին ձգտում է կնոջ էությունը: (Ժորժ Սանդ)

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15. Եթե դու ատում ես, ուրեմն քեզ հաղթել են: (Կոնֆուցիոս)

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16. Սիրո համար բաժանումը նույնն է, ինչ կրակի համար՝ քամին, թույլը մարում է, ուժեղը՝ բորբոքում: (Բյուսի Ռաբյուրեն)

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17. Սիրված չլինելն ընդամենը անհաջողություն է, չսիրելն է դժբախտություն: (Ալբեր Կամյու)

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18. Վախկոտն անընդունակ է սեր դրսևորել, դա քաջի առանձնաշնորհն է: (Մ. Գորկի)

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19. Կյանքն առանց սիրո ոչ թե կյանք է, այլ գոյությունը քարշ տալ: Անհմար է ապրել առանց սիրո, մարդուն հենց նրա համար է տրված հոգին, որպեսզի սիրի: (Մ. Գորկի)

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20. Արևից գեղեցիկ չկա աշխարհում այլ աստված, չկա կրակ՝ սիրո կրակից ավելի հրաշալի: (Մ. Գորկի)

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**12. Give the proofs of the following proverbs by giving examples from life:**

1. Love cannot be forced.
2. True love never runs smooth.
3. True love never grows old.
4. Love conquers all.
5. Love is blind.
6. Love makes the world go round.
7. Love will creep where it may not go.
8. All is fair in love and war.
9. Old love does not rust.
10. Love me, love my dog.
11. Love begins in delight and ends in wisdom.
12. Those we love are always beautiful.
13. Wounds heal quickly when one knows unquestionably that love is there.
14. Faults are thick where love is thin.

**13. Speak on:**

1. Love and a red nose can't be hidden. (*Thomas Holcroft*)
2. “Love is an act of endless forgiveness; a tender look which becomes a habit.” (*Peter Ustinov*)

**14. Remember some idioms on relationship:**

- **To be on speaking terms:**

“They are not on speaking terms at the moment after their row.”

- **Over the moon:**

“She was over the moon when he made marriage proposal.”

- **To fall for someone**

(to fall in love with somebody /antonym- fall out of love)

“He always falls for the wrong types!”

- **To fall head over heels for someone**

(to completely fall in love)

“He fell head over heels for her.”

- **To be lovey-dovey**

(for a couple to show everyone how much they are in love)

“They’re so lovey-dovey, always whispering to each other and looking into each other’s eyes.”

- **To have eyes only for**

(to be attracted to one person only)

“He’s dropped all his old friends, now that he has eyes only for Susie.”

- **To be the apple of someone’s eye**

(to be loved by someone, normally an older relative) (աչքի լույսը լինել) /  
antonym-to be the sore of one’s eye (աչքի փուշը լինել)

“She’s the apple of her father’s eye.”

## **UNIT 4**

### **MARRIAGE**

Marriage is a legally and socially sanctioned union, usually between a man and a woman, that is regulated by laws, rules, customs, beliefs, and attitudes that prescribe the rights and duties of the partners and accords status to their offspring (if any). Perhaps its strongest function concerns procreation, the care of children and their education and socialization, and regulation of lines of descent. It is a socially or ritually recognized union or legal contract between spouses that establishes rights and obligations between them, between them and their children, and between them and their in-laws. The definition of marriage varies according to different cultures, but it is principally an institution in which interpersonal relationships, usually intimate and sexual, are acknowledged. In some cultures, marriage is recommended or considered to be compulsory before pursuing any sexual activity.

It is the joining of two people in a bond that putatively lasts until death, but in practice is increasingly cut short by divorce. Of course, over the course of a relationship that can last as many as seven or eight decades, a lot happens. Personalities change, bodies age, and romantic love waxes and wanes. And no marriage is free of conflict. What enables a couple to endure is how they handle that conflict. So how do you manage the problems that inevitably arise? And how can you keep the spark alive?

Relationships seldom die because they suddenly have no life left in them. They wither slowly, either because people don't understand how much or what kind of upkeep, time, work, love and caring they require or because people are too lazy or afraid to try. A relationship is a living thing. It needs and benefits from the same attention to detail that an artist lavishes on his art. What does it take to be happy in a relationship? Psychologists (experts) advise: If a person is working to improve his or her marriage, here are 7 habits of happy couples:

Go to bed at the same time.

Cultivate common interests.

Walk hand in hand or side by side.

Make trust and forgiveness your default mode.

Focus more on what your partner does right than what he or she does wrong.

Hug each other as soon as you see each other after work.

Say “I love you” and “Have a good day” every morning.

There is also the factor of mutuality.

Also one should always remember a quote from the Bible “What God has yoked together, let no man tear apart.”

A picture of a complete marriage is a husband and wife who lay down their life for each other no matter how many times the other offends them or causes them to have ill feelings. They both have tender affection toward each other. They enjoy each other’s company because they’re best friends. Because they enjoy each other so much, they hug, kiss, hold hands and do nice things for their mate. That kind of marriage will weather any storm.

Through the ages, marriages have taken a great number of forms.

### **Types of marriage:**

**Child marriage** is a marriage where one or both spouses are under the age of 18. It is related to child betrothal and teenage pregnancy. Child marriage was common throughout history, but is today condemned by international human rights organizations. Child marriages are often arranged between the families of the future bride and groom, sometimes as soon as the girl is born. They can also occur in the context of marriage by abduction.

Causes of child marriage include poverty, bride price, dowry, laws that allow child marriages, religious and social pressures, regional customs, fear of remaining unmarried, and perceived inability of women to work for money.

The incidence of child marriage has been falling in most parts of the world. In developed countries child marriage is outlawed or restricted.

**Monogamy** is a form of marriage in which an individual has only one

spouse during their lifetime or at any one time.

**Polygamy** is a marriage which includes more than two partners. When a man is married to more than one wife at a time, the relationship is called polygyny, and there is no marriage bond between the wives; and when a woman is married to more than one husband at a time, it is called polyandry, and there is no marriage bond between the husbands. If a marriage includes multiple husbands and wives, it can be called group marriage.

**Plural marriage**

Group marriage is a form of polyamory in which more than two people form a family unit, with all the members of the group marriage being considered to be married to all the other members of the group marriage, and all members of the marriage share parental responsibility for any children arising from the marriage. No country legally condones group marriages, neither under the law nor as a common law marriage, but historically it has been practiced by some cultures of Polynesia, Asia, Papua New Guinea and the Americas

**An Avunculate marriage** is a marriage that occurs between an uncle and his niece or between an aunt and her nephew. Such marriages are illegal in most countries due to incest restrictions. However a small number of countries have legalized it, including Argentina, Australia, Austria, Malaysia, and Russia.

**A Forced marriage** is a marriage in which one or both of the parties is married against their will. Forced marriages continue to be practiced in parts of the world, especially in South Asia and Africa. In many places, the line between forced marriage and consensual marriage becomes blurred, because the social norms of many cultures dictate that one should never oppose the desire of one's parents/relatives in regard to the choice of a spouse; in such cultures it is not necessary for violence, threats, intimidation etc. to occur, the person simply “consents” to the marriage even if he/she doesn't want it, out of the implied social pressure and duty. The customs of bride price and dowry, that exist in many parts of the world, can lead to buying and selling people into marriage.

**WORDS AND WORD COMBINATIONS**

<b>posterity</b>	[p0s'teriti]	n. սերունդ, ժառանգներ
<b>sage</b>	[seiG]	a. իմաստուն (մարդ), գիտուն
<b>furnish</b>	['fq:niS]	v. 1. մատակարարել, ապահովել; 2. ներկայացնել
<b>preside</b>	[pri'zaid]	v. նախագահել
<b>sacrifice</b>	['sxkrifais]	n. զոհողություն, զոհաբերություն
<b>ancestral</b>	[xn'sestrql]	a. ժառանգական, տոհմական
<b>temple</b>	['templ]	n. տաճար
<b>altar</b>	['0:ltq]	n. եկեղեցու բեմ. սեղան
<b>spirits</b>	['spirits]	n. <i>pl.</i> տրամադրություն
<b>grain</b>	[grein]	n. հացահատիկ, սերմնահատիկ
<b>sanctioned</b>	['sxNkSnd]	a. վավերացած, հաստատված, հավանություն ստացած
<b>prescribe</b>	[pris'kraib]	v. պատվիրել, հրամայել, կարգադրել (գրավոր)
<b>accord</b>	[q'k0:d]	v. 1. համաձայնության գալ; 2. լավ ընդունել, պատիվ տալ; 3. համապատասխանել, ներդաշնակել
<b>offspring</b>	['0:fspriN]	n. 1. զավակ, ժառանգ, սերունդ; 2. արդյունք, պտուղ
<b>procreation</b>	['proukri'eiSn]	n. ծնունդ, պտուղ, ծնելը, ծնունդ տալը
<b>descent</b>	[di'sent]	n. 1. ծագում; 2. սերունդ
<b>ritually</b>	['ritjuqli]	adv. արարողությամբ, ծիսականորեն
<b>spouse</b>	[spauziz]	n. 1. ամուսին, այր. ամուսին, կին 2. <i>pl.</i> ամուսիններ, ամուսնական զույգ
<b>obligation</b>	['0bli'geiSn]	n. 1. պարտավորություն; 2. պարտականություն
<b>in-laws</b>	['inl0:z]	n. <i>pl.</i> խնամիներ
<b>intimate</b>	['intimit]	a. 1. ինտիմ, անձնական; 2. մտերիմ, մոտիկ



<b>compulsory</b>	[kqm'pAlsqri]	a. 1. հարկադիր, հարկադրական; 2. պարտադիր
<b>pursue</b>	[pq'sju:]	v. զբաղվել (մի բանով)
<b>putatively</b>	['pju:tqtivli]	adv. ենթադրաբար
<b>bond</b>	[b0nd]	n. կապ
<b>divorce</b>	[di'v0:s]	n. ամուսնալուծություն, ապահարգան
<b>wax</b>	[wxks]	v. մեծանալ, աճման փուլում լինել (լուսնի մասին)
<b>wane</b>	[wein]	v. պակասել, նվազել, քչանալ
<b>handle</b>	[hxnɗl]	v. վարվել, վերաբերմունք ցույց տալ
<b>wither</b>	[wiDq]	v. 1. մարել (զգացմունքների մասին); 2. թառամել
<b>spark</b>	[spa:k]	n. կայծ, բռնկում
<b>upkeep</b>	['Apki:p]	n. պահում, պահպանելը, պահպանումը
<b>lavish</b>	['lxviS]	v. 1. առատաձեռն շռայլ լինել; 2. շռայլել
<b>cultivate</b>	['kAltiveit]	v. 1. մշակել; 2. զարգացնել (ունակությունները և այլն)
<b>default</b>	[di'f0:lt]	n. 1. պակաս, պակասություն; 2. պարտավորություններ չկատարելը
<b>hug</b>	[hAg]	v. 1. գրկել, սեղմել; 2. կառչել, ամուր բռնել
<b>mutuality</b>	['mju:Cu'xlqti]	n. փոխադարձ լինելը, փոխադարձություն
<b>brim</b>	[brim]	v. լցնել մինչև եզրը
<b>yoke</b>	[jouk]	v. 1. միանալ, գույգ կազմել; 2. կապել, միացնել, կապակցել
<b>offend</b>	[q'fend]	v. 1. վիրավորել, անպատվել, անարգել; 2. տհաճություն պատճառել, տհաճ լինել

<b>tender</b>	[ 'tendq]	a. 1. քնքուշ, նուրբ; 2. գորովալից, փայփայող, սիրող
<b>mate</b>	[meit]	n. 1. ամուսին, կողակից 2. զույգ
<b>betrothal</b>	[bi' trouDql]	n. նշանադրություն, նշանդրեք
<b>pregnancy</b>	[ 'pregnqnsi]	n. հղիություն, հղի լինելը
<b>condemned</b>	[kqn' demd]	a. 1. դատապարտված; 2. մատնված, մերկացված
<b>abduction</b>	[x b' dAkSn]	n. առևանգում, հափշտակում
<b>dowry</b>	[ 'dauqri]	n. օժիտ
<b>incidence</b>	[ 'insidqns]	n. ընդգրկում, ընդգրկելը, ազդեցության ոլորտ
<b>outlaw</b>	[ 'autl0:]	n. ճանաչել օրենքից դուրս, արգելել
<b>restrict</b>	[ris' trikt]	v. սահմանափակել
<b>lifetime</b>	[ 'laiftaim]	n. կյանք, կյանքի տևողություն
<i>during one's lifetime</i>		<i>կյանքի ընթացքում, կենդանության օրոք</i>
<b>polygamy</b>	[p0' ligqmi]	n. բազմամուսնություն
<b>polygyny</b>	[pq' liGini]	n. բազմակնություն
<b>polyandry</b>	[ 'p0lixndri]	n. բազմայրություն, պոլիանդրա
<b>polyamory</b>	[ 'p0li"xmqri]	n. բազմասիրեկանություն
<b>condone</b>	[kqn' down]	v. եկել. թողություն տալ (մեղքերի)
<b>avunculate</b>	[q' vANKjulit]	adj. ամուսնություն քեռու և զարմուհու միջև կամ մորաքրոջ և զարմիկի միջև
<b>incest</b>	[ 'insest]	n. արյունապղծություն
<b>restriction</b>	[ris' trikSn]	n. սահմանափակում
<i>consensual marriage</i>		<i>ամուսնություն՝ փոխհամաձայնությամբ</i>
<b>blur</b>	[blq:]	v. արատավորել, կեղտոտել
<i>in regard to</i>		<i>վերաբերյալ, նկատմամբ, ինչ վերաբերում է</i>
<b>threat</b>	[Tret]	n. սպառնալիք, վտանգ

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<b>intimidation</b>	[in'timi'deiʃn]	n. ահաբեկում
<b>consent</b>	[kɒn'sent]	v. համաձայնվել, համաձայնություն տալ, զիջել

## **EXERCISES**

### **1. What's the Armenian for?**

**have tender affection**

---

**join in a bond**

---

**due to incest restriction**

---

**let no man tear apart**

---

**condemned by international human rights organizations**

---

**regulation of lines of descent**

---

**the union of two different surnames**

---

**consensual marriage becomes blurred**

---

**marriage by abduction**

---

**to handle the conflict**

---

**romantic love waxes and wanes**

---

**socially or ritually recognized union**

---

---

**its strongest function concerns procreation**

---

**ancestral temple**

---

**in order to continue the posterity of the former sages**

---

## **2. What’s the English for?**

**չամուսնանալու վախը**

---

**պատմականորեն կիրառվել է**

---

**հարսնացուին վճարվող գումարի կամ օժիտի սովորույթներ**

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**մշակել ընդհանուր հետաքրքրություններ**

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**ներդաշնակում է իրենց ժառանգների կարգավիճակին**

---

**երկու մարդ ընտանեկան միություն են կազմում**

---

**կդիմանա ցանկացած փոթորկի**

---

**քնքուշ կապվածություն/մտերմություն իրար հանդեպ**

---

**ծնողական պատասխանատվություն կիսել**

---

**բարեկամությունը/ սերը հազվադեպ է մարում**

---

**գուզընկերոջ ընտրության վերաբերյալ**

---

**իմաստունների նախորդ սերունդը շարունակելու համար**

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---

**իրավունքներն ու պարտականությունները կարգադրող  
վերաբերմունքներ  
կայծն անմար պահել**

---

**սահմանում է իրավունքներն ու պարտականություններ նրանց միջև**

---

**երկու մարդկանց միավորում է այնպիսի կապով, որը տևում է մինչ մահ**

---

**3. Match the following words with their definitions:**

**restrict, spouse, dowry, altar, sacrifice, betrothal, divorce, spark,  
abduction, incest, polygamy, compulsory**

*engagement to marry*

*raised place (flat-topped table or platform) on which  
offerings are made to a god*

*sexual intercourse between close relations, e.g. a  
brother and sister*

*(legal) husband or wife*

*kidnapping; taking away unlawfully, by force or  
fraud*

*limit, keep within limits*

*that must be done; required*

*custom of having more than one wife at the same  
time*

*1. the offering of something precious to a god 2. the  
giving up of something of great value to oneself for  
a special purpose, or to benefit another person*

*property, money, brought by a bride to her husband*

---

---

*tiny glow from a burning substance or still present in ashes, etc. or produced by hard metal and stone banging together, or by the breaking of an electric current*

---

*legal ending of a marriage so that husband and wife are free to marry again*

---

**4. a) Find the corresponding nouns from the text:**

**abduct**

---

**betrothed**

---

**personal**

---

**violent**

---

**procreate**

---

**forgive**

---

**poor**

---

**pregnant**

---

**b) Find the corresponding adjectives from the text:**

**ancestry**

---

**compulsion**

---

**romance**

---

**region**

---

**individuality**

---

**tenderness**

---

---

**parent**

---

**history**

---

**5. Match the words with the similar meanings:**  
**offspring, occur, affection, default, endure, prescribe, feeling**

*desire, longing*

---

*dictate, decree*

---

*omission, absence*

---

*descendant*

---

*emotion, sentiment*

---

*happen, take place*

---

*last, continue, support*

---

**6. Match the words with the opposite meanings:**  
**consent, bride, tender, offend, violence, threat, cultivate**

*encouragement, promise*

---

*gentleness, mildness*

---

*discourage, neglect, blast*

---

*groom*

---

*gratify, indulge, please*

---

*disagree, protest*

---

*rude, rough, cruel, careless*

---

**7. Find the best ending and fill in the boxes below:**

- |   |  |
|---|--|
| <b>1. “What God has yoked together, ...</b>   | <i>a) ... how they handle that conflict.</i>                                   |
| <b>2. Personalities change, bodies age, and ...</b>                                       | <i>b) ... whenever you’re wrong, admit it; whenever you’re right, shut up.</i> |
| <b>3. What enables a couple to endure is ...</b>  | <i>c)... let no man tear apart.”</i>   |
| <b>4. Focus more on what your partner does right ...</b>                                  | <i>d)... both spouses are under the age of 18.</i>                             |
| <b>5. A child marriage is a marriage where one or ...</b>                                 | <i>e)... or restricted.</i>  |
| <b>6. To keep your marriage brimming, with love in the wedding cup, ...</b>               | <i>f)... romantic love waxes and wanes.</i>                                    |
| <b>7. In developed countries child marriage is outlawed ...</b>                           | <i>g) ... than what he or she does wrong.</i>                                  |
| <b>8. Relationships seldom die because they suddenly ...</b>                              | <i>h) ... called group marriage</i>  |
| <b>9. If a marriage includes multiple husbands and wives, it can be ...</b>               | <i>i)... , can lead to buying and selling people into marriage.</i>            |
| <b>10. The customs of bride price and dowry, that exist in many parts of the world...</b> | <i>j) ...have no life left in them.</i>  |

1._____	2._____	3._____	4._____	5._____
---------	---------	---------	---------	---------

6._____	7._____	8._____	9._____	10._____
---------	---------	---------	---------	----------



**8. Insert articles if necessary:**

Attitudes to ... termination of marriage are equally various. Most societies allow widows and widowers to re-marry, but there are cultures which do not permit ... widow to marry again, in ... past required ... wife even to die with her husband. On ... other hand, in some cultures ... widow is obliged to marry one of her husband's brothers, any children born of this union being regarded as ... husband's offspring. In some societies when ... unmarried man dies, his brother is compelled to take ... woman as wife to ... “ghost” in order to produce children from him. Divorce is sometimes prohibited and sometimes permitted, along ... degree of ease or difficulty with which ... divorce can be obtained varies considerably. Divorce doesn't exist in ... Roman Catholic Church because marriage is ... holy institution, in its very nature indissoluble. Some Protestant churches permit ... divorce but not re-marriage. Islam provides for both divorce and re-marriage in certain conditions.

**9. Fill in prepositions:**

The union ... man and woman is essential ... the survival ... the human race. Every society is obliged to have some concept ... marriage, and marriage invariably has the sanction ... religion. Religious attitudes ... the married state, however, vary considerably. Islam regards it as normal ... every adult to marry. ... Hindu marriage is a sacred duty. ... Christianity, ... the other hand, especially ... the Roman Catholic Church, celibacy is highly valued, and ... each generation a number ... people are encouraged to devote their lives ... the service ... God as celibate priests, monks or nuns.

**10. Are these statements true or false? Correct the false ones.**

1. Child marriages are often arranged between the families of the future bride and groom, sometimes as soon as the girl is well-educated.
2. Polyandry is a marriage which includes more than two partners.

3. In some cultures, marriage is recommended or considered to be compulsory before pursuing any sexual activity.
4. It is said in the Bible: “What God has yoked together, let anyone tear apart.”
5. To keep marriage alive it is advised to focus less on what their partner does wrong than what he or she does right.
6. In developed countries child marriage is outlawed or restricted.
7. Monogamy is a form of marriage in which an individual has only one spouse during their lifetime or at any one time.
8. Many countries legally condone group marriages, either under the law or as a common law marriage.

#### **11. Translate into Armenian:**

1. Marry your son when you will; your daughter when you can. (*George Herbert*)

.....

2. Needles and pins, needles and pins! When a man marries his trouble begins. (*Old Nursery Rhyme*)

.....

.....

3. Marriage has many pins, but celibacy has no pleasures. (*Samuel Johnson*)

.....

4. Marriages are made in heaven. (*Proverb*)

.....

5. My wife and I tried to breakfast together, but we had to stop or our marriage would have been wrecked. (*Winston Churchill*)

.....

6. “My most brilliant achievement was my ability to be able to persuade my wife to marry me”. (*Winston Churchill*)

.....  
.....

7. Any intelligent woman who reads the marriage contract, and then goes into it, deserves all the consequences. (*Isadora Duncan*)

.....  
.....

8. “Men marry women with the hope they will never change. Women marry men with the hope they will change. Invariably they are both disappointed.” (*Albert Einstein*)

.....  
.....  
.....

9. “By all means marry; if you get a good wife, you’ll become happy; if you get a bad one, you’ll become a philosopher.” (*Socrates*)

.....  
.....  
.....

10. “An archaeologist is the best husband a woman can have. The older she gets, the more interested he is in her.” (*Agatha Christie*)

.....  
.....

11. “Marriage is an alliance entered into by a man who can't sleep with the window shut, and a woman who can't sleep with the window open.” (*George Bernard Shaw*)

.....

.....

12. “If there is such a thing as a good marriage, it is because it resembles friendship rather than love.” (*Michel de Montaigne*)

.....

.....

13. “The music at a wedding procession always reminds me of the music of soldiers going into battle.” (*Heinrich Heine*)

.....

.....

14. “Many marriages would be better if the husband and the wife clearly understood that they are on the same side.” (*Zig Ziglar*)

.....

15. “What counts in making a happy marriage is not so much how compatible you are, but how you deal with incompatibility.” (*Leo Tolstoy*)

.....

.....

16. Marriage is neither heaven nor hell. It is simply a purgatory. (*Abraham Lincoln*)

.....

17. Only when like marries like, can there be any happiness.

.....

18.

“Marry on Monday for health,

Tuesday for wealth,

Wednesday the best day of all,

Thursday for crosses,

Friday for losses, and Saturday

for no luck at all.”

*(Folk Rhyme)*

## **12. Translate into English:**

1. Ոչ թե սիրո, այլ փոխըմբռնման պակասն է, որ ամուսնությունը դժբախտ է դարձնում:

.....

.....

2. Իմ տան գլուխը ես եմ, կինս՝ որոշումներ կայացնողն է: *(Վուդի Ալեն)*

.....

3. Կինս ու ես երջանիկ էինք քսան տարի, հետո մենք հանդիպեցինք իրար: *(Ռոդնի Դենջերֆիլդ)*

.....

.....

4. Տղամարդիկ ամուսնանում են հոգնածությունից, իսկ կանայք

հետաքրքրասիրությունից: Հետո երկուսն էլ հիասթափվում են: (*Օսկար Ուայլդ*)

.....  
.....

5. Կին ընտրիր քեզ հավասարներից, քանի որ, եթե ընտրես քեզանից բարձրներից, ապա դրանով ոչ թե կին ձեռք կբերես, այլ տեր:

.....  
.....

6. Սերն իդեալական բան է, ամուսնությունը՝ իրական: Իրականը իդեալականի հետ շփոթելը երբեք անպատիժ չի մնում: (*Գյոթե*)

.....  
.....

7. Լավ կինը միշտ ներում է իր ամուսնուն, երբ ինքն է սխալվում: (*Միլթոն Բեռն*)

.....  
.....

8. Ոչ թե սիրո այլ ընկերության պակասն է, որ ամուսնությունը դժբախտ է դարձնում: (*Ֆ. Նիցշե*)

.....  
.....

9. Մարդ պիտի միշտ սիրահարված լինի: Դա է պատճառը, թե ինչու մարդ երբեք չպիտի ամուսնանա: (*Օսկար Ուայլդ*)

.....  
.....

**13. Find the proof of the following proverbs by examples from life:**

1. Marriages are made in heaven.
2. Marry in haste and repent at leisure.
3. Marry in May, rue for aye.
4. A cheerful wife is the joy of life.
5. Keep your eyes wide-open before marriage and half-shut afterwards.

**14. Think over Confucius’s statement:** *“Marriage is the union of two different surnames, in friendship and in love, in order to continue the posterity of the former sages, and to furnish those who shall preside at the sacrifices to heaven and earth, at those in the ancestral temple, and at those at the altars to the spirits of the land and grain.”*

**15. Topics for discussion:**

- a) “When a wife has a good husband it is easily seen in her face.” (*Goethe*)
- b) “To catch a husband is an art; to hold him is a job.” (*Simone de Beauvoir*)

**16. Remember some idioms on marriage:**

- **to get hitched**  
(informal-get married)  
“They’re getting hitched next Saturday.”
- **to tie the knot**  
(informal-get married)  
“So when are you two tying the knot?”

### *Test*

To make a success of any partnership requires a tremendous amount of give and take on both sides, without which the bed of roses can turn into a battle-field.

Marriage has been described as a feast where “the grace is sometimes better than the dinner”. Nevertheless, it is an institution which many join and the remainder strive to belong. But what makes a successful marriage?

1. Do you ever think that other couples are probably happier and have a more successful marriage than your own?
  - a) Yes
  - b) No
2. Do you think that a good sex life is essential to a successful marriage?
  - a) Yes
  - b) No
3. Do you think a wife should stay at home to create a happy domestic life?
  - a) Yes
  - b) No
4. Are you able to talk openly to each other about your innermost feelings?
  - a) Yes
  - b) No
5. Are you embarrassed if your spouse sees you naked?
  - a) Yes
  - b) No
6. Do you each have different interests and hobbies of your own?
  - a) Yes
  - b) No
7. If you or your partner are attracted to members of the opposite sex, is it likely to hurt your marriage?
  - a) Yes



b) No

8. Do you ever do things that you don't really enjoy simply to please your partner?

a) Yes

b) No

9. If your partner bought a new item of clothing which you considered ridiculous, would you risk upsetting him/her and tell the truth?

a) Yes

b) No

10. When there are big decisions to make do you plan them together, and are you influenced by your partner's point of view?

a) Yes

b) No

11. Do you always sleep in a double bed?

a) Yes

b) No

12. Do you think that the odd argument or disagreement is a threat to your marriage and another step towards divorce?

a) Yes

b) No

13. Do you think marriage should be “till death us do part”?

a) Yes

b) No

14. Do you think that your marriage changes for the worse when children are born?

a) Yes

b) No

### *The Analysis*

1. **b** You cannot judge by outward appearances whether other marriages are more successful than your own. We don't know what happens when the couple are alone.
2. **b** A good sex life enhances your marriage, but there are many contented marriages between couples who cannot have sex because of illness or disability.
3. **b** No. These days a woman expects more from a marriage than four walls and domestic routine. If both parties share the tedious chores, and bring stimulation from outside the home, it will help to keep the marriage sweet and fresh.
4. **a** A husband and wife should feel able to talk openly and honestly to each other.
5. **b** No- you should not be at all embarrassed.
6. **a** If both man and woman have varied interests it will prevent staleness creeping into the marriage.
7. **a** No, of course it won't hurt your marriage if you feel attracted to members of opposite sex- so long as you behave maturely and make sure to keep your marriage intact.
8. **a** Yes, “give” and “take” again- and you should be prepared to please your partner.
9. **a** Yes, no offence should be taken if the criticism is constructive.
10. **a** Yes, any major decisions that concern you both should be arrived at jointly.
11. **a** Yes, –but it doesn't mean your marriage is on the rocks if you have separate beds. Many people just sleep better on their own.
12. **a** All couples argue and so long as the arguments don't escalate into violence or damage the personality, no harm results. But be sure to make up before going to bed each night.
13. **a** Of course.

14. **b** There are certain to be many changes, but not necessarily for the worse. There are new responsibilities, problems and joys to share.

*Give yourself 10 for each correct answer.*

*110-140*

Yours is a very successful marriage — no major problems.

*60-100*

Yours is an average marriage- jogging along and compares with most marriages.

*20-50*

You have problems and you both need to work together to overcome the difficulties.

*10 or less*

See a Marriage Guidance Counsellor.

## UNIT 5

### EMOTIONS



No aspect of our mental life is more important to the quality and meaning of our existence than emotions. They are what make life worth living, or sometimes ending. Emotions are thought to be related to certain activities in brain areas that direct our attention, motivate our behavior, and determine the significance of what is going on around us. Some emotions occur over a period of seconds (for example, surprise), whereas others can last years (for example, love).

Emotion is the complex psychophysiological experience of an individual's state of mind as interacting with internal and external influences. In humans, emotion fundamentally involves “physiological arousal, expressive behaviors, and conscious experience.” Emotion is associated with mood, personality and disposition, temperament, and motivation. Motivations direct and energize behavior, while emotions provide the affective component to motivation, positive or negative.

In 1884 William James argued that emotional experience is largely due to the experience of bodily changes. The Danish psychologist Carl Lange also proposed a similar theory at around the same time, so this position is known as the James–Lange theory. This theory and its derivatives state that a changed situation leads to a changed bodily state. As James says “the perception of bodily changes as they occur is the emotion.” James further claims that “we feel sad because we cry, angry because we strike, afraid because we tremble, and neither we cry, strike, nor tremble because we are sorry, angry, or fearful,

as the case may be.” According to James, what distinguishes emotions is the fact that each involves the perception of a unique set of bodily changes.

This theory is supported by experiments in which by manipulating the bodily state, a desired emotion is induced. Such experiments also have therapeutic implications (for example, in laughter therapy, dance therapy). The James–Lange theory is often misunderstood because it seems counter-intuitive. Most people believe that emotions give rise to emotion-specific actions: e.g. “I’m crying because I’m sad,” or “I ran away because I was scared.” The James–Lange theory, conversely, asserts that first we react to a situation (running away and crying happen before the emotion), and then we interpret our actions into an emotional response. In this way, emotions serve to explain and organize our own actions to us.

The James–Lange theory has now been all but abandoned by most scholars.

In the early 1970s, Paul Ekman and colleagues began a line of research that suggests that many emotions are universal. They found evidence that humans share at least five basic emotions: fear, sadness, happiness, anger, and disgust.

Some theories consider the function of emotions more broadly, and ask, not why we should have particular emotions on specific occasions, but rather why we should have particular emotions at all. This question is often given an evolutionary answer: emotions are adaptations whose purpose is to solve basic ecological problems facing organisms. Darwin himself was concerned not so much with the question of how our emotions might have evolved, but rather why they should have the forms of expression that they do. Emotional expressions, he thought, once served particular functions (e.g. baring teeth in anger to prepare for attack), but now accompany particular emotions because of their usefulness in communicating these emotions to others.

### ***Importance of Emotions***

Here are a few of the reasons our emotions are important in our lives.

**Survival:** Nature developed our emotions over millions of years of evolution. As a result, our emotions have the potential to serve us today as a delicate and sophisticated internal guidance system. Our emotions alert us

when natural human need is not being met. For example, when we feel lonely, our need for connection with other people is unmet. When we feel afraid, our need for safety is unmet. When we feel rejected, it is our need for acceptance which is unmet.

**Decision Making:** Our emotions are a valuable source of information. Our emotions help us make decisions. Studies show that when a person's emotional connections are severed in the brain, he cannot make even simple decisions. Why? Because he doesn't know how he will feel about his choices.

**Predicting Behavior:** Our feelings are also useful in helping us predict our own, and others' behavior.

**Boundary Setting:** When we feel uncomfortable with a person's behavior, our emotions alert us. If we learn to trust our emotions and feel confident expressing ourselves we can let the person know we feel uncomfortable as soon as we are aware of our feeling. This will help us set our boundaries which are necessary to protect our physical and mental health.

**Communication:** Our emotions help us communicate with others. Our facial expressions, for example, can convey a wide range of emotions. If we look sad or hurt, we are signaling to others that we need their help. If we are verbally skilled, we will be able to express more of our emotional needs and thereby have a better chance of filling them. If we are effective at listening to the emotional troubles of others, we are better able to help them feel understood, important and cared about.

**Happiness:** The only real way to know that we are happy is when we feel happy. When we feel happy, we feel content and fulfilled. This feeling comes from having our needs met, particularly our emotional needs. We can be warm, dry, and full of food, but still unhappy. Our emotions and our feelings let us know when we are unhappy and when something is missing or needed. The better we can identify our emotions, the easier it will be to determine what is needed to be happy.

**Unity:** Our emotions are perhaps the greatest potential source of uniting all members of the human species. Clearly, our various religious, cultural and

political beliefs have not united us. Far too often, in fact, they have tragically and even fatally divided us. Emotions, on the other hand, are universal. Charles Darwin wrote about this years ago in one of his lesser-known books called “The Expression of Emotion in Man and Animal”. The emotions of empathy, compassion, cooperation, and forgiveness, for instance, all have the potential to unite us as a species. It seems fair to say that, generally speaking: Beliefs divide us. Emotions unite us.

**Human Emotional Needs:** All humans have basic emotional needs. These needs can be expressed as feelings, for example the need to feel accepted, respected and important. While all humans share these needs, each differs in the strength of the need, just as some of us need more water, more food or more sleep. One person may need more freedom and independence, another may need more security and social connections. One may have a greater curiosity and a greater need for understanding, while another is content to accept whatever he has been told.

## WORDS AND WORD COMBINATIONS

<b>aspect</b>	[ˈxspekt]	ն. տեսակետ, կարծիք
<b>motivate</b>	[ˈmoutiveit]	վ. 1. դրդել, մղել, թելադրել; 2. առիթ ծառայել; 3. պատճառաբանել
<b>mental</b>	[mentl]	ա. 1. մտավոր, մտային; 2. հոգեկան, հոգեբանական
<b>existence</b>	[igˈzistqns]	ն. գոյություն. կյանք
<b>interact</b>	[ˈintqrˈxkt]	վ. փոխազդել
<b>internal</b>	[inˈtq:nql]	ա. ներքին, ներսի
<b>external</b>	[iksˈtq:nql]	ա. արտաքին, դրսի
<b>arousal</b>	[qˈrauzql]	ն. (ցանկության, զգացմունքի) առաջացում
<b>disposition</b>	[ˈdispqˈziʃn]	ն. բնավորություն, խառնվածք, հակում, հակվածություն

<b>temperament</b>	[ˈtemprɪmqnt]	ն. խառնվածք, բնավորություն, տենայերամենտ, խանդավառվողություն, կրակոտություն
<b>energize</b>	[ˈenɪˈGaiz]	վ. էներգիա, ուժ տալ
<b>affective component</b>		<i>հուզական բաղադրիչ մաս</i>
<b>derivative</b>	[diˈrɪvɪtɪv]	ա. ածանցյալ
<b>perception</b>	[pɜːˈsepʃn]	ն. զգայական ընկալում, իմացություն
<b>unique</b>	[juˈni:k]	ա. անզուգական, միակ, անմասն
<b>manipulate</b>	[mæˈnɪpjuleɪt]	վ. 1. հմուտ կերպով՝ վարպետորեն վարվել (որևէ բանի հետ); 2. կեղծել
<b>implication</b>	[ˈɪmplɪˈkeɪʃn]	ն. մասնակցություն, առնչություն
<b>therapy</b>	[ˈTerqpi]	ն. բուժում, թերապիա
<b>counter-intuitive</b>		<i>հակա-ինտուիտիվ</i>
<b>conversely</b>	[kɒnˈvɜːsli]	adv. ընդհակառակը
<b>assert</b>	[əˈsɜːt]	վ. հաստատել, հայտարարել
<b>interpret</b>	[ɪnˈtɜːprɪt]	վ. մեկնաբանել, բացատրել
<b>abandon</b>	[əˈbændɒn]	վ. թողնել, հրաժարվել
<b>scholar</b>	[ˈskɒlə]	ն. գիտնական, գիտուն
<b>universal</b>	[ˈjuːniˈvɜːsqəl]	ա. համընդհանուր, ընդհանուր
<b>occasion</b>	[əˈkeɪʃn]	ն. դեպք, դիպված, առիթ
<b>evolutionary</b>	[ˈiːvɒˈluːʃnəri]	ա. էվոլյուցիոն
<b>adaptation</b>	[ˈædæptˈeɪʃn]	ն. հարմարեցում, ադապտացիա
<b>evolve</b>	[ɪˈvɒlv]	վ. զարգանալ, զարգացնել
<b>delicate</b>	[ˈdelɪkɪt]	ա. նուրբ, նրբազգաց, փափկանկատ
<b>sophisticated</b>	[sɒˈfɪstɪˈkeɪtɪd]	ա. հարուստ կենսափորձ ունեցող, կյանքի իմաստություն ձեռք բերած
<b>rejected</b>	[rɪˈdʒektɪd]	ա. մերժված, չընդունված
<b>acceptance</b>	[əkˈseptəns]	ն. հավանություն. բարեհաճ վերաբերմունք



<b>severe</b>	[si'viq]	a. խիստ, դաժան, անողորմ
<b>predict</b>	[pri'dikt]	v. գուշակել, կանխագուշակել
<b>unmet</b>	[An'met]	a. չբավարարված
<b>alert</b>	[q'ly:t]	v. տագնապել, տագնապի ազդանշան տալ
<b>confident</b> <i>be aware of</i>	['kɒnfɪdɒnt]	a. վստահ, համարձակ <i>գիտակցել, զգալ, նկատել, տեղյակ լինել</i>
<b>boundary</b>	['baundqri]	n. սահման
<b>convey</b>	[kqn'vei]	v. հաղորդել
<i>a wide range of emotions</i> <i>be verbally skilled</i>		<i>զգացմունքների մեծ/ լայն շրջան բերանացի հմուտ լինել/ միայն խոսքով հմուտ լինել</i>
<b>effective</b> <i>feel content</i>	[i'fektiv]	a. ազդու, տպավորիչ <i>զոհունակություն զգալ</i>
<b>fatally</b>	['feitqli]	adv. ճակատագրական ձևով, անխուսափելիորեն
<b>empathy</b>	['empqTi]	n. կարեկցանք, ուրիշի ապրածը հասկանալը, ուրիշի ցավը ըմբռնելը
<b>compassion</b>	[kqm'pɔSn]	n. կարեկցություն, կարեկցում
<b>cooperation</b>	[kou"ɒpq'reiSn]	n. համագործակցություն. համատեղ գործունեություն
<b>respected</b>	[ris'pektid]	a. հարգված, մեծարված
<b>freedom</b>	['fri:dqm]	n. ազատություն, անկախություն
<b>independence</b>	['indi'pendqns]	n. անկախություն, ինքնուրույնություն
<b>curiosity</b>	['kjuqri'ɒsiti]	n. հետաքրքրասիրություն, հարցասիրություն

## **EXERCISES**

### **1. What’s the Armenian for?**

**laughter therapy**

---

**more security and social connections**

---

**in the early 1970s**

---

**as a result**

---

**to convey a wide range of emotions**

---

**potential source of information**

---

**a line of research**

---

**give rise to**

---

**proposed a similar theory at around the same time**

---

**in this way**

---

### **2. What’s the English for?**

**ներքին կառավարման համակարգ**

---

**դրական քե բացասական**

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**էկոլոգիական խնդիրներ լուծել**

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**պահպանել մեր ֆիզիկական և մտավոր առողջությունը**

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**դանիացի հոգեբան**

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**միայնակ զգալ**

---

**այս դիրքորոշումը հայտնի է որպես**

---

**մյուս կողմից**

---

**մտավոր կյանք**

---

**որոշումներ կայացնել**

---

**պատրաստվել հարձակման**

---

**ներքին և արտաքին ազդեցություններ**

---

**3. Match the following words with their definitions:**

**evolution, empathy, aware, sophisticated, compassion, scare, forgive, tremble, boundary, confident**

*(power of) entering into the spirit of a person, a work of art, etc*

---

*frighten, become afraid*

---

*line that marks a limit; dividing line*

---

*excuse, pardon a sin; pardon or show mercy to*

---

*having knowledge*

---

*feeling or showing confidence; certain*

---

---

1. process of opening out or developing  
2. development of more complicated forms of life  
(plants, animals) from earlier and simpler forms

---

shake involuntarily(as from fear, anger, cold,  
physical weakness, etc)

---

1. having lost natural simplicity through  
experience of the world; cultured 2. (of mental  
activity) cultured, elaborate

---

pity, feeling for the sufferings of others, prompting  
one to give help

---

**4. a) Find the corresponding nouns from the text:**

safe

---

mean

---

connect

---

behave

---

accept

---

respond

---

act

---

sad

---

guide

---

express

---

adapt

---

**b) Find the corresponding adjectives from the text:**

nature

---

therapy

---

---

**universe**

---

**evolution**

---

**ecology**

---

**emotion**

---

**base**

---

**importance**

---

**value**

---

**confidence**

---

**face**

---

**5. Choose the suitable word:**

1) Emotion is associated ... mood, personality and disposition, temperament and motivation.

*(in / with )*

2) According to James, what distinguishes emotions is the fact that each involves the perception of a unique set of ... changes.

*(bodily / body )*

3) Our emotions are perhaps the ... potential source of uniting all members of the human species.

*(greatest / great)*

4) The better we can identify our emotions, the ... it will be to determine what is needed to be happy.

*(more difficult / easier )*

5) If we learn to trust our emotions and feel confident expressing ... we can let the person know we feel uncomfortable as soon as we are aware of our feeling.

*(us / ourselves)*

6) Studies show that when a person's emotional connections are severed in

the brain, he can not ...even simple decisions.

(make / do)

**6. Find the best ending and fill in the boxes below:**

**1. Darwin himself was concerned not so much with the question of how our emotions might have evolved, ...**

*a) ... the quality and meaning of our existence than emotions.*

**2. One person may need more freedom and independence, another ...**

*b) ... that suggests that many emotions are universal.*

**3. No aspect of our mental life is more important to ...**

*c) ... our emotions alert us.*

**4. Paul Ekman and colleagues began a line of research ...**

*d) ... but rather why they should have the forms of expression that they do.*

**5. When we feel uncomfortable with a person's behavior, ...**

*e) ... may need more security and social connections.*

1. _____	2. _____	3. _____	4. _____	5. _____
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**7. Are these statements true or false? Correct the false ones.**

1. Emotions divide us, beliefs unite us.
2. If we are effective at listening to the emotional troubles of others, we are better able to help them feel understood, important and cared about.
3. When we feel lonely, our need for connection with other people is met.
4. When we feel afraid, our need for safety is unmet. When we feel rejected, it is our need for acceptance which is unmet.
5. The James–Lange theory is often understood because it seems counter-intuitive.
6. Motivations direct and energize behavior, while emotions provide the affective component to motivation, positive or negative.

7. Some humans have basic emotional needs.

Paul Ekman found evidence that humans share at least six basic emotions: fear, sadness, happiness, anger, and disgust.

**8. Fill in the blanks with the corresponding words given in brackets:**  
*(ordinary, basic, manifested, appreciate, aggressive, temper, arises, behavior, instinct)*

An ... of aggression, at any rate for defence, is generally recognized as innate in man and most animals. It seems clear, too, that ... impulses are a radical and ... element in human psychology; we have only to look at the international situation, or at the ... in any nursery, to see that. Every ... person knows from his own experience that bad ... , selfishness, meanness, greediness, jealousy and enmity are being felt and expressed all round him every day by others, even if he does not ... their existence so well in himself. He certainly knows that a great part of the unhappiness of everyday life ... from such feelings. Most of us have to spend some proportion at least of our time and energies in trying to overcome and mitigate the bad effects of them when shown by others- and also indeed when ... by ourselves.

**9. Translate into English:**

1. Կիրքը վատ կարգավորիչ է, սակայն՝ հզոր զսպանակ: *(Էմերսոն)*

.....

2. Եթե մենք կարողանում ենք դիմակայել մեր կրքերին, ապա սովորաբար ոչ թե նրա համար, որ մենք ուժեղ ենք, այլ նրա, որ դրանք թույլ են: *(Լառնշֆուկո)*

.....

.....

.....

3. Մարդկանց հետ ձեր փոխհարաբերություններում մի մոռացեք, որ գործ ունեք զգացմունքային էակների հետ:

.....  
.....

**10. Translate into Armenian:**

1. Descartes said: “It is impossible for the soul to feel a passion without that passion being truly as one feels it.” Later, however, he noted: “Those that are most agitated by their passions are not those who know them best”.

.....  
.....  
.....  
.....

2. For Plato there seemed to have been three basic components of the human mind: the reasoning, the desiring, and the emotive parts.

.....  
.....

3. For Aristotle, the emotions are not represented as constituting a separate agency or module, but they had even greater importance, particularly in the moral life, our capacity for which Aristotle regarded as largely a result of learning to feel the right emotions in the right circumstances.

.....  
.....



.....  
.....

4. For Spinoza, emotions are not lodged in a separate body in conflict with the soul, since soul and body are aspects of a single reality; but emotions, as affections of the soul, make the difference between the best and the worst lives, as they either increase the soul's power to act, or diminish that power.

.....  
.....  
.....  
.....

5. Hume’s notorious dictum that reason is and ought to be the slave of the passions also placed the emotions at the very center of character and agency.

.....  
.....

6. Emotions are capable of being not only explained but also justified—they are closely related to the reasons that give rise to them. If someone angers me, I can cite my antagonist's deprecatory tone; if someone makes me jealous, I can point to his poaching on my emotional property. *(Taylor 1975)*

.....  
.....  
.....  
.....  
.....

7. Emotional appeals are commonly found in advertising, health campaigns and political messages. Recent examples include no-smoking health campaigns and political campaign advertising emphasizing the fear of terrorism. Emotions are typically conscious phenomena; yet they typically involve more pervasive bodily manifestations than other conscious states.

.....

.....

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.....

.....

8. Emotions vary along a number of dimensions: intensity, valence, type and range of intentional objects, etc.

Emotions are reputed to be antagonists of rationality; but also they play an indispensable role in determining the quality of life.

.....

.....

.....

.....

9. Emotions contribute crucially to defining our ends and priorities, they play a crucial role in the regulation of social life.

.....

.....

10. Emotions protect us from an excessively slavish devotion to narrow conceptions of rationality.

.....

.....

## **11. Render in English:**

Մարդու հիվանդություններն ուղղակիորեն կապված են նրա բնավորության և հույզերի հետ: Եթե դրանք բացասական են, առաջանում են տարաբնույթ խանգարումներ կամ հիվանդություններ:

Տիբեթի բժշկության հիմնական օրենքն ասում է. «Յուրաքանչյուր հիվանդություն առաջանում է անփութությունից՝ սեփական օրգանիզմը սխալ հասկանալուց ու օգտագործելուց: Այս կամ այն հիվանդության առաջացումը առիթ է տալիս մտորելու, հասկանալու, գիտակցելու, թե մարդն իր կյանքում ինչ սխալներ է գործում»:

Եթե Դուք հաճախ եք հիվանդանում, դա տեղիք է տալիս մտածելու, թե որքանով է Ձեզ ձեռնտու ընթացիկ իրավիճակը: Հաճախակի հիվանդություններով օրգանիզմը փորձում է ազդանշան տալ Ձեզ, որ ամեն ինչ այդքան էլ շիտակ չէ, որքան կարող է թվալ: Մի՛ անտեսեք այդ ազդանշանները, անպայման փորձեք գտնել հիվանդության իրական պատճառները, այլապես իրավիճակը կարող է բարդանալ, և հիվանդությունը կարող է քրոնիկ դառնալ: Որքան շատ բացասական հույզեր է ունենում մարդ, այդքան նա ավելի հաճախակի է հիվանդանում:

Այսօր հայտնի է, որ տարբեր հույզեր և զգացմունքներ առողջական տարբեր խնդիրների պատճառ են հանդիսանում: Եթե վերջիններս հազվադեպ են, ապա լուրջ վտանգ չեն հասցնի օրգանիզմին, հակառակ դեպքում՝ նույնիսկ հաճախակի դժգոհության արտահայտումը անպայման կարտահայտվի առողջության վատթարացմամբ:

Ցանկացած հիվանդություն կարելի է բուժել, եթե գտնվեն դրա հոգեբանական պատճառները: Օրինակ, մեջքի հատվածում առաջանում են ցավեր, երբ մարդ անհանգստանում է աշխատանքի կամ ֆինանսական

խնդիրների պատճառով:

Ուռուցքները սովորաբար առաջանում են, երբ մարդիկ հաճախ նեղսրտում են այլ մարդկանցից, երբ չեն կարողանում ներել, դժգոհ են սեփական կյանքից:

Լնդերի հիվանդությունները կարող են վկայել որոշումների կայացման հետ կապված խնդիրների մասին. մարդ դժվարությամբ է որոշումներ կայացնում և նրա համար դժվար է գործել ընտրված ուղղությամբ: Որպեսզի վերականգնվի օրգանիզմի հավասարակշռությունը, մարդուն բավականաչափ հանգիստ է պետք: Մարդու օրգանիզմում կա հրաշալի ներքին դեղատուփ, որը պարունակում է բոլոր հիվանդությունները բուժող դեղորայքը:

Մարմնի ղեկավարման բանալին գտնվում է մեր գիտակցության մեջ: Եթե մարդ գոհ է իր կյանքից, եթե նա գտնվում է ներդաշնակության մեջ ինքն իր հետ, ապա նրան ոչ մի հիվանդություն չի դիպչի:

## **12. Topics for discussion:**

1. How emotional are you?
2. “We feel sad because we cry” or maybe “we cry because we feel sad”. Which idea do you agree with?
3. Emotions have a central place in moral education and the moral life.
4. Hope seems to be some type of survival instinct.

## **13. Remember some idioms on emotions:**

- **In seventh heaven**

(extremely happy)

“They were in seventh heaven when they learned they’d won a cruise.”

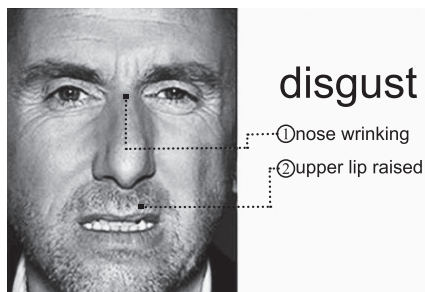
- **Jump for joy**

(very happy)

“We jumped for joy when we got the mortgage.”

## UNIT 6

### PRIMARY AND SECONDARY EMOTIONS



Some authors use the terms primary and secondary emotions. A primary emotion is what we feel first. The secondary emotion is what it leads to.

**Anger** is a good example of a secondary emotion. There are many possible primary emotions which, when they are intense enough, can lead to anger. We might feel insulted, pressured, cheated, etc. If these feelings are at a low level we are not likely to say we feel angry. But if they are intense, we commonly say we feel “angry”.

**Depression** can include feeling discouraged, hopeless, lonely, isolated, misunderstood, overwhelmed, attacked, invalidated, unsupported, etc. Normally it includes several feelings. These more specific feelings are what we call the primary emotions.

Secondary emotions like anger and depression do not help us much when it comes to identifying our unmet emotional needs (UEN's). When all I can say is “I feel angry”, neither I nor any one else knows what would help me feel better. But if I say I feel pressured or trapped or disrespected, it is much clearer what my UEN is and what would help me feel better. A simple, but effective technique, then, is to identify the primary emotion.

**Managing Negative Emotions:** First, identify the feeling. Next, ask if it is a healthy feeling. Then list your options and choose the one which is most likely to lead to your long-term happiness. After asking these first two questions, the next step is to ask what would help you feel better. Try to focus on answers which are in your control, since it would be easy, but not too helpful, to think of things' ways others could change so you would feel better. Another question is to ask how you want to feel. This helps you direct your

thoughts in a positive direction.

**Expressing Negative Feelings:** Here are a few suggestions for communicating your negative feelings:

Don't be dramatic.

Don't wait till things build up.

Be brief.

Don't blame or lay guilt trips.

Talk about how you feel.

Ask how the other person feels.

Offer a way to save face. (“Perhaps I misunderstood you”, or “I know your intentions were good”)

**Disappointment:** Many people use the expression of disappointment as a way of laying a guilt trip on someone else.

Consider the parent who tells the child “I am utterly disappointed in you”, or, “you really disappointed me”. Think for a moment how you feel when someone says such things to you. You might feel guilty, blamed, inadequate, unworthy, ashamed. Is this how we want our children to feel?

The father who feels disappointed does not stop to consider that it was the father himself who did not know his child as well as he thought. Turning it into an opportunity to lecture the child will hurt the child's self-esteem by causing him to feel “failful”. The parent who uses disappointment to lay guilt doesn't consider the long term damages to the child's self-esteem. The parent is simply using guilt as an expedient way to emotionally manipulate the child as a form of control. Disappointment in another person is basically a form of rejection and disapproval. It can be powerful in its toxic effect on the self-esteem.

Another problem with telling someone you feel disappointed in them is that it encourages them to avoid sharing things truthfully with us. It helps others feel judged as well as disapproved of.

**Bitterness:** A more intense form of disappointment is sometimes bitterness, which tells us that not only did we expect something, but we started to count

on it or depend on it. A healthier reaction would be to let the feeling provide an opportunity to get to know the other person or the child better. By showing sincere curiosity and a desire for knowledge instead of disappointment, we open the door to understanding and bonding. In other words, we might say to ourselves, “I expected x to happen, in fact I really wanted x to happen. I was even counting on it. I am sad, or hurt or frustrated that it didn't happen. I wonder why it didn't happen. What can I learn from this?” Such curiosity opens the door to seeking knowledge and helps get our thinking back in line with reality. In other words, situations where we initially feel disappointed can lead to wisdom if we allow ourselves to learn.

**Discouragement, Hopelessness:** When you are feeling discouraged and hopeless, you could look at it as a sign that you need to find some source (or create one within yourself) of encouragement and hope. Maybe a technique would be helpful, like making a list of some things which are encouraging. Maybe just find some uplifting books or articles or read a story on what someone is doing somewhere to help people. There is a huge selection of inspirational books and tapes. Another option is to seek out some optimistic, but validating people. Perhaps just tell a friend who knows you well that you are feeling discouraged and hopeful. Perhaps they will remind you of some encouraging truths. Besides telling someone, it may help to write down that you are feeling hopeless, or to yell or cry it out. The reason it may help is because your emotional brain center is sending you a message. Let it know that you have received it. I am not sure how the process works but it seems that once the message is fully accepted, validated and understood, it can be integrated by survival forces of the brain which go to work on solving the problem.

Once you have completely accepted that you feel hopeless, you may want to rest. After a rest you might be able to take action to feel more hopeful. You can search for inspiring websites, books, tapes etc. You can actively think of people who you admire, who are contributing to the world in the way you believe is needed.

Hope seems to be some type of survival instinct. And the survival instinct may be a source of hope if you remind yourself that it is our instinct to move in a life promoting direction.

**Feeling Destructive:** The challenge is how to use the energy in a constructive way. So ask: What do we really want to destroy? A person? A relationship? Ourselves? Asking these questions helps us realize that we don't want to hurt others or ourselves. Nor do we want to damage relationships, even though they may be bringing us pain at that moment. But what we do want to destroy are the dysfunctional systems which perpetuate the hurting and killing which have been going on for centuries. We want to prove that there is a better way. We want to show the world that there are more options than repeating the mistakes of the past. Try to focus your energy in this kind of positive direction.

If you have so much energy that you really have to release it in a physical way, try finding something like a cardboard box or an empty cereal box. If you often experience strong destructive feelings, in fact, keep a supply of boxes handy! After you have released your energy physically, chances are your mind will guide you to what is important to think about, as the emotional intelligence model suggests.

## WORDS AND WORD COMBINATIONS

<b>primary</b>	[ 'praimqri]	a. հիմնական, գլխավոր
<b>secondary</b>	[ 'sekqndqri]	a. երկրորդական, երկրորդային
<b>intense</b>	[in' tens]	a. ուժգին, ինտենսիվ
<b>insult</b>	[in' sAlt]	v. վիրավորել, անարգել
<b>pressure</b>	[ 'preSq]	v. ճնշել, մեկի վրա ճնշում գործադրել
<b>cheat</b>	[Ci:t]	v. խաբել, խաբողախել
<b>depression</b>	[di' preSn]	n. վիատություն, ճնշվածություն, ընկճվածություն, դեպրեսիա



<b>isolate</b>	[ 'aisqleit]	v. մեկուսացնել, անջատել
<b>invalidate</b>	[in' vɣlideit]	v. անվավեր դարձնել, օրինական ուժից զրկել
<b>identify</b>	[ai' dentifai]	v. ճանաչել, ինքնությունը հաստատել
<b>trap</b>	[trɤp]	v. ծուղակը գցել, որոգայթ լարել
<b>disrespect</b>	[ "disri' spekt]	v. չհարգել, ոչ հարգալից վերաբերմունք ցույց տալ
<b>option</b>	[0pɤn]	n.1. ընտրություն; 2. ընտրելու հնարավորություն (ազատություն)
<b>blame</b>	[bleim]	v. մեղադրել
<i>lay guilt trips</i>		<i>սխալ քայլ վերագրել մեկին</i>
<b>intention</b>	[in' tenɤn]	n. մտադրություն, դիտավորություն
<b>disappointment</b>	[ "disq' p0intmqnt]	n. հիասթափություն, հուսախաբություն
<b>utterly</b>	[ 'Atqli]	adv. չափազանց, սաստիկ, բացարձակապես
<b>guilty</b>	[ 'gilti]	a. հանցավոր, մեղավոր
<b>inadequate</b>	[in' xdikwit]	a. 1. անհամապատասխան; 2. անբավարար; 3. անհամադր
<b>expedient</b>	[iks' pi:diqnt]	a. հարմար, ձեռնտու
<b>self-esteem</b>	[ 'self is' ti:m]	n. ինքնահարգանք, ինքնագնահատում
<b>manipulate</b>	[mq' nipjuleit]	v. 1. հմուտ կերպով՝ վարպետորեն վարվել (որևէ բանի հետ); 2. կեղծել, աղավաղել, նենգափոխել
<b>rejection</b>	[ri' Gekɤn]	n. մերժում, չընդունելը
<b>toxic</b>	[ 't0ksik]	a. թունավոր
<b>bitterness</b>	[ 'bitqnis]	n. 1. դառնություն; 2. դաժանություն
<i>sincere curiosity</i>		<i>անկեղծ հետաքրքրասիրություն</i>
<b>bonding</b>	[ 'b0ndiN]	n. կապվածություն

<b>frustrate</b>	[frA'streit]	վ. խորտակել (հույսերը), ջախջախել (հակառակորդին)
<b>uplifting</b>	[Ap'liftiN]	ա. տրամադրությունը բարձրացնող
<b>inspirational</b>	["inspq'reiSnql]	ա. ոգեշնչող
<b>integrate</b>	['intigreit]	վ. ամբողջություն կազմել, միացնել
<b>promote</b>	[prq'mout]	վ. բարձրացել, առաջ քաշել, օժանդակել, նպաստել
<b>perpetuate</b>	[pq'petjueit]	վ. հավերժացնել
<b>release</b>	[ri'li:s]	վ. ազատել, ազատ արձակել
<b>cardboard</b>	['ka:db0:d]	ն. ստվարաթուղթ
<b>cereal</b>	['siqriql]	ն. հացահատիկ
<b>destructive</b>	[dis'trAktiv]	ա. 1. կործանիչ, ավերիչ; 2. կործանարար, վնասակար
<b>handy</b>	['hɛndi]	ա. առձեռն, ձեռքի տակ գտնվող
<b>dysfunctional</b>	[dis'fANkSnql]	ա. չգործող

## EXERCISES

### 1. What's the Armenian for?

to identify our unmet emotional needs

to use the energy in a constructive way

a huge selection of inspirational books

the survival forces of the brain

to be utterly disappointed in somebody

a simple, but effective technique

---

**a form of rejection and disapproval**

---

---

**a source of hope**

---

---

**a survival instinct**

---

---

**to lay guilt**

---

---

**an empty cereal box**

---

---

**in its toxic effect on the self-esteem**

---

---

**an expedient way to emotionally manipulate the child**

---

## **2. What’s the English for?**

**կրկնել անցյալի սխալները**

---

**ցավ պատճառել մեզ**

---

**բարի մտադրություններ**

---

**հիասթափության ավելի ուժեղ ձև**

---

**երկարատև երջանկություն**

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**երեխայի գլխին քարոզ կարդալու հնարավորություն**

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**վնասել ուրիշներին կամ ինքներս մեզ**

---

---

այլ կերպ ասած

---

դարերով շարունակվող

---

մի պահ մտածեր

---

գոյատևման բնագոյ

---

**3. Match the following words with their definitions:**

**remind, perpetuate, release, overwhelm, admire, pressure, curiosity, destructive, message, insult**

---

*weigh down; cover, completely by pouring down on; crush; cause to feel confused or embarrassed*

---

*piece of news, or a request, sent to a person*

---

*pressing; (amount of) force on or against something; force or influence*

---

---

*preserve from being forgotten or from going out of use*

---

---

*being curious*

---

---

*causing destruction; fond of, in the habit of, destroying*

---

---

*cause to remember (to do something, etc.)*

---

---

*show pleasure; approval or satisfaction; have a high opinion of*

---

---

*speak or act in a way that hurts or is intended to hurt a person's feelings or dignity*

---

---

*allow to go; set free; unfasten*

---

**4. a) Find the corresponding nouns from the text:**

**survive**

**encourage**

**curious**

**feel**

**bitter**

**reject**

**disapprove**

**react**

**real**

**wise**

**b) Find the corresponding adjectives from the text:**

**guilt**

**discourage**

**drama**

**health**

**shame**

**optimist**

**construct**

**help**

**disappoint**

**destroy**

**5. Choose the suitable word:**

1) ... you often experience strong destructive feelings, in fact, keep a supply of boxes handy!

*(when /if)*

2) ... in another person is basically a form of rejection and disapproval.

*(disappointed / disappointment)*

3) Try to focus your energy on ... direction.

*(negative /positive)*

4) When all I can say is “I feel angry,” ... I ... any one else knows what would help me feel better.

*(either... or... /neither ... nor...)*

5) The parent is simply using guilt as an expedient way to ... manipulate the child as a form of control.

*(emotionally/ emotional)*

**6. Find the best ending and fill in the boxes below:**

**1. Hope seems to be some type of ...**      *a) ... sometimes bitterness.*

**2. A more intense form of**      *b) ... survival instinct.*

**disappointment is ...**

**3. We want to show the world that**      *c) ... says such things to you.*

**there are more ...**

**4. Think for a moment how you feel**      *d) ... it is our instinct to move in*

**when someone ...**      *a life promoting direction.*

**5. The survival instinct may be**      *e) ... options than repeating the*

**a source of hope if you remind**      *mistakes of the past.*

**yourself that ...**

1. _____	2. _____	3. _____	4. _____	5. _____
----------	----------	----------	----------	----------

**7. Are these statements true or false? Correct the false ones.**

1. A secondary emotion is what we feel first.
2. By showing sincere curiosity and a desire for knowledge instead of disappointment, we open the door to understanding and bonding.
3. There isn't a huge selection of inspirational books and tapes.
4. Secondary emotions like anger and depression do not help us much when it comes to identifying our unmet emotional needs.
5. Once you have completely accepted that you feel hopeful, you may want to rest.
6. The parent who uses disappointment to lay guilt considers the long term damages to the child's self-esteem.
7. Depression can include feeling discouraged, hopeless, lonely, isolated, misunderstood, overwhelmed, attacked, invalidated, unsupported, etc.

**8. Translate into Armenian:**

1. When you finally go back to your old hometown, you find it wasn't the old home you missed but your childhood. (*Sam Ewing*)

.....

.....

2. A day without laughter is a day wasted. (*Charlie Chaplin*)

.....

3. “A gentleman is one who never hurts anyone's feelings unintentionally”. (*Oscar Wilde*)

.....

.....

4. “Thoughts are the shadows of our feelings”.

.....

5. Negative emotions, such as the feelings of hatred, meanness, low self-esteem and confidence, and pessimism, create an unpleasant person and a bleak destiny.

.....

.....

6. Positive emotions, such as the feelings of love, kindness, self-worth, confidence and optimism, produce a better person and a good destiny.

.....

.....

7. Every heart has a pain. Only the way of expressing it is different. Fools hide it in their eyes, while the brilliant hide it in their smile!

.....

.....

### **9. Translate into English:**

1. Կան մարդիկ, որոնք ապրում են առանց որևէ նպատակի, անցնում են աշխարհով, ինչպես ցողունը գետով՝ նրանք չեն գնում, նրանց քշում են: (ցողուն – stalk) *(Սենեկա)*

.....

.....

.....



2. Մարդը վերջանում է այնտեղ, ուր վերջանում են ցանկությունները:  
(Ֆոյերբախ)

.....

3. Մարդը, եթե նրան չի տանջում վախն ու նախանձը, ընդհանուր առմամբ, անչար կենդանի է: (Ա. Մորուա)

.....

.....

4. Գետերը թափվելով ծով գտնում են խաղաղություն:

.....

5. Չափից դուրս զայրույթը վախ է առաջացնում, իսկ անչափ փաղաքշանքը մարդկանց աչքում նվազեցնում է քո նկատմամբ հարգանքը: Այնքան խիստ մի եղիր, որ բոլորին ձանձրացնես, և ոչ էլ այնքան հեզահամբույր, որ քեզ կոպտեն:

.....

.....

.....

6. Եթե մարդ չի տիրապետում իր զգացմունքներին, ապա պետք է միշտ տիրապետի իր արտահայտություններին: (Պ. Բուսսար)

.....

.....

7. Խելացի մարդը պայքարում է կրքի դեմ, հիմարը դառնում է նրա ստրուկը:  
(Էպիկուր)

.....

**UNIT 7**

**ENVY**

<b><u>Facial expressions</u></b>
<b><i>Eyes staring;</i></b>
<b><i>Mouth corners turned down;</i></b>
<b><i>Nose turned in sneer;</i></b>
<b><i>Chin jutting.</i></b>

In English-speaking cultures, envy is often associated with the color green, as in “green with envy”. The phrase “green-eyed monster” refers to an individual whose current actions appear motivated by envy.

This is based on a line from Shakespeare’s Othello. Envy is known as one of the most powerful human emotions for its ability to control one as if envy was an entity in itself. Countless men and women have fallen prey to brief periods of intense envy followed by anger which then translates into aggression. One of the most common examples is a pair of lovers in which a secret love is discovered and can lead to sorrow, then intense envy, and eventually anger.

Envy is best defined as an emotion that “occurs when a person lacks another’s superior quality, achievement, or possession and either desires it or wishes that the other lacked it.”

Envy can also derive from a sense of low self-esteem that results from an upward social comparison threatening a person’s self image: another person has something that the envier considers to be important to have. If the other person is perceived to be similar to the envier, the aroused envy will be particularly intense, because it signals to the envier that it just as well could have been he or she who had the desired object.

Aristotle defined envy “as the pain caused by the good fortune of others”, while Kant defined it as “a reluctance to see our own well-being overshadowed by another’s because the standard we use to see how well off we are is not the intrinsic worth of our own well-being but how it compares with that of others”.

Bertrand Russell said envy was one of the most potent causes of

unhappiness. It is a universal and most unfortunate aspect of human nature because not only is the envious person rendered unhappy by his envy, but also wishes to inflict misfortune on others.

“Envy” and “jealousy” are often used interchangeably, but in correct usage they stand for two different distinct emotions. In proper usage, jealousy is the fear of losing something that one possesses to another person (a loved one in the prototypical form), while envy is the pain or frustration caused by another person having something that one does not have oneself. Envy typically involves two people, and jealousy typically involves three people. It is possible to be envious at more than one individual at any given time. Usually envy involves wanting the beauty, wealth, or socioeconomic status of another individual. Envy and jealousy result from different situations and are distinct emotional experiences. Both envy and jealousy are etymologically related to *schadenfreude*, the rejoicing at, or taking joy in, or getting pleasure from the misfortunes of others.

Gerrod Parrot draws attention to the distinct thoughts and feelings that occur in jealousy and envy.

The experience of envy involves: feelings of inferiority, longing, resentment of circumstances, ill will towards envied person often accompanied by guilt about these feelings, motivation to improve, desire to possess the attractive rival’s qualities, disapproval of feelings.

Parrot acknowledges that people can experience envy and jealousy at the same time. Feelings of envy about a rival can even intensify the experience of jealousy. Still, the differences between envy and jealousy in terms of thoughts and feelings justify their distinction in philosophy and science.

**WORDS AND WORD COMBINATIONS**

<b>envy</b>	[ 'envi]	n. նախանձ, նախանձի առարկա
<b>“green-eyed monster”</b>		կանաչ աչքերով հրեշ
<b>motivate</b>	[ 'moutiveit]	v. 1. դրդել, մղել, թելադրել; 2. առիթ ծառայել
<b>passion</b>	[pxSn]	n. բուռն զգացմունք, կիրք, խանդավառություն
<b>fleet</b>	[fli:t]	v. անցնել, սահել, ընթանալ
<b>doubtful</b>	[ 'dautful]	a. կասկածանքով լի, կասկածելի
<b>countless</b>	[ 'kauntlis]	a. անհաշիվ, անթիվ, անհամար
<b>prey</b>	[prei]	n. զոհ
<b>entity</b>	[ 'entqti]	n. էություն, գոյ, գոյություն, էակ
<b>eventually</b>	[i 'ventjuqli]	adv. վերջիվերջո, վերջին հաշվով
<b>self-esteem</b>	[ "selfe 'sti:m]	n. ինքնահարգանք, ինքնագնահատում
<b><i>upward social comparison</i></b>		ավելի բարձր սոցիալական համեմատություն
<b>threaten</b>	[Tretn]	v. սպառնալ, ահ տալ, վախեցնել
<b>reluctance</b>	[ri 'lAktqns]	n. դժկամություն, չկամենալը
<b>well-being</b>	[ 'we "lbi:iN]	n. բարեկեցություն, բարօրություն
<b>overshadow</b>	[ "ouvq 'Sxdou]	v. ստվեր գցել, նսեմացնել
<b>intrinsic</b>	[in 'trinsik]	a. ներսի, ներքին, ներհատուկ, բնորոշ
<b>potent</b>	[ 'poutqnt]	a. ուժեղ, զորավոր, ազդեցիկ
<b>worth</b>	[wWT]	n. հարգ, արժանիք, պատիվ
<b><i>render unhappy</i></b>		<b><i>դժբախտացնել</i></b>
<b>inflict</b>	[in 'flikt]	v. ցավ պատճառել, վնաս հասցնել
<b>misfortune</b>	[mis 'f0:Cn]	n. դժբախտություն, ձախորդություն
<b>interchangeably</b>	[ "intq 'CeinGqbli]	adv. միմյանց փոխարեն հերթազայելով

<b>distinct</b>	[di'stiNkt]	a. 1. անջատ, զատ; 2. պարզ, հստակ
<b>prototypical</b>	["proutq'tipikl]	a. նախատիպային
<b>frustration</b>	[frA'streiSn]	n. խափանում, խորտակում, ջախջախում
<b>etymologically</b>	["etimq'lOGikqli]	adv. ստուգաբանորեն
<b>relate (to)</b>	[ri'leit]	v. վերաբերել, կապ՝ առնչություն ունենալ
<b>schadenfreude</b>	[Sadq'frOjd]	n. <i>զերմ</i> . ուրիշի դժբախտությամբ ուրախանալը
<b>rejoicing</b>	[ri'GOIsiN]	n. զվարճություն, ուրախություն
<b>inferiority</b>	[in'fiqri'Oriti]	n. ստորադասություն, ստորադաս լինելը, ավելի ցածր դիրք, ցածր որակ
<b>longing</b>	['lONiN]	n. բուռն ցանկություն, ձգտում, տենչ
<b>resentment</b>	[ri'zentmqnt]	n. զայրույթ, վիրավորանք
<b>circumstance</b>	['sq:kqmstqns]	n. հանգամանք, դեպք, պարագա քլ. նյութական դրություն
<b>ill will</b>	['il'wil]	n. չարականություն, անբարյացականություն
<b>guilt</b>	[gilt]	n. հանցանք, մեղք
<b>improve</b>	[im'pru:v]	v. բարելավել, կատարելագործ(վ)ել
<b>desire</b>	[di'zaiq]	n. 1. ցանկություն, փափագ; 2. երազանք, իդէ; 3. կիրք, ցանկություն
<b>possess</b>	[pq'zes]	v. տիրապետել, տիրել, ունենալ
<b>disapproval</b>	["disq'pru:vql]	n. անհավանություն, հավանություն չտալը
<b>acknowledge</b>	[qk'nOliG]	n. 1. ճանաչել, ընդունել; 2. երախտապարտ լինել
<b>rival</b>	['raivql]	n. ախոյան, մրցակից

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<b>intensify</b>	<b>[in'tensifai]</b>	վ. ուժեղացնել, սաստկացնել, ինտենսիվացնել
<b>justify</b>	<b>['GAstifai]</b>	վ. 1. արդարացնել, ներել; 2. հաստատել

## **EXERCISES**

### **1. What's the Armenian for?**

**the pain caused by the good fortune of others**

---

**a reluctance to see our own well-being overshadowed**

---

**intrinsic worth**

---

**one of the most powerful human emotions**

---

**wishes to inflict misfortune on others**

---

**the prototypical form**

---

**resentment of circumstances**

---

**universal and most unfortunate aspect of human nature**

---

### **2. What's the English for?**

**ուշադրություն գրավել**

---

**կասկածելի մտքեր**

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**զգացմունքները չխրախուսելը**

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**մեկ այլ անձի պատճառած ցավ կամ հույսերի խորտակում**

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նախանձից դրդված

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վայելչատես ախոյանի արժանիքներն ունենալու փափագ

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մյուսների դժբախտությունից հաճույք ստանալ

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ստորադասության զգացում

---

ցածր ինքնագնահատման զգացում

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ուժեղացնել/ ինտենսիվացնել խանդի զգացողությունը

---

**3. Match the following words with their definitions:**  
**resentment, justify, inferiority, possess, misfortune, despair, shudder,**  
**countless, prey, guilt**

*animal, bird, etc. hunted for food*

---

*own, have*

---

*tremble as with fear or disgust*

---

*show that a person ( statement) is right,  
reasonable or proper*

---

*that cannot be counted (because too  
numerous)*

---

*feeling or condition of having done wrong*

---

*feeling that one has when insulted, ignored,  
injured, etc.*

---

*being in the state of having lost all hope*

---

*state of being lower in rank, social position,  
importance, quality, etc.*

---

*bad luck*

---

**4. a) Find the corresponding nouns from the text:**

guilty

reluctant

rejoice

envious

inferior

act

angry

**b) Find the corresponding adjectives from the text:**

doubt

attract

power

universe

count

distinction

intensify

human

**5. Choose the suitable word:**

1) Feelings of envy about a rival can even ... the experience of jealousy.

*(intensify / intense)*

2) ... envy ... jealousy are etymologically related to schadenfreude, the rejoicing at, or taking joy in, or getting pleasure from the misfortunes of others.

*(Both... and / Either ... or...)*



3) Envy is the pain or frustration caused by another person having something that one does not have ...

*(itself / oneself)*

4) Envy can derive from a sense of low self-esteem that results from an upward social comparison threatening a ... self image: another person has something that the envier considers to be important to have.

*(person's / persons')*

5) It is ... to be envious at more than one individual at any given time.

*(impossible / possible)*

**6. Find the best ending and fill in the boxes below:**

- |   |   |
|---|---|
| <b>1. Envy is known as one of the most powerful human ...</b>                             | <i>a) ... followed by anger which then translates into aggression.</i>                    |
| <b>2. The differences between envy and jealousy in terms of thoughts and feelings ...</b> | <i>b) ... typically involves three people.</i>  |
| <b>3. Countless men and women have fallen prey to brief periods of intense envy ...</b>   | <i>c) ... emotions for its ability to control one as if envy was an entity in itself.</i> |
| <b>4. Envy typically involves two people, and jealousy ...</b>                            | <i>d) ... experience envy and jealousy at the same time.</i>                              |
| <b>5. Parrot acknowledges that people can ...</b>   | <i>e) ... justify their distinction in philosophy and science.</i>                        |

1. _____	2. _____	3. _____	4. _____	5. _____
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**7. Are these statements true or false? Correct the false ones.**

1. Envy typically involves three people, and jealousy typically involves two people.
2. In English-speaking cultures, envy is often associated with the color yel-

low, as in “yellow with envy”.

3. Envy is best defined as an emotion that “occurs when a person lacks another's (perceived) superior quality, achievement, or possession and either desires it or wishes that the other lacked it”.

4. Rarely envy involves wanting the beauty, wealth, or socioeconomic status of another individual.

5. Aristotle defined envy “as the pain caused by the good fortune of others”.

6. Envy and jealousy result from the same situations and are the same emotional experiences.

Bertrand Russell said envy was one of the most potent causes of unhappiness.

### **8. Fill in prepositions:**

1. Individuals ... narcissistic personality disorder are often envious ... others or believe others are envious ...him or her. A narcissist may secure a sense ... superiority ... the face ... another person's ability ... using contempt to minimize the other person.

2. Christians must not fall ... the trap ... envying ... the wicked who seem to have a happy and untroubled life, but always be aware that God will reward each according ... his deeds. Sometimes, as a punishment, God leaves some people ... their sins, falling prey ... envy and other heavy sins.

3. Perhaps the overlapping use ... jealousy and envy occurs because people can experience both ... the same time. A person may envy the characteristics or possessions ... someone who also happens to be a romantic rival. ... fact, one may even interpret romantic jealousy as a form... envy. A jealous person may envy the affection that his or her partner gives ... a rival — affection the jealous person feels entitled ...himself or herself. People often use the word jealousy as a broad label that applies... both experiences ... jealousy and experiences ... envy.

**9. Translate into Armenian:**

1. Envy is one of the Seven deadly sins of the Catholic Church. Envy is a ruining flesh sin.

.....  
.....

2. Envy (evil eye) is among the things that come from the heart, defiling a person.

.....  
.....

3. Envy is a universal and profound sin. It can destroy one's good deeds.

.....

4. Throwing away envy is a crucial condition in our path to salvation.

.....

5. Envy is a sin of flesh: the whole body is full of darkness when the eye, the lamp of body, is bad.

.....  
.....

6. The basis of all toil and all skill of the people, envy is a sin deeply engraved in human nature.

.....  
.....

7. Envy may be caused by wealth, by the brightness of wealth, power and

beauty, by political and military rising, fertility, social ascent, countless miracles and healings, popularity etc.

.....

.....

.....

8. Envy appears when man lacks certain things, circumstances that exist when either he does not ask it from God or asks to spend it on his passions (pleasures).

.....

.....

.....

9. Sometimes arisen out of sophistry, envy cannot coexist with true and spiritual wisdom, but with false, earthly, unspiritual, demonic wisdom.

.....

.....

.....

10. Envy ruins the body health because it makes the bone rot and excludes us from inheriting the kingdom of God.

.....

.....

11. Envy is necessary evil; it is a little goad which forces us to do yet better. (Voltaire)

.....

12. Fools may our scorn, not envy, raise, for envy is a kind of praise. (*John Gay*)

.....

.....

**10. Translate into English:**

1. Երբ մարդը քեզ գովում է, մտածում ես. «Ահա թե ինչպիսին եմ ես», իսկ երբ նույն մարդը քեզ փնովում է, մտածում ես. «Ահա թե ինչպիսին է նա»: (*Կ. Մելիքյան*)

.....

.....

.....

2. Ընդունակներին նախանձում են, տաղանդավորներին խանգարում, իսկ հանճարներից վրեժ են լուծում: (*Ն. Պազանիսի*)

.....

.....

.....

3. Քարեր նետում են միայն պտղատու ծառերին: (*Հնադարյան իմաստություն*)

.....

.....

.....

4. Եթե ձեր մասին խոսում են, ուրեմն դուք կամ հետաքրքրություն եք առաջացնում կամ նախանձ: (*Մեզան Ֆոքս*)

.....

.....

.....

5. Ոչ մի բան այնպես միահամուռ չեն գովում, ինչպես լավ եղանակը, և այն պատճառով, որ այն կարելի է գովել առանց նախանձի:

.....

.....

6. Յուրաքանչյուր ոք, ով ձգտում է ինքնատիպության, նախանձ կամ ծաղր է հարուցում:

.....

.....

7. Նախանձ մարդը գուցե չգիտի, թե որքան չար է ուրիշների բարեբախտությունից իր տրտմելն ու նրանց դժբախտությունների վրա ուրախանալը: Բայց երբ մեկ այլ նախանձ մարդ անում է նրան նույնը, ինչ նա արեց ուրիշներին, այն ժամ ճանաչում է դառնությունն այն չարիքների, որ սովոր էր անել: Որովհետև ինչ անում է մեկը, նույնն էլ կկրի:

.....

.....

.....

.....

8. Նախանձելի չէ նրա բախտը, ում ոչ ոք չի նախանձում: *(Էսքիլես)*

.....

9. Նախանձ մարդը վիշտ է պատճառում ինքն իրեն, ասես՝ իր թշնամին լինի: *(Դեմոկրիտ)*

.....

.....

10. Չարիքների պատճառը մարդու նկատմամբ եղած նախանձն է: (Եզնիկ Կողբացի)

.....

11. Գայթակղվելով ուրիշների ունեցածով՝ զրկվում ես քոնից: (Փեղրո)

.....

12. Ոչ մի բան չի կարող հանգստացնել նախանձ մարդուն: (Լյուի Վովենարզ)

.....

13. Նախանձը թույն է սրտի համար: (Ֆ. Մ. Վոլդեր)

.....

14. Ամենքը նախանձավոր պիտի լինեն բարի գործերին: (Հերոդոտոս)

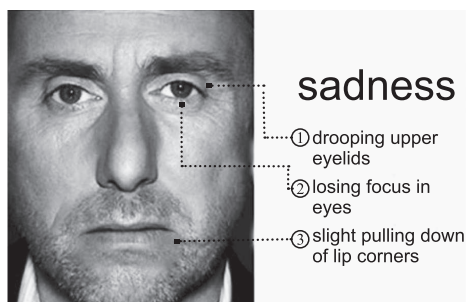
.....

### **11. Topics for discussion:**

1. Do you consider *envy* a negative emotion?
2. Have you ever experienced it?
3. How do you understand the following proverb: “Better be envied than pitied”?

## UNIT 8

### DEPRESSION



A depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a

condition that can be willed or wished away. People with a depressive illness cannot merely “pull themselves together” and get better.

A depression is something that affects someone’s mood, his or her entire system. This might not be visible on the person’s face, but it leaves a mark.

An initial event might make a person sad, and then that sadness would later lead into a depression, because one forgot why he originally got sad. The person might not consciously forget, but unconsciously he does. That is, it feels like he forgets, the desire to get revenge on whatever caused the sadness fades away. If someone is sad or depressed, it is natural that they are going to be upset that they are that way. The angry and upset emotions are more temporary, and the sad feeling is retained longer. One forgets why he is sad, he forgets the event that caused the sadness, but his emotions remember the impact of the upset and anger, and that impact was to make him sadder. Many who are deeply depressed believe that their lives are meaningless, and to escape the pain of living they seek the peace of suicide. No matter what one may think, there is always a possibility that his life has meaning and purpose. Depression may also arise from wanting things that one can’t have. The person basically needs to be satisfied with his current state. Even thinking although things are bad now, there is hope for him to get better means he is



satisfied with his current state. If someone wants something that they can't have, they get depressed. Therefore that is the logical cause of depression. In this case one must first ask himself: What if there is something that will make me happy but I don't know about it? The human condition can be studied and similar things that people want arise in each instance. One must just go through everything that might want but can't have and say each instance: It's Ok that I don't have that, I don't need everything. The best way to do this is to realize that each person is an individual and unique, and that a difference should be viewed as an asset. That if he is different in some way, that that way is positive, not negative. That other people appreciate him for who he is. One needs to have confidence in who he is and the state his life is in.

Depression is a medical condition, if a person is depressed, for any reason, he must seek professional help. One must always remember: Life is not a bed of roses. Life is full of good times and bad, of happiness and sorrow. But when one is feeling “down” for more than a few weeks or one has difficulty functioning in daily life, he may be suffering from a common, yet serious medical illness - called clinical depression. He must remember that he is not alone. Every year millions of adults suffer from clinical depression. Young or old, man or woman, regardless of race or income - anyone can experience clinical depression. Depression can cause people to lose the pleasure from daily life. It can complicate other medical conditions - it can be serious enough to lead to suicide. Yet this suffering is unnecessary. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who suffer from depression. Clinical depression is one of the most treatable of all medical illnesses. Some people are embarrassed to get help for depression, or they are reluctant to talk about how they are feeling. Others believe that depression will go away on its own.

So why don't many people seek the help they need? Clinical depression often goes untreated because people don't recognize the many symptoms. They may know some symptoms, such as sadness and withdrawal, but they are unaware of others, including anxiety, irritability, and sleeplessness. Some

incorrectly believe that only people whose depression lasts for months, or who have completely lost their ability to function, have “real” - or “clinical” - depression. Many people even wrongly think that depression is “normal” for older people, young adults, new mothers or those with a chronic illness. The truth is that clinical depression is never “normal” no matter what your age or life situation.

In fact, more than 80 percent of people with depression can be treated successfully with medication, psychotherapy or a combination of both. Only a qualified health professional can determine if someone has clinical depression. As with many illnesses, if treatment is needed, the earlier it begins, the more effective it can be. And, early treatment increases the likelihood of preventing serious recurrences.

One Does Not Have to Cope with Clinical Depression on His Own!  
One can’t just “Tough it out!” Help is available. Talking to friends, family members and clergy can often give people the support needed when going through life’s difficult times.

## WORDS AND WORD COMBINATIONS

<i>blue mood</i>		<i>վառ փրամադրություն</i>
<b>merely</b>	[ 'miqli ]	adv. սոսկ, լոկ, պարզապես, միայն
<i>pull oneself together</i>		<i>իրեն հավաքել, զսպել</i> <i>զգացմունքները</i>
<b>visible</b>	[ 'vizqbl ]	a. տեսանելի, նկատելի, փխբ. ակներև
<b>revenge</b>	[ ri 'venG ]	n. վրեժ
<i>to get revenge</i>		<i>վրեժ լուծել, վրեժխնդիր լինել</i>
<i>fade away</i>		<i>մարել, վերանալ, մոռացվել</i>
<b>consciously</b>	[ 'k0nSqsli ]	adv. գիտակցաբար
<b>temporary</b>	[ 'temp(q)rqri ]	a. ժամանակավոր
<i>be retained</i>		<i>պահպանվել, շարունակվել, պահել</i>

<b>view</b>	[vju:]	վ. դիտել, համարել
<b>asset</b>	[q'set]	ն. առավելություն, դրական հատկանիշ, արժանիք
<b>seek</b>	[si:k]	վ. փնտրել, որոնել
<i>/sought-sought/</i>		
<b>suicide</b>	['sju:isaid] = ['su:isaid]	ն. ինքնասպանություն
<b>appreciate</b>	[q'priʃieit]	վ. գնահատել
<b>confidence</b>	['kɒnfɪdəns]	ն. վստահություն
<b>reason</b>	['ri:zn]	ն. պատճառ
<b>sorrow</b>	['sɒrou]	ն. վիշտ, թախիծ, տխրություն
<b>regardless</b>	[ri'ga:dlis]	adv. անկախ, հաշվի չառնելով
<b>treatment</b>	['tri:tqm̩t]	ն. բուժում
<b>complicate</b>	['kɒmplikeit]	վ. դժվարացնել, բարդացնել
<b>appropriate</b>	[q'prɒpriət]	ա. հարմար, համապատասխան
<b>treatable</b>	['tri:tqbl]	ա. բուժելի, բուժվող
<b>symptom</b>	['sɪmptəm]	ն. ախտանիշ, նշան, սիմպտոմ (հիվանդության)
<b>withdrawal</b>	[wið'drɔ:ql]	ն. ինքնամոխի վիճակ
<b>unaware</b>	[ʌnq'weɪ]	ա. անտեղյակ, ոչ իրազեկ
<b>irritability</b>	[iritq'biliti]	ն. գրգռվածություն, բորբոքվածություն
<b>medication</b>	[medi'keiʃn]	ն. բուժման միջոց (դեղ և այլն), բուժում
<b>psychotherapy</b>	['saikou'Terqpi]	ն. հոգեբուժություն
<b>prevent</b>	[pri'vent]	վ. կանխել, թույլ չտալ, առաջն առնել, խանգարել
<b>recurrence</b>	[ri'kArqns]	ն. կրկնություն
<i>cope (with)</i>		<i>հաղթահարել, պայքարել</i>
<i>on one's own</i>		<i>ինքնուրույն, ինքնուրույն կերպով</i>
<b>tough out</b>	['tʌf'aut]	վ. հաղթել, հաղթահարել

available	[q'veilqbl]	a. առկա, մատչելի
clergy	['klq:Gi]	n. հոգևորականություն, հոգևորականներ

## EXERCISES

### 1. What's the Armenian for?

often goes untreated

be satisfied with

his current state

blue mood

will go away on its own

the most treatable of all medical illnesses

lead into a depression

can be successfully treated with medication

psychotherapy or a combination of both

the earlier it begins, the more effective it can be

the angry and upset emotions

a difference should be viewed as an asset

no matter what your age or life situation

## **2. What’s the English for?**

վրեժխնդիր լինել

վհատության տրամաբանական պատճառը

ինքնասպանության հասցնել

բավականաչափ լուրջ

անհանգստություն, գրգռվածություն և անքնություն

վստահություն ունենալ մի բանում

կարող է տեսանելի չլինել

ամիսներ է տևում

անկախ ռասայական պատկանելությունից կամ եկամտից

առօրյա կյանքում

հետք թողնել

**3. Match the following words with their definitions:**  
chronic, sorrow, percent, determine, symptom, depression, visible, upset, purpose

*one part in every hundred*

*the state of being very sad and without hope*

*to decide or arrange something*

---

*aim, intention or goal*

---

*lasting for a long time; difficult to cure or get rid of*

---

*that can be seen, obvious*

---

*a feeling of great sadness; grief*

---

*a sign of an illness or a problem*

---

*unhappy or disappointed because of something unpleasant that has happened*

---

**4. a) Find the corresponding nouns from the text:**

**treat**

---

**irritable**

---

**combine**

---

**sleepless**

---

**likely**

---

**weak**

---

**confident**

---

**withdraw**

---

**b) Find the corresponding adjectives from the text:**

**profession**

---

**day**

---

**vision**

---

**logic**

---

**meaning**

---

---

**depression**

---

**clinic**

---

**anger**

---

**possibility**

---

**medicine**

---

**qualify**

---

**treat**

---

**5. Choose the suitable word:**

1) The angry and upset emotions are more temporary, and the sad feeling is retained ...

*(longer / long)*

2) Many who are ... depressed believe that their lives are meaningless, and to escape the pain of living they seek the peace of suicide.

*(deeply / deep)*

3) Even thinking ... things are bad now, there is hope for him to get better means he is satisfied with his current state.

*(still / although)*

4) One needs to have ... in who he is and the state his life is in.

*(confident / confidence)*

5) Depression can cause people to lose the pleasure from ... life.

*(daily / day's)*

6) A depression is ... that affects someone's mood, his or her entire system.

*(something / somewhat)*

7) Without treatment, symptoms ... last for weeks, months, or years.

*(must / can)*

8) Some people believe that depression will go away ...

*(by its own / on its own)*

9) Early treatment ... the likelihood of preventing serious recurrences.

*(increases / decreases)*

10) Depression ... the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things.

*(affects / effects)*

**6. Find the best ending and fill in the boxes below:**

**1. Talking to friends, family members and clergy can often give people ...**

*a) ... hope for him to get better means he is satisfied with his current state.*

**2. Clinical depression often goes untreated because ...**

*b) ... cannot merely "pull themselves together" and get better.*

**3. Even thinking although things are bad now, there is ...**

*c) ... "normal" no matter what your age or life situation.*

**4. People with a depressive illness ...**

*d) ... the support needed when going through life's difficult times.*

**5. The truth is that clinical depression is never ...**

*e) ... people don't recognize the many symptoms.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**7. Are these statements true or false? Correct the false ones.**

1. A depressive disorder is the same as a passing blue mood.

2. If someone wants something that they can have, they get depressed.

3. Not only a qualified health professional can determine if someone has clinical depression.

4. Many who are deeply depressed believe that their lives are meaningless, and to escape the pain of living they seek the peace of suicide.



5. If treatment is needed, the earlier it begins, the more effective it can be.
6. Every year hundreds of adults suffer from clinical depression.
7. No matter what one may think, there is always a possibility that his life has no meaning and purpose.
8. People with a depressive illness cannot merely “pull themselves together” and get better.
9. Depression is a sign of personal weakness or a condition that can be willed or wished away.

### **8. Translate into English:**

1. Երբ վիշտը քեզ այցելության գա՝ նայիր շուրջդ և մխիթարվիր. կան մարդիկ որոնց բաժինն ավելի ծանր է քոնից: *(Եզրպոս)*

.....

.....

2. Պատմելով վշտիդ մասին՝ հաճախ այն թեթևացնում ես: *(Պ. Կոռնեկ)*

.....

.....

3. Հոգեկան ապրումներն ավելի շատ են մարդուն ուժասպառ անում, քան ցանկացած աշխատանք: *(Օ. Քեմսլ)*

.....

.....

4. Միայնակ ուրախանալը տխուր է: *(Գ. Լեսինգ)*

.....

.....

5. Փոքր տրտմությունները խոսքաշատ են, խոր վիշտը մունջ է: *(Մենեկա)*

.....

.....

6. Իր վիճակից գոհ լինելու համար անհրաժեշտ է այն համեմատել ավելի վատթար վիճակի հետ: *(Բ. Ֆրանկլին)*

.....  
.....

7. Ես սպանված էի դժբախտությամբ, որ կոշիկ չունեմ, քանի դեռ չհանդիպեցի մի մարդու, ով ոտք չուներ: *(Ֆ. Լարոշֆուկո)*

.....  
.....

8. Իրենց թշվառությունների համար մարդիկ հակված են մեղադրել ճակատագրին, աստվածներին և ում ասես, բայց միայն ոչ իրենք իրենց: *(Պլատոն)*

.....  
.....  
.....

9. Որտեղ մահանում է հույսը՝ այնտեղ առաջանում է դատարկություն: *(Լեոնարդո դա Վինչի)*

.....

10. Ի՞նչն է ամենաընդհանուրը բոլորի համար՝ հույսը: Քանի որ եթե որևէ մեկը ոչինչ չունի, ապա հույս ունի: *(Թալես)*

.....  
.....

11. Առողջանալու հույսը ապաքինման կեսն է: *(Ֆ. Վոլտեր)*

.....

12. Չի կարելի բուժել մարմինը, չբուժելով հոգին: (*Սոկրատ*)

.....

13. Դեղերն ազդում են ավելի դանդաղ, քան հիվանդությունները:  
(*Տակի-տոս*)

.....

14. Առողջանալու պայմաններից մեկը առողջանալ ցանկանալն է: (*Մենեկա*)

.....

### **9. Translate into Armenian:**

1. Make it a rule of life never to regret and never to look back. Regret is an appalling waste of energy; you can't build on it; it's only good for wallowing in. (*Katherine Mansfield*)

.....

.....

.....

.....

2. The more you are motivated by love, the more fearless and free your actions will be. (*Katherine Mansfield*)

.....

.....

3. The only completely consistent people are the dead. (*Aldous Huxley*)

.....

4. It's a recession when your neighbor loses his job; it's a depression when you lose yours. (*Harry S. Truman*)

.....

.....

5. The depressing thing about tennis is that no matter how good I get, I'll never be as good as a wall.

(*Mitch Hedberg*)

.....

6. When you were born, you cried and the world rejoiced. Live your life in such a manner that when you die the world cries and you rejoice. (*Indian Proverb*)

.....

.....

7. Imagination is the beginning of creation. You imagine what you desire, you will have what you imagine and at last you create what you will. (*George Bernard Shaw*)

.....

.....

## **10. Topics for discussion:**

1. Depression can cause people to lose the pleasure from daily life.
2. Do you believe that depression will go away on its own?
3. Where can be found the support needed when going through life's difficult times?

**11. Remember some idioms on sadness:**

- **Down in the dumps**

“When she left him, he was down in the dumps for a couple of weeks”.

- **Feel blue**

(feel sad)

“She felt a little blue when she lost her job”.

- **Beside oneself**

(with grief, worry)

“When her son went missing, she was beside herself with worry”.

- **Sick as a parrot**

“He was as sick as a parrot when he realized he had thrown away his lottery ticket”.

- **Cheesed off**

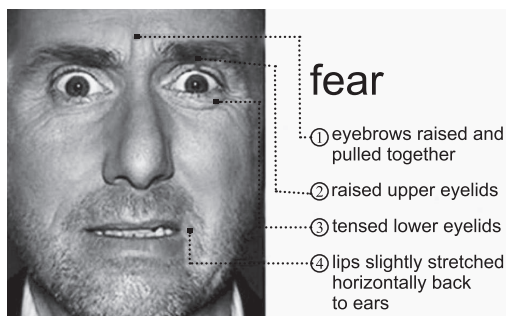
“I was really cheesed off when I lost competition”.

- **At the end of one’s tether**

“I just can’t cope. I’m at the end of my tether with all these bills and debts”.

## UNIT 9

### FEAR



What is fear itself? We are generally afraid of something, or of a remembrance of something that has happened, or of a projection of a reaction into the future. What is the actual nature of fear?

When one is afraid both physiologically and psychologically, is it

not that one has a feeling of danger, a feeling of total isolation called loneliness, deep, abiding, lasting loneliness? All reactions are to something; one is afraid of the snake, or one is afraid of the return of some pain one has had. So it is either fear of an actual thing or of the remembrance of something that has happened in the past. The mind, the brain, need complete security in order to function well, healthily, sanely. Not finding security in anything, in a relationship, in an idea, in a belief - an intelligent mind rejects all that - yet it still looks for complete security. Not finding it, fear comes into being.

Fear is an emotional response to a perceived threat. It is a basic survival mechanism occurring in response to a specific stimulus, such as pain or the threat of danger. Some psychologists have suggested that fear is one of a small set of basic or innate emotions. Fear should be distinguished from the related emotional state of anxiety, which typically occurs without any external threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats which are perceived to be uncontrollable or unavoidable. Worth noting is that fear almost always relates to future events, such as worsening of a situation, or continuation of a situation that is unacceptable. Fear could also be an instant reaction to something presently happening.

Fear is usually perceived as a negative emotion—something to be afraid of or feared in itself. When fear comes upon us out of the blue we have little or no awareness of it. We can assume how we might react in certain situations but until the situation is upon us we may find that we react completely differently.

Almost all of us at least once in our life have experienced fear. It is often preceded by astonishment: the frightened man at first stands like a statue motionless and breathless. The heart beats quickly and violently, the breathing is hurried, the mouth becomes dry, and is often opened or shut. The facial expression of fear includes the widening of the eyes, the pupils dilate, the upper lip rises, the brows draw together, and the lips stretch horizontally. The physiological effects of fear can be better understood from the perspective of the sympathetic nervous responses (fight-or-flight), as compared to the parasympathetic response, which is a more relaxed state. Muscles used for physical movement are tightened and primed with oxygen, in preparation for a physical fight-or-flight response. Perspiration occurs due to blood being shunted from body's viscera to the peripheral parts of the body. Blood that is shunted from the viscera to the rest of the body will transfer, along with oxygen and nutrients, heat, prompting perspiration to cool the body. When the stimulus is shocking or abrupt, a common reaction is to cover (or otherwise protect) vulnerable parts of the anatomy, particularly the face and head. When a fear stimulus occurs unexpectedly, the victim of the fear response could possibly jump or give a small start. The person's heart-rate and heartbeat may quicken.

Fear can be described with different terms in relation to the degree of fear that is experienced. It varies from mild caution to extremophobia and paranoia. Fear is related to a number of additional cognitive and emotional states including worry, anxiety, terror, horror, panic, and dread. Experiences of fear can remain long after exposure in the unconscious mind, where they may then manifest as nightmares, or, in an even stronger form, night terrors. Fear may also be experienced within a larger group or social network, and may be compounded by social influence and become mass hysteria. Some patholo-

gies related to fear (defined by persistent and irrational fears) can include different types of anxiety disorder which are very common, and also other more severe illnesses like the extreme phase of bipolar disorder and some kinds of schizophrenia.

Terror is an acute and pronounced form of fear. It is an overwhelming sense of immediate personal danger. It can also be caused by perceiving the object of a phobia. Terror may overwhelm a person to the point of making irrational choices and atypical behavior. Paranoia is a term used to describe a psychosis of fear. It is experienced as long-standing feelings and perceptions of being persecuted. Paranoia is an extreme emotional state combined with cognitions or, more specifically, delusions that one is in danger. This degree of fear may indicate that a person has changed his or her normal behavior in extreme or maladaptive ways.

According to surveys, some of the most commonly feared objects are spiders, snakes, heights, water, enclosed spaces, tunnels and bridges, the fear of getting vaccines, social rejection, failure, and public speaking. In an innovative test of what people fear the most, the top ten list of fears consisted of flying, heights, clowns, intimacy, death, rejection, people, snakes, success, and driving.

### **Fear and death**

Psychologists have addressed the hypothesis that fear of death motivates religious commitment, and that it may be alleviated by assurances about an afterlife. Empirical research on this topic has been equivocal. According to Kahoe and Dunn, people who are most firm in their faith and attend religious services weekly are the least afraid of dying. People who hold a loose religious faith are the most anxious, and people who are not religious are intermediate in their fear of death.

Fear of death is also known as *death anxiety*. This may be a more accurate label because, like other anxieties, the emotional state in question is long



lasting and not typically linked to a specific stimulus. The analysis of fear of death, death anxiety, and concerns over mortality is an important feature of existentialism and terror management theory.

## WORDS AND WORD COMBINATIONS

<b>projection</b>	[prq'GekSn]	n. 1. պրոյեկցիա; 2. կանխատեսում, հաշվարկ
<b>abiding</b>	[q'baidiN]	a. մշտական, հաստատուն
<b>healthily</b>	[ 'helTili]	adv. առողջ
<b>sanely</b>	[seinli]	adv. ողջամտորեն, առողջ դատողությամբ
<b>reject</b>	[ri'Gekt]	v.1. մի կողմ նետել, խտտանել; 2. մերժել, հրաժարվել, չընդունել
<b>perceive</b>	[pq'si:v]	v.1. գգալ, գգալով իմանալ; 2. գիտակցել, հասկանալ, ըմբռնել, ընկալել
<b>threat</b>	[Tret]	n. սպառնալիք, վտանգ
<b>stimulus</b>	[ 'stimjulqs]	n. խթան, շարժառիթ, դրդապատճառ,
<b>/pl. stimuli/</b>	[ 'stimjulai]	ազդակ
<b>innate</b>	[ 'ineit]	a. բնածին
<b>avoidance</b>	[q'v0idqns]	n. 1. խուսափում; 2. վերացում
<b>worsening</b>	[ 'wq:sqniN]	n. վատթարացում
<b>to come upon somebody</b>		<i>պատահաբար հանդիպել մեկին</i>
<b>precede</b>	[pri'si:d]	v. նախորդել, առջևից ընթանալ; 2. ավելի բարձր դիրք ունենալ (պաշտոնով, կոչմամբ)
<b>like motionless and breathless</b>		<i>ասես անշարժ և անշունչ</i>
<b>violently</b>	[ 'vaiqlqntli]	adv. սաստկորեն, մոլեգնորեն, անզուսպ կերպով
<b>facial</b>	[ 'feiSql]	a. երեսի, դեմքի
<b>pupil</b>	[pju:pl]	n. բիր (աչքի)

<b>dilate</b>	[dai'leit]	v. լայնանալ, լայնացնել, ընդլայն(վ)ել, ընդարձակ(վ)ել
<b>stretch</b>	[streC]	v. ձգ(վ)ել, պրկ(վ)ել
<b>perspective</b>	[pq'spektiv]	n. 1. հեռանկար; 2. պատկեր, տեսարան a. հեռանկարային
<b>sympathetic</b>	['simpq'Tetik]	a. 1. կարեկցական, կարեկից, կարեկցող; 2. համակրելի, գրավիչ; 3. համակրանքով լի
<b>muscle</b>	[mAsl]	n. մկան
<b>tighten</b>	[taitn]	v. ձգվել, պրկվել, սեղմվել
<i>primed with oxygen</i>		<i>քրվածնուլ հազեցած</i>
<b>perspiration</b>	['pq:spq'reiʃn]	n. քրտնարտադրություն
<i>to be shunted from body's viscera</i>		<i>մարմնի ներքին օրգաններից ուղղվել դեպի</i>
<i>peripheral parts</i>		<i>ծայրամասներ</i>
<b>nutrient</b>	['nju:triqnt]	a. սնուցիչ, սննդարար
<b>prompt</b>	[pr0mpt]	a. 1. արագ, շտապ; 2. ժիր, ճարպիկ, ճշտապահ v. 1. դրդել, հրահրել; 2. հուշել
<b>abrupt</b>	[q'brApt]	a. 1. հանկարծակի, հատու, սուր; 2. կտրուկ
<b>vulnerable</b>	['vAlnqrqbl]	a. խոցելի
<b>victim</b>	['viktim]	n. զոհ
<b>heartbeat</b>	['ha:tbi:t]	n. սրտի բախում՝ զարկ, փխբ. հուզմունք
<i>mild caution</i>		<i>թեթև զգուշավորություն</i>
<b>dread</b>	['dred]	n. սոսկում, ահ, սարսափ
<b>viscus</b>	['viskqs]	n. ներքին օրգաններ, աղիքներ
<i>/pl. viscera/</i>	['visqrq]	
<b>exposure</b>	[ik'spouEq]	n. պատճենում, պրոեկտում
<i>manifest as a nightmare</i>		<i>դրսևորվել որպես մոլորական</i>
<i>to become mass hysteria</i>		<i>վերածվել զանգվածային հիստերիայի</i>
<b>pathology</b>	[pq'T0lqGi]	n. ախտաբանություն, պաթոլոգիա

<b>persistent</b>	[pq'sistqnt]	a. 1. համառ, հաստատական; 2. կայուն, դիմացկուն, կենսունակ; 3. մշտական, հարատև
<b>bipolar</b>	[bai'p0lq]	a. երկբևեռ
<b>overwhelming</b>	['ouvq'welmiN]	a. մեծ, անհաղթահարելի
<b>atypical</b>	[ei'tipikl]	a. ատիպիկ, ոչ տիպական, ոչ հատկանշական
<b>psychosis</b>	[sai'kousis]	n. հոգեկան խանգարում
<b>/pl. psychoses/</b>	[sai'kousi:z]	հոգեճանաչողություն
<b>cognition</b>	[k0g'niSn]	n.1. իմացություն, ճանաչելիություն; 2. իմացական կարողություն
<b>delusion</b>	[di'lu:En]	n.1. պատրանք; 2. մոլորություն; 3. <i>բժշկ. միլագարություն, մոլուցք</i>
<b>maladaptive</b>	['m0lq'dxptiv]	a. չհարմարված, չընտելացած, վատ հարմարված
<b>survey</b>	['sq:vei]	n. 1. ուսումնասիրություն, հետազոտում, ստուգում
<b>vaccine</b>	['vxksi:n]	n. պատվաստանյութ, վակցինա
<b>innovative</b>	['inqveitiv]= ['inqvqtiv]	a. նոր, նորովի
<b>hypothesis</b>	[hai'p0Tisis]	n. հիպոթեզ, վարկած
<b>/pl. hypotheses/</b>	[hai'p0Tisi:z]	
<b><i>motivates religious commitment</i></b>		<i>մղում է նվիրվել կրոնին</i>
<b><i>to be alleviated by assurances</i></b>		<i>մեղմվել հավաստիացումներով</i>
<b>afterlife</b>	['a:ftqlaif]	n. հետմահու կյանք
<b>equivocal</b>	[i'kwivqkql]	a. 1. երկիմաստ, երկդիմի; 2. կասկածելի
<b><i>concerns over mortality</i></b>		<i>մահկանացու լինելու մտահոգությունները</i>

## **EXERCISES**

### **1. What’s the Armenian for?**

**to attend religious services**

---

**the emotional state in question**

---

**the facial expression of the fear**

---

**negative emotion**

---

**according to surveys**

---

**both physiologically and psychologically**

---

**from the viscera to the rest of the body**

---

**stands like a statue motionless and breathless**

---

**the top ten list of fears**

---

**fear comes into being**

---

**equivocal research**

---

**the actual nature of fear**

---

**basic or innate emotions**

---

**extreme sports**

---

---

**fear comes upon us out of the blue**

---

**a more accurate label**

---

**fight-or-flight response**

---

## **2. What’s the English for?**

**վերին շրթունք**

---

**մղձավանջ**

---

**ծանր հիվանդություններ**

---

**անվերահսկելի կամ անխուսափելի**

---

**մահվան երկյուղ**

---

**կոնկրետ իրավիճակներում**

---

**ցավ կամ վտանգի սպառնալիք**

---

**մարմնի ծայրանդամները**

---

**երկարատև միայնություն**

---

**արժե նշե՛, որ**

---

**կյանք մահից հետո**

---

---

առանց արտաքին սպառնալիքի

---

խոցելի մասեր

---

հիմնական կամ բնածին հույզեր

---

**3. Remember the plural of:**

stimulus      stimuli

psychosis      psychoses

hypothesis      hypotheses

viscus      viscera

**4. Match the following words with their definitions:**

**security, persecute, severe, delusion, perspiration, isolation, innate, nightmare, paranoia, hysteria**

*1. stern, strict 2. (of the weather, attacks of disease) strong, extreme*

---

*false opinion or belief, especially one that may be a symptom of madness*

---

*sweat, sweating*

---

*1. punish, treat cruelly, especially because of religious beliefs. 2. cause repeated trouble to separation or keeping apart from others*

---

*(something that provides) safety, freedom from danger or anxiety*

---

*mental disorder marked by fixed delusions, eg. of persecution or grandeur*

---

---

*disturbance of the nervous system, with outbursts  
of uncontrollable emotions*

---

*in one's nature, possessed from birth*

---

*1. frightening dream 2. haunting fear; memory of  
horrible experience*

---

**5. Find the corresponding nouns from the text:**

**expose**

---

**continue**

---

**stimulate**

---

**prepare**

---

**remember**

---

**secure**

---

**lonely**

---

**astonish**

---

**aware**

---

**isolate**

---

**anxious**

---

**avoid**

---

**6. Choose the suitable word:**

1. Fear is usually perceived as a ... emotion—something to be afraid of or feared in itself.

*(negative / positive)*

2. When a fear stimulus occurs ..., the victim of the fear response could possibly jump or give a small start.

*(unexpected / unexpectedly)*

3. When fear comes upon us out of the blue we have ... or no awareness of it.

*(much / little)*

4. Some ... have suggested that fear is one of a small set of basic or innate emotions.

*(psychologists / physiologists)*

5. Fear is an emotional response to a ... threat.

*(perceivable / perceived)*

6. The mind, ... , need complete security in order to function well, healthily, sanely.

*(the brain / the body)*

7. People who hold a loose religious faith are the ... anxious, and people who are not religious are intermediate in their fear of death.

*(least / most)*

8. Paranoia is a ... used to describe a psychosis of fear.

*(term / word)*

**7. Find the best ending and fill in the boxes below:**

**1. We can assume how we might** *a) ... compounded by social*  
**react in certain situations but until** *influence and become mass hysteria.*  
**the situation ...**

**2. According to surveys, some of the** *b) ... security in order to function*  
**most commonly feared objects are** *well, healthily, sanely.*  
**spiders, snakes, heights, water, ...**

**3. The mind, the brain, need** *c) ... pronounced form of fear.*  
**complete ...**



- 4. Fear may also be experienced within a larger group or social network, and may be ...** *d) ... is upon us we may find that we react completely differently.*
- 5. Terror is an acute and ...** *e) ... is hurried, the mouth becomes dry, and is often opened or shut.*
- 6. Fear can be described with different terms in relation ...** *f) ... enclosed spaces, tunnels and bridges, the fear of getting vaccines, social rejection, failure, and public speaking.*
- 7. The heart beats quickly and violently, the breathing ...** *g) ... to the degree of fear that is experienced.*

1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
----------	----------	----------	----------	----------	----------	----------

**8. Fill in the blanks with the corresponding words given in brackets:  
(likely, trained, increases, humidity, marked, relief, churches, severe)**

The first phobias most patients develop are varied- some fear the ... and heat, while others fear snow and rain, open spaces, closed spaces. The reason for this variety is simple: it usually depends on where the person happened to be when the first ... unexpected panic attack started. If it occurred in a church, he will fear ... If he got in the subway, he will avoid subways. The anxiety in effect becomes attached to situations or things by association. If an unexpected spontaneous panic strikes repeatedly in the same situation, then a phobia is even more ... to develop to that situation and to persist. The patient will avoid the situation, since it is only natural to avoid anything associated with increased anxiety.

Anxiety has its ..., peaks and declines. When it peaks, people start to run away from the situation in which they felt the panic. As they are running away, the anxiety has peaked and is dropping, and relief is already setting in.

When this sequence repeats itself over and over again, ... is associated with running away and avoidance. Then this pairing also becomes associated as a habit. The nervous system is ... that a good way to feel relief is to run away. Going toward the phobia provokes anxiety; running away is associated with relief. This will lead to avoidance becoming more ... over time: avoidance of the phobia in fact feeds the phobia and causes it to grow larger.

### **9. Do you know what's a phobia?**

A phobia (from the Greek “*phóbos*”, meaning “fear” or “morbid fear”) is an irrational, intense and persistent fear of certain situations, activities, things, animals, or people, a lasting unreasonable fear of a thing or situation. There are more than 400 kinds of phobias. Here are some of them:

<b>Achluophobia = Myctophobia =</b>	fear of darkness
<b>Scotophobia</b>	
<b>Acrophobia = Altophobia</b>	fear of heights
<b>Agliophobia = Algophobia</b>	fear of pain
<b>Agoraphobia</b>	fear of open spaces or of being in crowded, public places like markets
	fear of leaving a safe place
<b>Aphenphosmophobia=Haphephobia=Haptophobia</b>	fear of being touched
<b>Arachnophobia = Arachnophobia</b>	fear of spiders
<b>Atychiphobia</b>	fear of failure
<b>Aviophobia or Aviatophobia</b>	fear of flying
<b>Brontophobia</b>	fear of thunder and lightning
<b>Catoptophobia</b>	fear of mirrors
<b>Cleithrophobia = Cleisiophobia (claustrophobia)</b>	fear of being locked in an enclosed place

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<b>Climacophobia</b>	fear of stairs, climbing, or of falling downstairs
<b>Dentophobia</b>	fear of dentists
<b>Enochlophobia</b>	fear of crowds
<b>Gerascophobia</b>	fear of growing old
<b>Glossophobia</b>	fear of speaking in public or of trying to speak
<b>Hemophobia = Hemaphobia = Hematophobia</b>	fear of blood
<b>Lygophobia</b>	fear of darkness
<b>Necrophobia</b>	fear of death or dead things (bodies, corpses)
<b>Oneirophobia</b>	fear of dreams
<b>Photophobia</b>	fear of light
<b>Pirophobia</b>	fear of fires
<b>Sciophobia = Sciaphobia</b>	fear of shadows
<b>Selenophobia</b>	fear of the moon
<b>Snakephobia = Ophidiophobia</b>	fear of snakes
<b>Tachophobia</b>	fear of speed
<b>Technophobia</b>	fear of technology
<b>Thanatophobia = Thantophobia</b>	fear of death or dying
<b>Tonitrophobia</b>	fear of thunder
<b>Triskaidekaphobia</b>	fear of the number 13
<b>Trypanophobia</b>	fear of injections
<b>Xenophobia</b>	fear of strangers or foreigners

**10. Fill in articles if necessary:**

... main symptom of this disorder is ... excessive and unreasonable desire to avoid ... feared stimulus. When ... fear is beyond one's control, and if ... fear is interfering with daily life, then ... diagnosis under one of ... anxiety

disorders can be made.

Phobias are known as ... emotional response learned because of ... difficult life experiences. Generally phobias occur when ... fear produced by ... threatening situation is transmitted to other similar situations, while ... original fear is often repressed or forgotten. ... excessive, unreasoning fear of water, for example, may be based on ... childhood experience of almost drowning. ... individual attempts to avoid that situation in ... future, ... response that, while reducing anxiety in ... short term, reinforces ... association of ... situation with ... onset of ... anxiety.

Phobias vary in severity among ... individuals. Some individuals can simply avoid ... subject of their fear and suffer relatively mild anxiety over that fear. Others suffer full-fledged panic attacks with all... associated disabling symptoms. Most individuals understand that they are suffering from ... irrational fear, but they are powerless to override their initial panic reaction.

### **11. Fill in prepositions:**

Phobia is caused ... what are called neutral, unconditioned, and conditioned stimuli, which trigger either conditioned or unconditioned responses. An example would be a person who was attacked ... a dog (the unconditioned stimulus) would respond ... an unconditioned response. When this happens, the unconditioned stimulus ... them being attacked ... the dog would become conditioned, and to this now conditioned stimulus, they would develop a conditioned response. If the occurrence had enough ... an impact ...this certain person then they would develop a fear ... that dog, or ... some cases, an irrational fear ... all dogs.

### **12. Translate into Armenian:**

1. Focus on where you want to go, not on what you fear. (*Anthony Robbins*)

.....

2. Fear is the main source of superstition, and one of the main sources of cruelty. To conquer fear is the beginning of wisdom. (*Bertrand Russell*)

.....

.....

3. Feed your faith and your fears will starve to death. (*Unknown Author*)

.....

4. Once bitten by a snake, you are even frightened by a rope that resembles a snake. (*Unknown Author*)

.....

.....

5. Fear is only as deep as the mind allows. (*Japanese proverb*)

.....

6. Fear always springs from ignorance. (*Ralph Waldo Emerson*)

.....

7. Nothing is terrible except fear itself. (*Francis Bacon*)

.....

### **13. Translate into English:**

1. Մարդն ունի երեք ռիսերիմ թշնամիներ՝ անվճռականություն, կասկածանք և վախ: Այս անորսալի թշնամիները շատ վտանգավոր են: Կա վախի վեց տեսակ՝ աղքատության, քննադատության, հիվանդության, սիրային հիասթափության, ծերության, մահվան:

.....

.....

.....

.....

2. Պլատոնն ասում էր. «Գլխավոր հաղթանակը հաղթանակն է իր «ես»-ի նկատմամբ: Պարտված լինել իր «ես»-ից՝ և ամոթ է, և՛ ցածրահոգի: Վախեր բոլորն ունեն, և նրանցից մի քանիսը արդարացված են: Սակայն որոշ վախեր ծնվում և ահագնանում են առանց մեր գիտության: Նրանք ահագնանում են անվճռականությունից և կասկածանքից: Կորչեն դրանք»:

.....

.....

.....

3. Առողջությունը մեծագույն հարստություն է: Հաղթահարեք վախը, և դուք կազատվեք վախի հարուցած հիվանդություններից:

.....

.....

.....

4. Խիզախությունը քաղաքներ է գրավում:

.....

.....

.....

5. Ձբաղված մարդը մահվան մասին չի մտածում: Մեկընդմիջտ ազատվեք մահվան սարսափից՝ ընդունելով նրա անխուսափելիությունը:

.....

.....

.....

6. Ազատվեք ձեր հիվանդությունների երկյուղից՝ պարզապես մոռացության տալով դրանց ախտանիշները: Ընդունեք բոլոր դեպքերի թիվ մեկ որոշումը՝ կյանքի կողմից առաջադրված ոչ մի բան արժանի չէ ձեր հուզումին և

անհանգստությանը:

.....  
.....  
.....

7. Ժանտախտն ասաց. «Ես կործանեցի ինչպես խոստացել էի՝ միայն հինգ հազար մարդ: Մնացածը մահացան վախից»:

.....  
.....  
.....

8. Վախը ինչպես վախկոտ շուն, միայն վագում է նրա ետևից, ով փախչում է իրենից, բայց նահանջում է, երբ ուղիղ գնում են նրա վրա:

.....  
.....

9. Վախը շողոքորթություն է ծնում: (*Դեմոկրիտ*)

.....

10. Վախը չարի ակնկալումն է: (*Արիստոտել*)

.....

11. Վախկոտների հոգում երջանկության համար տեղ չկա: (*Սեբաստիան*)

.....

12. Վախը՝ ահա միակ բանը, ինչից մենք պիտի երկյուղենք: (*Ֆ. Ռուզվելդ*)

.....

13. Վախկոտները մի քանի անգամ են մեռնում, քաջերը՝ մեկ անգամ: (*Ու Շեքսպիր*)

.....

14. Սարսափը մե՛րթ քներ է տալիս ոտքերին, մե՛րթ դրանք գամում է գետնին:  
(Մոնրեն)

.....

15. Ամեն վախկոտ ստախոս է, բայց ոչ հակառակը: (Կանյո)

.....

16. Ով վախենում է մահից, նա արդեն չի ապրում: (Զեյնե)

.....

17. Վախկոտությունը շատ վնասակար է, որովհետև այն թույլ չի տալիս, որ  
կամքը օգտակար գործողություն կատարի: (Դեկարտ)

.....

.....

18. Անմտություն է վախենալ նրանից, ինչն անխուսափելի է:

.....

19. Վախի աղբյուրը ձեր սրտում է և ոչ թե վախեցնողի ձեռքերում:

.....

#### **14. Topics for discussion:**

a) Explain the following expression: “And feels a thousand deaths, in fearing one”

b) Fear has many eyes. (Cervantes “Don Quixote”)

### *Test*

What do you do if you hear screams at night - or noises in the house? Do you



argue with your boss?

This test will tell you how you rate in the pecking-order of life's jungle.

1. As you are turning in for the night, you hear screams in the street; do you:

a) call the police?

b) Go to bed?

c) Arm yourself with a hammer and go outside to help?

2. A pair of shoes you bought a week ago are falling apart; would you:

a) Make a loud complaint in the shop on a busy afternoon?

b) Accept it as today's shoddy workmanship?

c) Ask to see the shop manager and tell him the trouble?

3. When a restaurant bill or ban statement arrives; do you:

a) Run through it to see if it looks right?

b) Put your faith in computers?

c) Check every item?

4. You are waiting to pay for something in a shop, but the assistant keeps on chatting with a colleague. Do you:

a) Summon the manager?

b) Go to another shop?

c) Interrupt the conversation?

5. If you saw a child being violently slapped by its mother, would you:

a) Ignore it?

b) Approach the woman and ask her to stop?

c) Get the nearest policeman?

6. You are in a non-smoking carriage on a train and someone lights a cigarette. Do you:

a) Ask them to put it out and point to the sign?

b) Leave the carriage?

c) Report it to the guard?

7. In a friendly tennis match, are you:

a) Hitting every ball as if you were at Wimbledon?

b) Just enjoying the game?

c) Letting the other person win?

8. You are walking by a swimming pool when a stranger pushes you in. Do you:

a) Get out and push him in?

b) Report him to the attendant?

c) Swim off?

9. Your boss has passed a rule that you think is nonsense. Do you:

a) Abide by it anyway?

b) Try to persuade him to change his mind?

c) Break the rule when he is not there?

10. A popular member of your local club has been fiddling the accounts, but you know that reporting it will make you unpopular. Do you:

a) Have a quiet word with the person yourself?

b) Say nothing?

c) Report the offender to the committee?

11. At a celebration dinner, the meat is burnt and the vegetables soggy. Do you:

a) Resolve never to go back to the restaurant again?

b) Ask the head waiter to bring you another meal?

c) Refuse to pay after you have finished?

12. If a doctor prescribes you tablets, do you:

a) Ask him what they are for?

b) Take them?

c) Ask for a second opinion?

13. You are driving normally when you see a policeman behind you. Do you:

a) Carry on as you are?

b) Slow down?

c) Speed up?

14. In a relationship, do you prefer to be:

a) Equal?

b) Dominant?

c) The underdog?

15. You are on your own in the house when you think you hear a noise upstairs. Do you:

a) Investigate on your own?

b) Get a neighbor to investigate with you?

c) Go and stay with a friend?

16. You are with a group of friends who cannot decide what to do for the evening. Would you:

a) Go along with everyone else?

b) Make a few suggestions?

c) Say “Come on everybody, follow me”?

17. Your nextdoor neighbor asks you to look after her cats for a week, but you are allergic to them. Do you:

a) Say no?

b) Suffer in silence for a week?

c) Explain the problem and suggest someone else?

18. In a debate, you:

a) Speak your true feeling?

b) Make your point at any cost?

c) Keep quiet?

19. Someone is telling you the same story for the tenth time. Do you:

a) Try to look interested?

b) Yawn and say: “Not again”?

c) Mention that you think you’ve heard it before?

20. Somebody at the next table to you in a restaurant is explaining something, but you can hear they are wrong. Do you:

a) Say nothing?

b) Go and put them right?

c) Mention it to your companions only?

## *The Analysis*

	<u>A</u>	<u>B</u>	<u>C</u>
1)	5	0	10
2)	10	0	5
3)	5	0	10
4)	10	0	5
5)	0	10	5
6)	5	0	10
7)	10	5	0
8)	10	5	0
9)	0	5	10
10)	5	0	10

	<u>A</u>	<u>B</u>	<u>C</u>
11)	0	5	10
12)	5	0	10
13)	5	0	10
14)	5	10	0
15)	10	5	0
16)	0	5	10
17)	10	0	5
18)	5	10	0
19)	0	10	5
20)	0	10	5

### *140- 200*

Well, you are the king of the jungle. No-one within 100 miles can make a decision without you interfering. If people give in to you you can be sure it's for the sake of keeping the peace.

### *70-135*

You will not let anybody run your life for you – live and let live is your motto. Friends can count on you and you can always get your point across without being offensive.

### *0-65*

You are so afraid of being unpopular you are scared to open your mouth. But by playing it so softly, you are liable to be overlooked altogether. Stand up for yourself and others – it will earn you a lot of respect.

## UNIT 10

### AGGRESSION

#### *Facial signals*

*eyes wide and staring;  
eyebrows pulled down (especially in middle);  
wrinkled forehead;  
flared nostrils;  
mouth flattened or clenched;  
teeth bared;  
jutting chin; red face*



When somebody is about to attack, they give visual signal such as clenching of fists ready to strike and lowering and spreading of the body for stability. They are also likely to give anger signs such as redness of the face.

#### **Exposing oneself**

Exposing oneself to attack is also a form of aggression. It is saying "Go on - I dare you. I will still win." It can include not looking at the other person, crotch displays, relaxing the body, turning away and so on.

Behavior between members of the same species that is intended to cause pain or harm is considered "aggression". Predatory behavior between members of one species towards another species is also described as "aggression."

Man must be the most aggressive and cruel of all living creatures. If we say a violent man is behaving like a "beast", we are slandering animals, for no beast behaves as violently as man. When a territorial animal or bird encroaches upon the territory of another creature of the same species, the

latter will only perform ritual gestures of hostility to warn off the intruder. Nevertheless, should a fight ensue, neither creature will be badly hurt, for the loser will save himself by making a gesture of submission. Normally one animal will only kill another for food, and rarely does an animal kill a member of its own species.

Aggression takes a variety of forms among human beings, and it can be physical, mental, or verbal.

There are two broad categories of aggression. These include hostile, affective, or retaliatory aggression and instrumental, predatory, or goal-oriented aggression. Empirical research indicates that there is a critical difference between the two, both psychologically and physiologically. Some research indicates that people with tendencies toward “affective” aggression, defined as “impulsive, unplanned, or uncontrolled” have lower IQs than those with tendencies toward “predatory” aggression, defined here as being “goal-oriented, planned, hidden, or controlled”.

**Aggression and gender** Gender is a factor that plays a role in both human and animal aggression. Across many different human cultures, men are more likely than women to express aggression by means of direct physical violence. Women are more likely to instead express aggression through a variety of indirect or nonphysical means.

Males are historically believed to be generally more physically aggressive than females, and men commit the vast majority of murders. There is evidence that males are quicker to aggression and more likely than females to express their aggression physically. When considering indirect forms of non-violent aggression, such as relational aggression and social rejection, some scientists argue that females can be quite aggressive although female aggression is rarely expressed physically.

Although females are less likely to initiate physical violence, they can express aggression by using a variety of non-physical means. Exactly which method women use to express aggression is something that varies from culture to culture. On Bellona Island, a culture based on male dominance

and physical violence, women tend to get into conflicts with other women more frequently than with men. When in conflict with males, instead of using physical means, they make up songs mocking the man, which spread across the island and humiliate him. If a woman wanted to kill a man, she would either convince her male relatives to kill him or hire an assassin. Although these two methods involve physical violence, both are forms of indirect aggression, since the aggressor herself avoids getting directly involved or putting herself in immediate physical danger.

Aggressive and violent behavior not only harms the victim but is also associated with negative outcomes and other risky behaviors for the aggressive individual. Adolescent females who are not enrolled in or attending school are more likely to engage in violent behavior than those who are in school.

**Aggression in media** Behaviors like aggression can be learned by watching and imitating the behavior of others. A considerable amount of evidence suggests that watching violence on television increases the likelihood of short-term aggression in children. Individuals may differ in how they respond to violence. The greatest impact is on those who are already prone to violent behavior. Adults may be influenced by violence in media as well. A long-term study of over 700 families found “a significant association” between the amount of time spent watching violent television as a teenager and the likelihood of committing acts of aggression later in life. The results remained the same in spite of factors such as family income, parental education and neighborhood violence.

There are some situational factors that cause aggression:

**Alcohol** impairs judgment, making people much less cautious than they usually are. A drunk person is much more likely to view an accidental event as a purposeful one, and therefore act more aggressively.

**Pain and discomfort** also increase aggression. Even the simple act of placing one’s hands in warm water can cause an aggressive response. Hot temperatures have been implicated as a factor in a number of studies. One study completed in the midst of the civil rights movement found that riots

were more likely on hotter days than cooler ones. Students were found to be more aggressive and irritable after taking a test in a hot classroom. Drivers in cars without air conditioning were also found to be more likely to honk their horns.

**Frustration** is another major cause of aggression. The Frustration aggression theory states that aggression increases if a person feels that he or she is being blocked from achieving a goal. One study found that the closeness to the goal makes a difference. The study examined people waiting in line and concluded that the 2nd person was more aggressive than the 12th one when someone cut in line. Unexpected frustration may be another factor. In a separate study, a group of students were collecting donations over the phone. Some of them were told that the people they would call would be generous and the collection would be very successful. The other group was given no expectations. The group with high expectations was much more upset and became more aggressive when no one was pledging.

## WORDS AND WORD COMBINATIONS

<b>species</b>	[ˈspi:si:z]	n. <i>pl.</i> 1. դաս, ցեղ; 2. տեսակ
<b>variety</b>	[vɜˈraɪəti]	n. 1. բազմազանություն, զանազանություն; 2. <i>բիռ</i> . տարատեսակ, այլատեսակ
<b>hostile</b>	[ˈhɒstail]	a. թշնամական
<b>retaliatory</b>	[riˈtʃleɪtɔːri]	a. հակընդդեմ, ի պատասխան, վրիպարար
<b>predatory</b>	[ˈpredətɔːri]	a. 1. գիշատիչ, հափշտակիչ
<b>goal-oriented</b>	[ɡoʊlˈɔːriəntɪd]	a. նպատակային, նպատակասլաց
<b>psychological</b>	[ˈsaɪkəˈlɒɡɪkəl]	a. հոգեբանական
<b>physiological</b>	[ˈfɪziəˈlɒɡɪkəl]	a. ֆիզիոլոգիական, բնախոսական
<b>tendency</b>	[ˈtendənsi]	n. 1. միտում, տենդենց; 2. հակում, հակվածություն



<b>affective</b>	[q'fektiv]	a. հուզիչ, սրտառուչ
<b>violence</b>	['vaiqlqns]	n. 1. բռնություն; 2. ուժ, սաստկություն, ուժգնություն
<b>likelihood</b>	['laiklihud]	n. հավանականություն
<b>imitate</b>	['imiteit]	v. 1. նմանվել, ընդօրինակել; 2. նմանեցնել, նմանակեղծել
<b>prone (to)</b>	[proun]	a. ենթակա
<b>impair</b>	[im'pFq]	v. 1. թուլացնել; 2. փչացնել, վնասել
<b>cautious</b>	['k0:Sqs]	a. զգույշ, շրջահայաց
<b>purposeful</b>	['pq:pqsful]	a. 1. նպատակ՝ դիտավորություն ունեցող, նպատակասլաց; 2. մտածված, կանխամտադրված
<b>irritable</b>	['iritqbl]	a. 1. դյուրագրգիռ, դյուրաբորբոք; 2. բորբոքված, գրգռված
<b>response</b>	[ris'p0ns]	n. պատասխան, արձագանք, ռեակցիա, հակազդում
<b>implicate</b>	['implikeit]	v. 1. խճճել, խառնել; 2. ներգրավել, մասնակից դարձնել; 3. բովանդակել
<i>in the midst of</i>		<i>քեժ պահին</i>
<b>riot</b>	['raiqt]	n. խռովություն, ապստամբություն
<i>to honk horns</i>		<i>հնչեցնել ավտոմեքենայի ազդանշանը</i>
<b>vast</b>	[va:st]	a. 1. լայն, ընդարձակ, անսահման; 2. մեծաթիվ, մեծաքանակ
<i>to commit murder</i>		<i>սպանություն գործել</i>
<b>self-regulation</b>	['selfregju'leiSn]	n. ինքնակարգավորում
<b>atypical</b>	[ei'tipikl]	a. ատիպիկ, ոչ տիպական, ոչ հատկանշական

## **EXERCISES**

### **1. What’s the Armenian for?**

**of the same species**

---

**an impact on**

---

**the likelihood of committing acts of aggression**

---

**the most aggressive and cruel of all living creatures**

---

**to view an accidental event as a purposeful one**

---

**to be blocked from achieving a goal**

---

**to hire an assassin**

---

**the closeness to the goal**

---

**to encroach upon the territory**

---

**was given no expectations**

---

**have lower IQs**

---

**adolescent females**

---

**use a variety of non-physical means**

---

**ritual gestures of hostility**

---

## **2. What’s the English for?**

ավելի հավանական է

կարող է ագրեսիվ պատասխան առաջացնել

առանց օգափոխիչների

կատաղի պահվածք

որոշ գիտնականներ պնդում են, որ կանայք կարող են ավելի ագրեսիվ լինել

ենթարկվելու ժեստ կատարելով

կարող է լրատվության վայրագության ազդեցությանը ենթարկվել

կանանց իշխանություն

հորինել տղամարդուն ծաղրող երգեր

ցավ կամ վնաս պատճառել

էական տարբերություն

սպանություններ գործել

## **3. Match the following words with their definitions:**

**teenager, to implicate, donation, violent, to impair, to convince, victim, beast, to humiliate, female**

*cause to feel ashamed; lower the dignity or self-respect of*

	<i>weaken, damage</i>
	<i>make (a person) feel certain; cause(a person) to realize</i>
	<i>living creature killed and offered as a religious sacrifice</i>
	<i>giving, something given</i>
	<i>caused by a cruel attack</i>
	<i>1. four-footed animal 2. cruel or disgusting person</i>
	<i>show or imply that (a person) is or was involved (in a crime, etc)</i>
	<i>1. of the sex that produces offspring 2. of women</i>
	<i>boy or girl from 13 to 19</i>

**4. a) Find the corresponding nouns from the text:**

**hostile**

**self-regulatory**

**violent**

**to behave**

**to frustrate**

**major**

**to dominate**

**b) Find the corresponding adjectives from the text:**

**caution**

**territory**

---

**accident**

---

**irritate**

---

**success**

---

**situation**

---

**parent**

---

**affect**

---

**5. Match the words with the same meanings:**

**aggression, hostile, impair, violence, riot, humiliate, vast**

*brutality, bloodshed, savagery, fighting, terrorism*

*huge, massive, enormous, great, wide, immense, gigantic*

*disturbance, disorder, confusion, upheaval*

*embarrass, shame, humble, put down*

*hostility, malice, antipathy, ill will, belligerence, destructiveness*

*antagonistic, opposed, contrary, ill-disposed, unfriendly*

*worsen, reduce, damage, injure, harm, weaken, diminish*

---

**6. Choose the suitable word:**

1) There is ... that males are quicker to aggression and more likely than females to express their aggression physically.

*(evidence/ evident)*

2) The Frustration aggression theory states that aggression ... if a person feels that he or she is being blocked from achieving a goal.

*(decrease/ increases)*

3) Behavior between members of the same species that is intended to cause pain or ... is considered “aggression”.

*(joy/ harm)*

4) If we say a violent man is behaving like a “beast”, we are slandering animals, for no beast behaves as ... as man.

*(violently/ violent )*

5) A ... person is much more likely to view an accidental event as a purposeful one, and therefore act more aggressively.

*(drunk/ drunkard)*

### **7. Find the best ending and fill in the boxes below:**

**1. Even the simple act of placing one’s hands in ...**

*a) ... watching and imitating the behavior of others.*

**2. In a separate study, a group of students ...**

*b) ... much less cautious than they usually are.*

**3. Behaviors like aggression can be learned by ...**

*c) ... were collecting donations over the phone.*

**4. Exactly which method women use to ...**

*d) ... warm water can cause an aggressive response.*

**5. Alcohol impairs judgment, making people ...**

*e) ... express aggression is something that varies from culture to culture.*

1. _____	2. _____	3. _____	4. _____	5. _____
----------	----------	----------	----------	----------

### **8. Fill in prepositions:**

Various neurotransmitters and hormones have been shown to correlate with aggressive behavior. The most often mentioned ... these is the hormone testosterone. ... one source, it was noted that concentration ... testosterone most clearly correlated ... aggressive responses involving provocation. ... adulthood, it is clear that testosterone is not related ... any consistent methods ... measuring aggression ... personality scales, but several

studies ... the concentration ... blood testosterone ... convicted male criminals who committed violent crimes compared... males without a criminal record or who committed non-aggressive crimes revealed... most cases that men who were judged aggressive/dominant had higher blood concentrations ... testosterone than controls. However, a correlation ... testosterone levels and aggression does not prove a causal role ... testosterone. Studies ... testosterone levels ... male athletes ... and ... a competition revealed that testosterone levels rise shortly ... their matches, as if ... anticipation ... the competition, and are dependent ... the outcome... the event: testosterone levels ... winners are high relative ... those ... losers. Interestingly, testosterone levels ... female criminals versus females ... a criminal record mirror those ... males: testosterone levels are higher ... women who commit aggressive crimes or are deemed aggressive ... their peers than non-aggressive females. However, no specific response ... testosterone levels to competition was observed ... female athletes, although a mood difference was noted.

**9. Are these statements true or false? Correct the false ones.**

1. Students were found to be more aggressive and irritable after taking a test in a cold classroom.
2. Gender is a factor that doesn't play a role in both human and animal aggression.
3. One study found that the closeness to the goal makes a difference.
4. Man must be the least aggressive and cruel of all living creatures.
5. Normally one animal will only kill another for food, and rarely does an animal kill a member of its own species.
6. Drivers in cars with air conditioning were also found to be more likely to honk their horns.
7. A considerable amount of evidence suggests that watching violence on television increases the likelihood of short-term aggression in children.
8. The Frustration aggression theory states that aggression decreases if a person feels that he or she is being blocked from achieving a goal.

**10. Fill in articles if necessary:**

... most apparent type of aggression is that seen in ... interaction between ... predator and its prey. ... animal defending itself against ... predator becomes aggressive in order to survive and to ensure .... survival of its offspring. Because aggression against ... much larger enemy or group of ... enemies would lead to ... death of ... animal, animals have developed ... good sense of when they are outnumbered. This ability to gauge ... strength of other animals gives animals ... “fight or flight” response to predators; depending on how strong they gauge ... predator to be, ... animals will either become aggressive or flee.

**11. Translate into Armenian:**

1. He who knows how to be aggressive, and yet remains patient, becomes a receptacle for all of Nature’s lessons. (*Lao Tzu*)

.....  
.....

2. The tendency of aggression is an innate, independent, instinctual disposition in man ... it constitutes the most powerful obstacle to culture. (*Sigmund Freud*)

.....  
.....

3. Aggression only moves in one direction – it creates more aggression. (*Margaret J. Wheatley*)

.....  
.....



4. Aggression is a biological response to a life-threatening situation. When there is an immediate threat to life, aggressive energy provides the power to do what needs to be done. Aggression in normal daily interactions is like activating a smoke alarm when there is no smoke. Actually, it is worse. The ringing alarm would be annoying, but it would do no harm. Aggression at best is annoying, and at worst, itself, becomes life threatening. *(Gwen Randall—Young)*

.....

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5. Aggression is different from anger. Anger is an emotion; aggression is a behavior. There are better ways to deal with anger than behaving aggressively. Aggressive talk, gestures or behaviors belong to the old way of being. Once we tune in to a higher level of consciousness, aggression is as unnecessary as is the hand-held plow in modern day agriculture. *(Gwen Randall—Young)*

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6. “No man has a natural right to commit aggression on the equal rights of another, and this is all from which the laws ought to restrain him.” (*Thomas Jefferson*)

.....

.....

7. It is the habit of every aggressor nation to claim that it is acting on the defensive. (*Jawaharlal Nehru*)

.....

.....

8. You can’t shake hands with a clenched fist. (*Mahatma Gandhi*)

.....

## **12. Translate into English:**

1. Մեծամասամբ մարդիկ ավելի հակված են տառապելու, քան պաշարելու տառապանքի պատճառները վերացնելու համար: (*Թոմաս Ջեֆերսոն*)

.....

.....

2. Եթե թշնամի ունեք, նրա չարությունը բարությանը մի հատուցեք, դրանով կամաչացնեք նրան, ավելի լավ է ապացուցեք, որ նա ձեզ մի լավ բան է արել: (*Նիցշե*)

.....

.....

3. Վեճի մեջ ոչ միշտ է ճշմարտությունը հաղթում, ավելի հաճախ դա  
անում են առավել ծանրակշիռ փաստարկները:

.....  
.....

4. Իրեն չվերաբերվող կռիվներում կրակ բորբոքողը իրավունք չունի  
դժգոհելու, երբ կայծերը դիպչում են նրա երեսին:

.....  
.....

5. Մոլորվելը հատուկ է յուրաքանչյուրին, բայց իրենց մոլորության մեջ  
համառում են միայն հիմարները: (*Ցիցերոն*)

.....  
.....

6. Բռնությունը ստեղծել է առաջին ստրուկներին, վախկոտությունը  
նրանց հավերժացրել է: (*Տան Տակ Ռուս*)

.....  
.....

7. Չայրույթը միշտ էլ վատ խորհրդատու է: (*Չոլա*)

.....  
.....

8. Անհնար է գայրույթը գայրույթով հաղթել: Եթե ձեր հանդեպ գայրույթ  
են կիրառում, և դուք նույն կերպ եք պատասխանում, արդյունքում  
ողբերգություն է տեղի ունենում: (*Դալայ Լամա*)

.....  
.....

9. Հիշեք. երբեմն լռությունը լավագույն պատասխանն է: (*Դավայ Լամա*)

.....

### **13. Topics for discussion:**

1. The aggressive instinct is necessary for human survival.
2. Man is undoubtedly the most aggressive of creatures.
3. How to channel all aggression into a creative work.

### **14. Remember some idioms on aggression:**

- **See red**

(/very angry/ Probably red is used to describe anger because people's faces turn red when they are angry. Imagine you became so angry your eyes became red, too. Then you might begin to “see red”.)

“Don't talk to him about his boss - it just makes him see red!”

- **Hopping mad**

“She was hopping mad when she found out her daughter had disobeyed her”.

- **In a black mood**

“Be careful, what you say - she's in a black mood today”.

## *T e s t*

Are you a potential murderer?

*“We kill everybody, my dear. Some with bullets, some with words, and everybody with our deeds. We drive people into their graves, and neither see it nor feel it.” (Maxim Gorky “Enemies”)*

1. Do you go through periods when you feel deeply depressed?
  - a) Sometimes
  - b) Often

- c) Never
- 2. Do you ever feel so frustrated that you could scream?
  - a) Sometimes
  - b) Often
  - c) Never
- 3. Is there someone in your life who annoys you intensely?
  - a) Yes
  - b) Someone who makes me angry occasionally
  - c) No one
- 4. Do people's habits and traits irritate you?
  - a) Yes, always
  - b) Occasionally
  - c) Never
- 5. Do you ever have uncontrollable rages when you throw things around?
  - a) Yes
  - b) Only very rarely
  - c) Never
- 6. Do you turn violent when severely provoked?
  - a) Often
  - b) Occasionally
  - c) Never
- 7. Do you ever regret the life you lead and wish that you were in a better situation?
  - a) All the time
  - b) Only when I am really down
  - c) Never
- 8. Did you have a good relationship with your parents?
  - a) Yes, very good
  - b) We tolerated each other
  - c) I hated the sight of them
- 9. Do you have relationship problems and find it difficult to settle down?
  - a) Yes

b) No

10. Do you ever have long periods of aggressiveness when you feel ill at ease with the world and are rude to everyone for no particular reason?

a) Frequently

b) Occasionally

c) Never

11. Do you find it difficult to forgive people?

a) Yes, very

b) No, I forgive and forget

12. Have you ever felt it would be easy to kill someone, and in fact contemplated the results of such an action?

a) Yes, frequently

b) Occasionally

c) Never

### *The Analysis*

	<b>A</b>	<b>B</b>	<b>C</b>
<b>1.</b>	2	3	0
<b>2.</b>	2	3	0
<b>3.</b>	3	2	0
<b>4.</b>	3	2	0
<b>5.</b>	3	2	0
<b>6.</b>	3	2	0
<b>7.</b>	3	2	0
<b>8.</b>	2	3	0
<b>9.</b>	3	0	0
<b>10.</b>	3	2	0
<b>11.</b>	3	0	0
<b>12.</b>	3	2	0

### *33-36*

If you don't curb your feelings and passions you could turn into another Crippen, so take care. If you feel really depressed, you should seek professional help.

### *24-32*

We all have the potential to commit murder, but you have a greater potential than most, although you have never seriously planned such a thing. It takes a lot to push you over the top but if you were really provoked, you could be a danger.

### *15-23*

You sometimes get very frustrated and have some regrets. There may be someone in your life who you feel has held you back, but you have never seriously contemplated doing away with them.

### *14 or less*

Of course you are capable of murder, but you are less likely to commit such an action on the spur of the moment as the above. Yours would be a planned, calculated deed for personal gain only.

## **UNIT 11**

### **JEALOUSY**

Jealousy is a secondary emotion and typically refers to the negative thoughts and feelings of insecurity, fear, and anxiety over an anticipated loss of something that the person values, particularly in reference to a human connection. Jealousy often consists of a combination of presenting emotions such as anger, sadness, and disgust. Jealousy is defined as "a protective reaction to a perceived threat to a valued relationship, arising from a situation in which the partner's involvement with an activity or another person is contrary to the jealous person's definition of their relationship."

Jealousy is a familiar experience in human relationships. The common experience of jealousy for many people may involve: fear of loss, suspicion of or anger about a perceived betrayal, low self-esteem and sadness over perceived loss, uncertainty and loneliness, fear of losing an important person to another, distrust. Jealousy is triggered by the threat of separation from, or loss of, a romantic partner, when that threat is attributed to the possibility of the partner's romantic interest in another person.

These definitions of jealousy share two basic themes. First, all the definitions imply a triad composed of a jealous individual, a partner, and a perception of a third party or rival. Second, all the definitions describe jealousy as a reaction to a perceived threat to the relationship between two people, or a dyad. Jealous reactions typically involve aversive emotions or behaviors that are assumed to be protective for their attachment relationships. These themes form the essential meaning of jealousy in most scientific studies.

Although popular culture often uses jealousy and envy as synonyms, modern philosophers and psychologists have argued for conceptual distinctions between jealousy and envy. For example, philosopher John Rawls distinguishes between jealousy and envy on the ground that jealousy involves the wish to keep what one has, and envy the wish to get what one does not



have. Thus, a child is jealous of her parents’ attention to a sibling, but envious of her friend’s new bicycle. Psychologists Laura Guerrero and Peter Andersen have proposed the same distinction. They claim the jealous person “perceives that he or she possesses a valued relationship, but is in danger of losing it or at least of having it altered in an undesirable manner,” whereas the envious person “does not possess a valued commodity, but wishes to possess it.”

Jealousy involves an entire “emotional episode,” including a complex “narrative,” the circumstances that lead up to jealousy, jealousy itself as emotion, any attempt at self regulation, subsequent actions and events and the resolution of the episode. The narrative can originate from experienced facts, thoughts, perceptions, memories, but also imagination, guess and assumptions. The more society and culture matter in the formation of these factors, the more jealousy can have a social and cultural origin.

One possible explanation of the origin of jealousy in evolutionary psychology is that the emotion is evolved in order to maximize the success of our genes: it is a biologically based emotion selected to foster the certainty about the paternity of one’s own offspring. A jealous behavior, in men, is directed into avoiding sexual betrayal and a consequent waste of resources and effort in taking care of someone else’s offspring. There are, additionally, cultural or social explanations of the origin of jealousy. According to one, the narrative from which jealousy arises can be in great part made by the imagination. Imagination is strongly affected by a person’s cultural milieu. The pattern of reasoning, the way one perceives situations, depends strongly on cultural context. It has elsewhere been suggested that jealousy is in fact a secondary emotion in reaction to one’s needs not being met, be those needs for attachment, attention, reassurance or any other form of care that would be otherwise expected to arise from that primary romantic relationship.

Jealousy in children and teenagers has been observed more often in those with low self-esteem and can evoke aggressive reactions. One such study suggested that developing intimate friends can be followed by emotional insecurity and loneliness in some children when those intimate friends interact with others.

Morbid jealousy (also known as delusional jealousy, or Othello syndrome) is a psychiatric disorder in which a person holds a delusional belief that their spouse or sexual partner is being unfaithful.

An affected person typically makes repeated accusations of infidelity based on insignificant or minimal evidence, often citing seemingly normal or everyday events or material to back up their claim. They may also take great pains to test their partner’s fidelity, endlessly checking and re-checking mobile phones and diaries, and can go to considerable lengths to monitor their behavior and movements. This may be taken to extremes, such as “private-eye” type surveillance outside of the partner’s residence or workplace, following them into the bathroom in case their partner has an illicit meeting, or even hearing the voice of the perceived lover.

The name “Othello syndrome” comes from the character in Shakespeare’s play Othello, who murders his wife as a result of a false belief that she has been unfaithful. Recently some researchers have asserted that Othello was deceived rather than deluded about Desdemona’s alleged infidelity and thus did not have “the Othello Syndrome”. They assert that the term is a misnomer and thus should be abandoned.

Jealousy is an emotion and typically refers to the negative thoughts and feelings of insecurity, fear, and anxiety over an anticipated loss of something that the person values, such as a relationship, friendship, or love. Jealousy often consists of a combination of emotions such as anger, sadness, and disgust. Jealousy is a familiar experience in human relationships. Jealousy is linked to aggression and low self-esteem. Research by Sybil Hart, Ph.D., indicates that children are capable of feeling and displaying jealousy at as young as six months. Infants showed signs of distress when their mothers focused their attention on a lifelike doll.

Jealousy as an emotion or the impact of jealousy has been a theme of many novels, songs, poems, films and other artistic works. It has also been a topic of interest for scientists, artists, and theologians. Psychologists have proposed several models of the processes underlying jealousy and have identified factors

that result in jealousy. Sociologists have demonstrated that cultural beliefs and values play an important role in determining what triggers jealousy and what constitutes socially acceptable expressions of jealousy. Biologists have identified factors that may unconsciously influence the expression of jealousy. Artists have explored the theme of jealousy in photographs, paintings, movies, songs, plays, poems, and books. Theologians have offered religious views of jealousy based on the scriptures of their respective faiths.

One possible explanation of the origin of jealousy in evolutionary psychology is that the emotion evolved in order to maximize the success of our genes: it is a biologically based emotion selected to foster the certainty about the paternity of one's own offspring. A jealous behavior, in men, is directed into avoiding sexual betrayal and a consequent waste of resources and effort in taking care of someone else's offspring. There are, additionally, cultural or social explanations of the origin of jealousy. According to one, the narrative from which jealousy arises can be in great part made by the imagination. Imagination is strongly affected by the culture a person is inserted in. The pattern of reasoning, the way one perceives situations, depends strongly on cultural context. Some claim that jealousy is seen in every culture: however, others claim jealousy is a culture-specific phenomenon.

## WORDS AND WORD COMBINATIONS

<b>morbid</b>	[ 'm0:bid ]	a. հիվանդագին, աննորմալ, պաթոլոգիական
<b>delusional</b>	[ di 'lu:Znql ]	a. մտազար, մոլի, պատրանքային
<b>insecurity</b>	[ "insi 'kjuqrqti ]	n. անապահովություն, վտանգավոր դրություն
<b>disgust</b>	[ 'dis 'gAst ]	n. զգվանք, գարշանք
<b>protective</b>	[ prq 'tektiv ]	a. պաշտպանական
<b>be contrary to</b>	[ 'k0ntrqri ]	n. հակասել, հակառակել
<b>suspicion</b>	[ sq 'spiSn ]	n. կասկած, կասկածանք

<b>betrayal</b>	[bi'treiql]	ն. դավաճանություն, մատնություն
<b>trigger</b>	['trigq]	վ. առաջացնել, պատճառել
<b>be triggered</b>		<i>ծագել, առաջանալ</i>
<b>separation</b>	['sepq'reiSn]	ն. բաժանում, անջատում
<b>attribute</b>	[q'tribju:t]	վ. վերագրել
<b>imply</b>	[im'plai]	վ. պարունակել, նշանակել
<b>triad</b>	['traiqd]	ն. եռյակ, երեք անձից բաղկացած խումբ
<b>dyad</b>	['daiqd]	ն. երկյակ, երկու անձից բաղկացած
<b>aversive</b>	[q'vq:siv]	ա. տհաճ, խորշելի
<b>assume</b>	[q'sju:m]	վ. ենթադրել
<b>attachment</b>	[q'tx'cmqnt]	ն. նվիրվածություն, կապվածություն
<b>conceptual</b>	[kqn'sepCuql]	ա. ըմբռնման, ընկալման
<b>on the ground</b>		<i>ինչ-որ բանի հիման վրա; հիմնավորելով, որ</i>
<b>sibling</b>	['saibliN]	ն. քույր կամ եղբայր
<b>possess a valued commodity</b>		<i>իր համար շատ բանկ իր, առարկա ունենալ</i>
<b>alter</b>	['0:ltq]	վ. փոխել, փոխվել
<b>narrative</b>	['nrxrtiv]	ն. պատմություն, դեպքերի նկարագրություն
<b>assumption</b>	[q'sumpSn]	ն. ենթադրություն
<b>gene</b>	[Gi:n]	ն. <i>քիռ</i> . գեն
<b>foster</b>	['f0stq]	վ. փայփայել, տածել
<b>certainty</b>	['sq:tnti]	ն. վստահություն, համոզվածություն
<b>paternity</b>	[pq'tq:niti]	ն. հայրություն
<b>offspring</b>	['0:fsriN]	ն. զավակ, ժառանգ
<b>a consequent waste of resources</b>		<i>միջոցների հետագա վատնում</i>
<b>milieu</b>	['mi:lju:]	ն. շրջապատ, միջավայր, ֆոն
<b>needs for attachment, attention, reassurance</b>		<i>կապվածության, ուշադրության, հավաստիանալու կարիքներ</i>

<b>evoke</b>	[i'vouk]	վ. առաջացնել, զարթնեցնել
<b>a psychiatric disorder</b>		<i>հոգեկան խանգարում</i>
<b>affected</b>	[q'fektid]	ա. ախտահարված
<b>unfaithful</b>	['An'feiɬful]	ա. անհավատարիմ
<b>accusation</b>	['xkju: 'zeiɬn]	ն. մեղադրանք
<b>infidelity</b>	['infi'deliti]	ն. անհավատարմություն, դավաճանություն
<b>cite</b>	[sait]	վ. վկայակոչել, մեջբերել
<b>fidelity</b>	[fi'deliti]	ն. հավատարմություն, նվիրվածություն
<b>surveillance</b>	[sq: 'veilqns]	ն. հսկողություն
<b>illicit</b>	[i'lisit]	ա. ապօրինի, արգելված
<b>delude</b>	[di'lu:d]	վ. մոլորության մեջ գցել, խաբել
<b>alleged</b>	[q'leGd]	ա. ենթադրյալ
<b>misnomer</b>	[mis'noumq]	ն. սխալ անվանում
<b>capable</b>	['keipqbl]	ա. ընդունակ, շնորհալի
<b>distress</b>	[di'stres]	ն. վիշտ, դառնություն, կսկիծ
<b>lifelike</b>	['laiflaik]	ա. ոնց որ կենդանի, նման, իրականին մոտ
<b>impact</b>	['impxkt]	ն. ազդեցություն
<b>theologian</b>	[Tiq'louGiqn]	ն. աստվածաբան

## **EXERCISES**

### **1. What’s the Armenian for?**

**altered in an undesirable manner**

---

**cultural belief**

---

**based on insignificant or minimal evidence**

---

**triggered by the threat of separation from**

---

**a theme of many novels, songs, poems, films**

---

**the impact of jealousy**

---

**evolutionary psychology**

---

**in reference to**

---

**the wish to keep what one has**

---

**in great part**

---

**a protective reaction to a perceived threat**

---

**alleged infidelity**

---

**“private-eye” type surveillance**

---

**was deceived rather than deluded**

---

**to focus attention on**

---

## **2. What’s the English for?**

ավելի հավանական է

հետաքրքիր թեմա գիտնականների, արվեստագետների և  
աստվածաբանների համար

անապահովության բացասական մտքեր և զգացումներ

երրորդ կողմի կամ ախտյանի գիտակցում

պատմությունը կարող է ծագել

թերաթերություն

զգացմունքների համակցում

տիպիկ զգացումներ

կարևոր դեր կատարել

մարդկային հարաբերություններում ծանոթ իրավիճակ

խանդով համակված անձ

ագրեսիվ արձագանք առաջացնել

## **3. Match the following words with their definitions:**

**distress, infidelity, evoke, accusation, disgust, betrayal, narrative, impact, jealous, rival**

*feeling or showing fear or unkind feeling because of  
possible or actual loss of rights or love*

*betraying or being betrayed*

*story or tale, orderly account of events*

*strong feeling of dislike or distaste*

*strong influence or effect*

*great pain, discomfort or sorrow*

*call up, bring out*

*person who competes with another (because he wants the same thing, or to be or to do better than the other)*

*(formal act of) disloyalty or unfaithfulness*

*charge of doing something wrong or illegal*

**4. a) Find the corresponding nouns from the text:**

**accuse**

**betray**

**attached**

**evident**

**separate**

**attributive**

**paternal**

**refer**

**b) Find the corresponding adjectives from the text:**

**faith**

**capacity**



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**conception**

---

**protect**

---

**affect**

---

**significance**

---

**culture**

---

**second**

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**5. Choose the suitable word:**

1) Jealousy in children and teenagers has been observed more often in those with low self-esteem and ... evoke aggressive reactions.

*(can / should)*

2) Morbid jealousy is a psychiatric disorder in which a person holds a delusional ... that their spouse or sexual partner is being unfaithful.

*(belief / believe)*

3) The affected person ... also take great pains to test his/her partner's fidelity, endlessly checking and re-checking mobile phones and diaries, and can go to considerable lengths to monitor his/her behavior and movements.

*(can / may)*

4) Jealous reactions ... involve aversive emotions and/or behaviors that are assumed to be protective for their attachment relationships.

*(typically / typical)*

5) Some claim that jealousy is seen in every culture: ..., others claim jealousy is a culture-specific phenomenon.

*(however / moreover)*

6) The more society and culture matter in the formation of these factors, the ... jealousy can have a social and cultural origin.

*(less / more)*

7) Jealousy is triggered by the threat of separation from, or loss of, a roman-

tic partner, when that threat is attributed to the possibility of the ... romantic interest in another person.

*(partner's / partners')*

**6. Find the best ending and fill in the boxes below:**

- |   |   |
|---|---|
| <b>1. Jealousy often consists of a combination of presenting ...</b>                          | <i>a) ... their mothers focused their attention on a lifelike doll.</i> |
| <b>2. Jealousy has also been a topic of ...</b>   | <i>b) ... experience in human relationships.</i>                        |
| <b>3. Infants showed signs of distress when ...</b>   | <i>c) ... and have identified factors that result in jealousy.</i>      |
| <b>4. Jealousy is a familiar ...</b>  | <i>d) ... emotions such as anger, sadness, and disgust.</i>             |
| <b>5. Psychologists have proposed several models of the processes underlying jealousy ...</b> | <i>e) ... interest for scientists, artists, and theologians.</i>        |

1. _____	2. _____	3. _____	4. _____	5. _____
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**7. Are these statements true or false? Correct the false ones.**

1. Jealousy is an emotion and typically refers to the positive thoughts and feelings.
2. Jealousy is a familiar experience in human relationships.
3. The name “Othello syndrome” comes from the character in Shakespeare’s play Othello, whose wife was really unfaithful.
4. Jealousy often consists of a combination of presenting emotions such as anger, sadness, and disgust.
5. Recently some workers have asserted that Othello was deceived rather than deluded about Desdemona’s alleged infidelity and thus had “the Othello Syndrome”.

6. Sociologists have identified factors that may unconsciously influence the expression of jealousy.
7. According to one explanation, the narrative from which jealousy arises can be in great part made by the imagination.
8. Artists have explored the theme of jealousy in stories, paintings, movies, songs, plays, poems, and books.

### **8. Fill in articles if necessary:**

... Japanese painting from 1750 shows ... young man catching his lover reading ... love letter from ... rival.

Artistic depictions of ... jealousy occur in ... fiction, films, and other art forms such as painting and sculpture. Jealousy is ... powerful complex of emotions experienced at ... loss, real or imagined, of something or someone you believe is yours, whereas envy concerns what you do not have and would like to possess. In Shakespeare's play Othello, ... title character is filled with jealousy at ... thought of losing his beloved Desdemona: his ensign, Iago, is consumed with ... envy of Othello's prestige. Because jealous lovers tell multiple stories about those who arouse their jealousy, and because ... emotion is so corrosive, jealousy is a common theme in ... literature, art, theatre, and film.

### **9. Fill in prepositions:**

Perhaps the overlapping use ... jealousy and envy occurs because people can experience both ... the same time. A person may envy the characteristics or possessions ... someone who also happens to be a romantic rival. ... fact, one may even interpret romantic jealousy as a form ... envy. A jealous person may envy the affection that his or her partner gives ... a rival — affection the jealous person feels entitled ... himself or herself. People often use the word jealousy as a broad label that applies ... both experiences ... jealousy and experiences ... envy.

**10. Translate into Armenian:**

1. A jealous person believes everything his/ her passion suggests. (*John Gay*)

.....

2. What frenzy dictates, jealousy believes. (*John Gay*)

.....

3. Love is strong as death; jealousy is cruel as the grave. (*The Song of Solomon*)

.....

4. Jealousy is the injured lover's hell. (*John Milton*)

.....

**11. Translate into English:**

1. Խանդի 1 տոկոսը սեր է, 99 տոկոսը ինքնասիրություն: (*Լառոշֆուկո*)

.....

2. Խանդը սնվում է կասկածներով և դառնում է կատաղություն կամ անհետանում, երբ կասկածը փոխվում է վատահուքյան: (*Լառոշֆուկո*)

.....

.....

3. Խանդը միշտ նայում են աստղադիտակի միջոցով, որը փոքր բաները դարձնում է մեծ, թզուկներին՝ հսկաներ, կասկածները՝ ճշմարտություն: (*Մ. Սերվանտես*)

.....

.....

4. Տղամարդը խամոյում է իր նախորդներին, կինը՝ ով գալիս է իրենից հետո:  
(*Մ. Աշար*)

.....  
.....

5. Խանդը հրեշ է, որ ինքն է իրեն քե սկիզբ դնում, քե ծնում: (*Վ. Շեքսպիր*)

.....

## **12. Topics for discussion:**

1. The expression of jealousy in the book you have recently read.
2. Have you ever experienced it?
3. Speak on the following: “Be to her virtues very kind;  
Be to her faults a little blind”

## *Test*

### **Do you have a jealous streak?**

An old German proverb says, “Where there is no jealousy there is no love”, yet Ovid claimed that a love that is fed by jealousy dies hard. Whatever the cause, it can be a painful condition.

How jealous are you? Answer the following questions with yes or no.

1. Are you possessive about your friends?
2. Do you dislike lending your possessions?
3. Do you feel hurt and jealous if your partner looks lustfully at someone on TV?
4. Do you feel jealous if you are out with your partner and meet one of his/her ex-lovers?
5. Are you upset if friends go out without asking you?
6. Do you feel let down if your pet dog leaves you and rushes to someone else, or ignores you and greets your partner on your return home?
7. Did you feel as a child that your parents thought more of your sibling than of you?
8. At school, were you disgruntled if a friend was chosen for a sports team,

or a party in a play, and you weren't?

9. Would you feel angry if you found that your rich next-door neighbor had won \$150,000?

10. Do you ever feel that a colleague gets more perks than you do?

11. Do you feel it is a waste if you see a stunning looking girl married to an ugly old man, or a handsome man married to an older plain woman?

12. Do you ever feel that other people have all the luck but you have to work hard for everything you get?

13. Have you ever felt envious of a friend's new car?

14. Does it worry you that some people have far more money than you have?

15. Do you ever wish you had been born into the Royal Family?

16. If someone complimented your companion on his/her appearance, and not you, would you feel slighted?

17. If you heard that an old schoolfriend, with fewer qualifications than you, had made a success in business, would you feel jealous?

### *The Analysis*

Give yourself 10 points for every question you answered with *Yes*.

**160-180**

You eyes must be green you are so jealous. Envious of your own family and fellow employees. Too possessive about your possessions, and probably indulge in long sulks.

**100-150**

You have a marked jealous streak, especially when it comes to people who are better off and seem to have more out of life than you have. You probably complain bitterly about life being unfair.

**40-90**

You have a jealous streak too-though not a very wide one, and you try not to let it show. You feel slighted if other people get more attention than you, but on the whole jealousy is not a problem with you.

**30 or less**

You are almost too good to be true. Either you have been endowed with wealth, security and good looks or you really do not have jealous streak at all. Or you haven't answered the questions truthfully!

## UNIT 12

### MANIAS

Mania is “an abnormal love for a specific object, place, or action”. Mania the presence of which is a criterion for certain psychiatric diagnoses, is a state of abnormally elevated or irritable mood, arousal or energy levels. Mania has often been thought of as the opposite of depression. It is usually a feeling of well-being, energy and optimism. These feelings can get so intense that the person loses contact with reality. When this happens the person believes in strange things about his personality and he can often act in embarrassing ways and can sometimes even act in dangerous ways. Mania can be triggered by drug use. Individuals may exhibit manic behavior as a result of drug intoxication, medication side effects or malignancy. However, mania is most often associated with bipolar disorder, where episodes of mania may alternate with episodes of major depression. B<sub>12</sub> deficiency can also cause characteristics of mania and psychosis. Mania varies in intensity, from mild mania (known as hypomania) to full-blown mania with psychotic features including hallucinations, delusion of grandeur, suspiciousness, catatonic behavior, aggression, and a preoccupation with thought and schemes that may lead to self neglect. The frequency of manic episodes varies, but on average, manic episodes occur every 2-4 years. Accelerated mood cycles on the other hand can occur annually or even more frequently, depending on the case. Manic patients are frequently grandiose, obsessive, impulsive, irritable, belligerent, and frequently deny anything is wrong with them.

**Hypomania** is a lowered state of mania that does little to impair function or decrease quality of life. In hypomania there is less need for sleep, and both goal-motivated behavior and metabolism increase. Though the elevated mood and energy level typical of hypomania could be seen as a benefit, mania itself generally has many undesirable consequences including suicidal tendencies.

Mania is a complex neurophysiological phenomenon. Predisposing factors

to develop mania are primarily genetic and are no longer considered to be psychological, although stress triggers to a particular manic episode may include significant psychological and social conflicts. The primary trigger for acute mania is sleep deprivation. Social problems, medications, or illness may initiate manic hyperarousal but genetic predisposition or brain illnesses are most likely to be the main causations for classic and persistent manic symptoms. Some medications, including all stimulants, may mimic manic symptoms but differ substantially in duration and intensity compared with true manic episodes. The primary mediator of all mood disease is the brain's limbic system. A full description of the cause of mania is complex.

People with hypomania are generally energetic, euphoric, visionary, overflowing with new ideas, and sometimes over-confident and very charismatic. It is vital that mania is predicted in the early stages because the patient becomes reluctant to comply to the treatment.

**Types of monomania:**

1. Paranoia: Delusions of persecution
2. Kleptomania: Irresistible urge to steal
3. Pyromania: Impulse to deliberately start fires
4. Idée fixe: Domination by an overvalued idea, for example, “staying thin” in anorexia
5. Erotomania: Delusion that a man or woman is in love with the patient. This can occur without reinforcement or even acquaintanceship with the love object.
6. Megalomania: The belief that you are much more important and powerful than you really are

**Monomania in literature & Film**

The theme of monomania is used in several works by several authors. The 19<sup>th</sup> century writer Edgar Allan Poe would often write tales in which the narrator and protagonist would suffer some form of monomania, becoming excessively fixated on an idea, an object, or a person, often to the point of mental or physical destruction. Poe uses the theme of monomania in: “The



Black Cat” (*a man fears his cat and kills it, adopts another cat, kills his wife, and is then punished by the cat*), “The Oval Portrait” (*about a painter who is obsessed with painting his wife*).

It is said that Flaubert's hatred of the bourgeois and their bêtise (willful idiocy), that began in his childhood, developed into a kind of monomania.

In “Crime and Punishment”, by the renowned Russian novelist Fyodor Dostoevsky, the main character, Raskolnikov, is said to be a monomaniac on numerous occasions.

**Pyromania** is an impulse to deliberately start fires to relieve tension and typically includes feelings of gratification or relief afterward. Pyromania is distinct from arson, and pyromaniacs are also distinct from those who start fires because of psychosis, for personal, monetary or political gain, or for acts of revenge. Pyromaniacs start fires to induce euphoria, and often fixate on institutions of fire control like fire stations and firefighters.

Pyromaniacs are a very small proportion of psychiatric hospital admissions. Pyromania can occur in children as young as age three, but it is rare in adults and even more so in children. Only a small percentage of children and adolescents arrested for arson have pyromania. Ninety percent of those diagnosed with pyromania are male.

Pyromania in young children often comes from the feeling of loss of love and these children often target the traditional givers of love such as their mother, father or siblings. In rare cases they have been known to burn younger siblings because they believe their parents are giving all their love to the younger child. However, in adults pyromania is not from the loss of love but either stress or an undying need for power, purity and sanctity. Most people have a habit of thinking of fire as a destroyer though many pyromaniacs believe fire is a purifying element.

**Trichotillomania** is the compulsive urge to pull out one's own hair leading to noticeable hair loss, distress, and social or functional impairment. It is often chronic and difficult to treat. It may be triggered by depression or stress.

Trichotillomania is defined as a self-induced and recurrent loss of hair.

It includes the criterion of an increasing sense of tension before pulling the hair and gratification or relief when pulling the hair. However, some people with trichotillomania do not endorse the inclusion of “rising tension and subsequent pleasure, gratification, or relief” as part of the criteria; because many individuals with trichotillomania may not realize they are pulling their hair, patients presenting for diagnosis may deny the criteria for tension prior to hair pulling or a sense of gratification after hair is pulled.

Trichotillomania is often not a focused act, but rather hair pulling occurs in a “trance-like” state; hence, trichotillomania is subdivided into “automatic” versus “focused” hair pulling. Children are more often in the automatic, or subconscious, subtype and may not consciously remember pulling their hair. Other individuals may have focused on conscious rituals associated with hair pulling, including seeking specific types of hairs to pull, pulling until the hair feels “just right”, or pulling in response to a specific sensation.

**Social manias** are mass movements which periodically sweep through society, sometimes on a world-wide basis. They are characterized by an outpouring of enthusiasm, mass involvement. Social manias are contagious social epidemics, and as such they should be differentiated from mania in individuals.

Social manias come in different sizes and strengths. Some social manias fail to “catch fire”, while others persist for hundreds of years. Common to all is a vision of salvation, a new way of life, which if realized would radically change everyday life, ushering in a new world of freedom and justice.

## WORDS AND WORD COMBINATIONS

<b>mania</b>	[ 'meiniq]	n. 1. մոլագարություն; 2. մոլություն, մոլուցք
<b>criterion</b>	[krai' tiqriqn]	n. չափանիշ
<b>/pl. criteria/</b>	[krai' tiqriq]	
<b>psychiatric</b>	[ 'saiki' xtrik]	a. հոգեբուժական

<b>elevated</b>	[ ' eliveitid]	a. բարձր
<b>embarrass</b>	[im' bʁqs]	v. շփոթեցնել, շվարեցնել
<b>manic</b>	[ ' mʁnik]	a. մոլական, մոլագարական
<b>intoxication</b>	[in"t0ksi' keiʂn]	n. արբեցում, հրճվանք բժշկ. թունավորում
<b>malignancy</b>	[mq' lignqnsi]	n. 1. չարություն, ռիսակալություն; 2. վնասակար, կործանարար լինելը
<b>deficiency</b>	[di' fiʂqnsi]	n. թերություն, պակաս, պակասություն
<b>psychotic</b>	[sai' k0tik]	a. խելացնոր, հոգեկան հիվանդ
<b>hallucinatory</b>	[hq"lu:si' neitqri] = [hq' lu:sinqtri]	a. պատրանքային, հալյուցինացիոն
<b>delusion</b>	[di' lu:ʂn]	n. մոլորություն
<b>grandeur</b>	[ ' grʁnGq]	n. վեհություն, շքեղություն, մեծություն
<b>catatonic</b>	[ "kʁtq' tounik]	a. սևեռված
<b>grandiose</b>	[ ' grʁndious]	a. վիթխարի, հսկայական, հոյակապ
<b>obsessive</b>	[qb' sesiv]	a. համակված (վախով, սարսավով)
<b>impulsive</b>	[im' pʁsiv]	a. իմպուլսի ազդեցությամբ գործող, հանկարծական մղումով գործող
<b>belligerent</b>	[bi' liGqrqnt]	a. կռվարար, հարձակողական, պատերազմող, ռազմատենչ
<b>neurophysi- ological</b>	[ "njuqrqfizi0' l0Gikl]	a. նյարդաֆիզիոլոգիական
<b>hyperarousal</b>	[ "haipqrq' rauzl]	n. ուժերի, քնդունակությունների, զգացմունքների գերաբնացում
<b>goal-motivated</b>	[goul' m0ti'veitid]	նպատակասլաց
<b>metabolism</b>	[mq' tʁbqlizm]	n. նյութափոխանակություն, մետաբոլիզմ

<b>suicidal tendency</b>		<i>ինքնասպանության հակում, միտքում</i>
<b>predisposition</b>	["pri:dispq'ziSn]	n. նախատրամադրվածություն, նախահակում
<b>acute</b>	[q'kju:t]	a. սուր
<b>deprivation</b>	["depri'veiSn]	n. զրկում, կորուստ
<b>substantially</b>	[sqb'stɔnSli]	adv. էականորեն, զգալիորեն
<b>duration</b>	[djuq'reiSn]	n. տևողություն, ժամանակ
<b>mediator</b>	['mi:diqtq]	n. միջնորդ, միջամտող
<b>brain's limbic system</b>		<i>նուդեղի վերջութային համակարգ</i>
<b>euphoric</b>	[ju: 'f0rik]	a. հրճվալից, ցնծալից, էյֆորիկ
<b>visionary</b>	['viEqnqri]	a. երազկոտ, անբյուր
<b>overflowing</b>	['ouvqflouiN]	a. համակված, տոգորված
<b>over-confident</b>	[ouvq'k0nfidqnt]	a. չափազանց վստահ
<b>charismatic</b>	[kɔxriz'mɔtik]	a. 1. ոգևորված, խանդավառ; 2. հմայիչ, հրապուրիչ
<b>vital</b>	[vaitl]	a. 1. կենսական; 2. էական; 3. ճակատագրական, կորստաբեր
<b>reluctant</b>	[ri' lAktqnt]	a. 1. դիմադրող; 2. անտրամադիր, դժկամ
<b>to comply to the treatment</b>		<i>բուժման ենթարկվել</i>
<b>monomania</b>	[m0nq'meiniq]	n. մենամոլություն, մենագարություն
<b>paranoia</b>	["pɔrq'n0iq]	n. 1. հալածախտ, պարանոյա 2. խելացնորություն
<b>persecution</b>	["pq:si'kju:Sn]	n. հալածանք, հետապնդում
<b>kleptomania</b>	["klqpt0'meiniq]	n. գողության մոլուցք
<b>pyromania</b>	["pirou'meiniq]	n. հրդեհելու մոլուցք
<b>idée fixe</b>	["i:dei'fi:ks]	n. <i>ֆրանս.</i> սևեռում գաղափար, իդեֆիքս
<b>anorexia</b>	["ɔnq'reksiq]	n. ախորժակի բացակայություն, ուտելու անկարողություն

<b>erotomania</b>	['Froutou' meiniq]	n. սիրագարություն, ցանկամոլություն, վավաշամոլություն
<b>reinforcement</b>	['ri:in' f0:smqnt]	n. ուժեղացում, զորացում
<b>acquaintance- ship</b>	[q' kweintqnsSip]	n. ծանոթություն
<b>megalomania</b>	['megqlq' meiniq]	n. վեհամոլություն, վեհության մոլուցք
<b>narrator</b>	[nq' reitq]	n. պատմող անձը, պատմողը
<b>protagonist</b>	[prq' tʰgqnist]	n. գլխավոր հերոս (գրական երկի, ֆիլմի)
<i>excessively fixated on be obsessed with</i>		<i>չափազանց սևեռված համակված (սարսափով, վախով) տանջահար եղած (մտքից)</i>
<b>bourgeois</b>	[' buqEwa:]	n. բուրժուա a. բուրժուական, քաղքենիական
<b>bêtise</b>	[be' tiz]	n. <i>ֆրանս.</i> հիմարություն, ապուշություն
<b>idiocy</b>	[' idiqsi]	n. ապուշություն, բթամտություն
<b>renowned</b>	[ri' naund]	a. հռչակավոր, անվանի
<b>deliberately</b>	[di' libqritli]	adv. 1. դիտավորյալ կերպով; 2. զգուշությամբ
<b>relieve</b>	[ri' li:v]	v. թեթևացնել, մեղմացնել, սփոփել, հանգստացնել
<b>tension</b>	[tenSn]	n. լարվածություն, ձգվածություն
<b>gratification</b>	['grʰtifi' keiSn]	n. գոհություն, գոհունակություն, բավականություն, հաճույք
<b>relief</b>	[ri' li:f]	n. 1. սփոփանք; 2. թեթևացում, մեղմացում
<b>arson</b>	[a:sn]	n. հրկիզում, դիտավորյալ հրդեհում
<b>monetary</b>	[' mAnitqri]	a. դրամական, դրամային
<i>for acts of revenge</i>		<i>վրիժառություն գործելու համար</i>

<b>induce</b>	[in'dju:s]	v. 1. դրդել, ստիպել; 2. խթանել, ազդել
<b>euphoria</b>	[ju:'f0:riq]	n. խիստ ոգևորված երջանիկ վիճակ, էյֆորիա
<b>adolescent</b>	['xdou'lesnt]	n. դեռահաս a. պատանեկան
<b>target</b>	['ta:git]	n. քիրախ, նշանակետ
<b><i>an undying need for power, purity and sanctity</i></b>		ունժի, մաքրության և մաքրագործման անմար կարիք/պահանջ
<b>trichotillomania</b>	[trikqtilq'meiniq]	n. իր մազերը պոկելու մոլուցք
<b><i>the compulsive urge to pull out one's own hair</i></b>		սեփական մազը քաշելու հարկադիր մղում
<b>subconscious</b>	['sAb'k 0nSqs]	a. ենթագիտակցական
<b>ritual</b>	['riCuql]	n. ծես, արարողություն
<b>impairment</b>	[im'pFqmqt]	n. 1. թուլացնելը; 2. փչացնելը, վնասելը
<b>prior to</b>	[praiq]	a. նախորդող adv. նախքան, մինչև
<b>sensation</b>	[sen'seiSn]	n. զգայություն, զգացողություն, զգացում
<b>outpouring</b>	['autp0:riN]	n. գեղում (զգացմունքների)
<b>contagious</b>	[kqn'teiGqs]	a. վարակիչ
<b>differentiate</b>	['difq'renSieit]	v. զանազանել, տարբերակել
<b>persist</b>	[pq'sist]	v. 1. համառել; 2. պահպանել, շարունակել գոյություն ունենալ
<b>salvation</b>	[sx'l'veiSn]	n. փրկություն
<b>usher</b>	['ASqr]	v. ուղեկցել, առաջնորդել

## **EXERCISES**

### **1. What’s the Armenian for?**

---

**in rare cases**

---

**on a world-wide basis**

---

**including all stimulants**

---

**are most likely to be the main causations**

---

**loses contact with reality**

---

**difficult to treat**

---

**radically change everyday life**

---

**feelings of gratification**

---

**to impair function or decrease quality of life**

---

**the narrator and protagonist**

---

**contagious social epidemics**

---

**in response to a specific sensation**

---

**for personal, monetary or political gain**

---

**megalomania**

---

## 2. What’s the English for?

գողության հակում

ռուս հռչակավոր վիպասան

գենետիկ հակվածություն

անցանկալի հետևանքներ ունենալ

ազատության և արդարության նոր աշխարհ

ոճիր և պատիժ

Ֆլորերի ատելությունը բուրժուազիայի նկատմամբ

բարդ նյարդաֆիզիոլոգիական երևույթ

էապես տարբերվում են տևողությամբ և ուժգնությամբ

ենթագիտակցական

թուլացնել լարվածությունը

գողության անդիմադրելի մղում

## 3. Match the following words with their definitions: euphoria, genetic, idée fixe, arson, optimism, idiocy

*an idea or desire that is so strong you cannot think about anything else*

*the crime of deliberately setting fire to something, especially a building*



---

*a feeling that good things will happen and that something will be successful*

---

*an extremely strong feeling of happiness that usually lasts only a short time*

---

*the state of being very stupid; stupidity*

---

*connected with genes*

---

**4. a) Find the corresponding nouns from the text:**

**describe**

---

**delude**

---

**hate**

---

**tense**

---

**perspective**

---

**observe**

---

**punish**

---

**possess**

---

**dominate**

---

**percent**

---

**pure**

---

**move**

---

**b) Find the corresponding adjectives from the text:**

**monomania**

---

**ambition**

---

**person**

---

**purify**

---

---

**function**

---

**dominate**

---

**tradition**

---

**notice**

---

**specify**

---

**period**

---

**presence**

---

**embarrass**

---

**suicide**

**5. Remember the plural of the following nouns:**

criterion	criteria
diagnosis	diagnoses
phenomenon	phenomena
idée fixe	idées fixes
psychosis	psychoses

**6. Choose the suitable word:**

1. Trichotillomania is often chronic and ... to treat.  
(*easy / difficult*)
2. Social manias are mass movements which ... sweep through society, sometimes on a world-wide basis.  
(*periodically/ periodical*)
3. ... people have a habit of thinking of fire as a destroyer though many pyromaniacs believe fire is a purifying element.  
(*few / most*)

4. Individuals ... exhibit manic behavior as a result of drug intoxication, medication side effects or malignancy.

*(may / can)*

5. Only a small percentage of children and adolescents arrested for arson have ...

*(pyromania / kleptomania)*

6. Trichotillomania is often not a focused act, but rather hair pulling occurs in a “trance-like” state; ..., trichotillomania is subdivided into “automatic” versus “focused” hair pulling.

*(however / hence)*

7. It is vital that mania is predicted in the ... stages because the patient becomes reluctant to comply to the treatment.

*(early / late)*

8. Some social manias fail to “catch fire”, ... others persist for hundreds of years.

*(while / but)*

**7. Are these statements true or false? Correct the false ones.**

1. B<sub>6</sub> deficiency can also cause characteristics of mania and psychosis.

2. Social manias come in different sizes and strengths.

3. Mania can't be triggered by drug use.

4. The frequency of manic episodes varies, but on average, manic episodes occur every 5-7 years.

5. In adults pyromania is not from the loss of love but either stress or an undying need for power, purity and sanctity.

6. In “Crime and Punishment”, by Balzac, the main character, Raskolnikov, is said to be a monomaniac on numerous occasions.

7. Pyromania in young children often comes from the feeling of love.

8. Kleptomania is an irresistible urge to steal.

9. It is vital that mania is predicted in the early stages because the patient becomes reluctant to comply to the treatment.

10. Trichotillomania is easy to treat.

**8. Find the best ending and fill in the boxes below:**

- |   |   |
|---|---|
| <b>1. Mania is a complex ...</b>  | <i>a) ... recurrent loss of hair.</i>   |
| <b>2. Pyromaniacs start fires to induce euphoria, ...</b>                         | <i>b) ... overflowing with new ideas, and sometimes over-confident and very charismatic.</i>        |
| <b>3. Trichotillomania is defined as a self-induced and ...</b>                   | <i>c) ... is sleep deprivation.</i>   |
| <b>4. The primary trigger for acute mania ...</b>                                 | <i>d) ... pyromania are male.</i>   |
| <b>5. Ninety percent of those diagnosed with ...</b>                              | <i>e) ... neurophysiological phenomenon.</i>  |
| <b>6. People with hypomania are generally energetic, euphoric, visionary, ...</b> | <i>f) ... and often fixate on institutions of fire control like fire stations and firefighters.</i> |

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

**9. Fill in prepositions:**

Mania, the presence ... which is a criterion ... certain psychiatric diagnoses, is a state... abnormally elevated or irritable mood, arousal ... energy levels. Mania has often been thought ... as the opposite ... depression. It is usually a feeling ...well-being, energy and optimism. These feelings can get so intense that the person loses contact ... reality. When this happens the person believes ... strange things ... his personality and he can often act ... embarrassing ways and can sometimes even act ... dangerous ways. Dysphoric mania is primarily manic and agitated depression is primarily depressed. This has caused speculation amongst doctors that mania and depression are two independent axes ... a bipolar spectrum, rather than opposites. There is an increased probability ... suicide ... the agitated depressed state, as depressed

individuals who are also manic have the energy and impulsivity needed to commit the act and the thoughts ...depression that would lead them initially ... suicide. Manic individuals, especially dysphoric manic individuals, are also ... risk ... killing themselves, though more often ... accidental death such as injury or drug overdose than ... intentional suicide.

#### **10. Some forms of mania:**

<b>Acromania</b>	A violent form of mania; incurable insanity
<b>Agoramania</b>	A mania for open spaces
<b>Alcoholomania</b>	An obsession with alcohol
<b>Arythmomania</b>	An impulse to be excited
<b>Autophonomania</b>	An obsession with suicide
<b>Chrematomania</b>	A mania for money
<b>Drapetomania</b>	A mania for running away
<b>Kleptomania</b>	An irresistible impulse to steal
<b>Dromomania</b>	A mania for travel
<b>Homicidomania</b>	A mania for murder
<b>Hypomania</b>	A mania for sleep
<b>Megalomania</b>	Belief that you are very much more important and powerful than you really are
<b>Paramania</b>	An abnormal pleasure in complaints
<b>Pharmacomania</b>	A mania for medicine
<b>Pyromania</b>	Compulsion to set things on fire
<b>Tristimania</b>	Melancholy
<b>Zoomania</b>	An abnormal love of animals

#### **11. Topics for discussion:**

1. Manic patients among the well-known people.
2. Types of mania: the kind which may be considered widely spread.
3. Is it possible to get rid of mania?

## **UNIT 13**

### **EPISTEMOLOGY**

Epistemology is one of the main branches of philosophy; its subject matter concerns the nature, origin, scope, and limits of human knowledge. The name is derived from the Greek terms *episteme* (knowledge) and *logos* (theory), and accordingly this branch of philosophy is also called the theory of knowledge.

Epistemology is the branch of philosophy that investigates the basic nature of knowledge, including its sources and validation. The term epistemology was first applied by J. F. Ferrier. Epistemology is contrasted with metaphysics, which considers the nature of reality, and with psychology, which deals with the objective part of cognition. It is difficult, if not possible, to draw a hard and fast line between epistemology and other branches of philosophy. Epistemology studies the questions of "the origin, nature and limits of knowledge". Epistemological issues have been discussed throughout the history of philosophy. Among the ancient Greeks, questions of knowledge were raised by Plato and Aristotle, as well as by the Sophists and the Sceptics.

During the modern period, from Descartes to Immanuel Kant, epistemological concerns were at the forefront of philosophy, as thinkers attempted to understand the implications of the new science. In the 19<sup>th</sup> and 20<sup>th</sup> centuries, epistemological issues continued to receive attention from philosophers of various schools, including Idealism, Logical Positivism, and Linguistic Analysis. A familiarity with the history of philosophy provides the best introduction to epistemology. The following works are of special importance for epistemology: Plato *"Theaetetus"*, Aristotle *"Posterior Analytics"*, Rene Descartes *"Meditations"*, John Locke *"Essay Concerning Human Understanding"*, David Hume *"An Inquiry Concerning Human Understanding"*, Immanuel Kant *"Prolegomena to Any Future Metaphysics"*.

Why should there be such a subject as epistemology? Aristotle provided the answer when he said that philosophy begins in wonder, in a kind of

puzzlement about things. Nearly all human beings wish to comprehend the world they live in, a world that includes the individual as well as other persons. Philosophers are obsessed by matters that are not immediately comprehensible. Philosophers are, of course, ordinary persons in all respects except perhaps one. They aim to construct theories about the world and its inhabitants that are consistent, synoptic, true to the facts and that possess explanatory power. They thus carry the process of inquiry further than people generally do. Epistemologists, in particular, are philosophers whose theories deal with puzzles about the nature, scope and limits of human knowledge. Like ordinary persons, epistemologists usually start from the assumption that they have plenty of knowledge about the world and its multifarious features. Yet, as they reflect upon what is presumably known, epistemologists begin to discover that commonly accepted convictions are less secure than originally assumed and that many of man's firmest beliefs are dubious or possibly even chimerical. Anomalous features of the world that most people notice but tend to minimise or ignore cause such doubts and hesitations. The 2 puzzling issues are: our knowledge of the external world and the problem of other minds.

### **“Our knowledge of the external world”**

Most people have noticed that vision can play tricks on them. A straight stick put in water looks bent to them, but they know it is not; the wheels of wagons on a movie screen appear to be going backward, but one knows that they are not. Each of these phenomena is thus misleading in some way. If human beings were to accept the world as being exactly as it looks, they would be mistaken about how things really are. They would think the stick in water really to be bent. One possible reason to this is that vision is not sufficient to give knowledge of how things are. One needs to correct vision in some other way in order to arrive at the judgement that the stick is really straight and not bent. Suppose a person asserts that his reason for believing the stick in water is not bent is that he can feel it with his hands. Feeling or

touching is a mode of sense perception, although different from vision. What justifies accepting one mode of perception as more accurate than another? No mode of perception is sufficient to guarantee that one can discover how things are. One needs to correct all modes of perception by some other form of awareness in order to arrive at the judgement, say, that the stick is really straight. Perhaps that other way is the use of reason. But why should reason be accepted as infallible? It also suffers from various liabilities, such as forgetting, misestimating, or jumping to conclusions. One must distinguish between the way things appear and the way they really are. This is the famous philosophical distinction between appearance and reality. But, once that distinction is drawn, profound difficulties arise about how to distinguish reality from mere appearance. Innumerable theories have been presented by philosophers attempting to answer this question since time immemorial.

### **“The problem of other minds”**

The second problem deals with that which one cannot see, namely the mind of another. Suppose a woman is scheduled to have an operation on her right knee and her surgeon tells her that when she wakes up she will feel a sharp pain in her knee. When she wakes up, she does feel the pain the surgeon alluded to. The surgeon can hear her groaning, but he cannot feel what she is feeling. There is thus a sense in which he cannot know what she knows. What he claims to know, he knows because of what others who have undergone operations tell him they have experienced. Even if he has had such a surgical intervention, he cannot know what he is feeling after his operation is exactly the same sensation that the woman is feeling. The surgeon cannot really know that what the woman is describing as a pain and what he is describing as a pain are really the same thing because each person’s sensation is private. In short, though another person can perceive the physical manifestations the woman exhibits, such as facial grimaces and various sorts of behaviour, it seems that only she can have knowledge of the contents of her mind. If this



assessment of the situation is correct, it follows, that it is impossible for one person to know what is going on in another person's mind. So each human being is inevitably and even in principle cut off from having knowledge of the mind of another. Most people, conditioned by the great advances of modern technology, believe that in principle there is nothing in the world of fact about which science cannot obtain knowledge. But there is a whole domain of private human experience that is resistant to any sort of external inquiry. There can never be a science of the human mind.

### WORDS AND WORD COMBINATIONS

<b>epistemology</b>	[epistq'm0lqGi]	n. գիտելիքների տեսություն, իմացաբանություն
<b>scope</b>	[skoup]	n. 1. գործունեության շրջանակ; 2. իրազեկություն
<b>validation</b>	['vxli'deiSn]	n. հաստատում, վավերացում
<b>contrast</b>	[kqn'tra:st]	v. հակադրել, համեմատել
<b>cognition</b>	[k0g'niSn]	n. իմացություն, ճանաչողություն
<b>forefront</b>	['f0:frAnt]	n. գործունեության՝ հետաքրքրության կենտրոն
<b>implication</b>	['impli'keiSn]	n. 1. ենթադրություն; 2. ենթատեքստ; 3. եզրակացություն
<b>familiarity</b>	[fq'mili'xrti]	n. քաջատեղյակ՝ լավատեղյակ լինելը, ծանոթություն
<i>to be of special importance</i>		<i>հատուկ կարևորություն ներկայացնել</i>
<b>subject</b>	['sAbGikt]	a. սուբյեկտ
<b>puzzlement</b>	['pAzlmqnt]	n. շփոթություն, շփոթմունք
<b>comprehend</b>	['k0mpri'hend]	v. հասկանալ, ըմբռնել
<b>obsess</b>	[qb'ses]	v. տանջել, համակել, հետապնդել
<b>comprehensible</b>	['k0mpri'hensqbl]	a. հասկանալի
<b>consistent</b>	[kqn'sistqnt]	a. 1. կայուն, հաստատուն; 2. միասնական

<b>synoptic</b> <i>that possess explanatory power</i>	[si' n0ptik]	a. ամփոփ, համառոտ որոնք օժտված են բացատրելու ուժով
<b>inquiry</b>	[in' kwaiqri]	n. 1. հետազոտում, հետազոտություն; 2. հարց ու փորձ, տեղեկություններ հավաքելը
<b>assumption</b> <i>multifarious features</i>	[q' sAmpSn]	n. ենթադրություն բազմազան առանձնահատկություններ
<b>presumably</b>	[pri' zju:mqbli]	adv. հավանաբար, ենթադրաբար
<b>dubious</b>	[' dju:biqs]	a. կասկածելի, երկմտելի
<b>chimerical</b>	[kai' merikql]	a. քիմերային, ցնորային
<b>anomalous</b>	[q' n0mqqlqs]	a. անկանոն, աննորմալ
<b>hesitation</b>	["hezi' teiSn]	n. տատանում, վարանում
<b>misleading</b>	[mis' li:diN]	a. մոլորեցնող, սխալ առաջնորդող, ապականիչ
<b>sufficient</b>	[sq' fiSqnt]	a. բավականաչափ, բավարար
<b>assert</b>	[q' sq:t]	v. հայտարարել, հաստատել
<b>perception</b>	[pq' sepSn]	n. 1. զգայական ըմկալում, ճանաչում, իմացություն; 2. ըմբռնում, հասկացում
<b>guarantee</b>	["gxrqn' ti:]	n. 1. երաշխավորություն, պարտավորություն; 2. գրավական, երաշխիք
<b>awareness</b>	[q' wFqnis]	n. տեղյակ լինելը, իրազեկ լինելը
<b>appearance</b>	[q' piqrqns]	n. 1. արտաքին տեսք; 2. երևույթ, տեսիլք
<b>innumerable</b>	[i' nju:mqrqbl]	a. անհաշվելի, անթիվ, անհամար
<b>immemorial</b>	[imq' m0:riql]	a. 1. անհիշելի, վաղեմի; 2. հնագույն
<b>infallible</b>	[in' fxlqbl]	a. անսխալական
<b>liability</b>	["laiq' biliti]	n. pl. պատասխանատվություններ, պարտք

<b>misestimating</b>	[mis'estimeitiN]	a. սխալ գնահատում
<b>distinction</b>	[di'stiNkSn]	n. տարբերում, զանազանում
<b>namely</b>	['neimli]	adv. այսինքն, այն է
<b><i>to be scheduled</i></b>		<i>ցուցակագրվել, պլանավորված լինել</i>
<b>allude</b>	[q'lu:d]	v. ակնարկել, վկայակոչել
<b>groan</b>	[groun]	n. տնքոց, հառաչ, հառաչանք
<b>claim</b>	[kleim]	v. պնդել, հաստատել
<b><i>to undergo an operation</i></b>		<i>ենթարկվել վիրահատության</i>
<b><i>surgical intervention</i></b>		<i>վիրաբուժական միջամտություն</i>
<b><i>perceive the physical manifestations</i></b>		<i>զգալ ֆիզիկական դրսևորումը</i>
<b><i>facial grimace</i></b>		<i>դեմքի ծամածռություն</i>
<b>assessment</b>	[q'sesmqnt]	n. գնահատում
<b>inevitably</b>	[in'evitqbli]	adv. անխուսափելիորեն
<b>advance</b>	[qd'va:ns]	n. զարգացում, առաջադիմություն
<b>domain</b>	[dq'mein]	n. բնագավառ, ասպարեզ, տիրույթ
<b>resistant</b>	[ri'zistqnt]	a. դիմադրող, կայուն, դիմացկուն

## EXERCISES

### 1. What's the Armenian for?

a science of the human mind

to draw a hard and fast line

the basic relationship between man's mind and reality

at the forefront of the philosophy

nearly all human beings

---

**which deals with the objective part of cognition**

---

**the problem of other minds**

---

**to comprehend the world they live in**

---

**like ordinary persons**

---

**possess explanatory power**

---

**the implications of the new science**

---

**a whole domain of private human experience**

---

## **2. What’s the English for?**

**մարդկային բանականություն**

---

**փիլիսոփայության ողջ պատմության ընթացքում**

---

**արտաքին աշխարհ**

---

**փիլիսոփայության այս ճյուղը**

---

**ինչպես նաև**

---

**ուշադրության արժանանալ**

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**կարճ ասած**

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**բոլոր տեսակետներից**

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մասնավորապես

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գիտելիքների տեսություն

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ժամանակակից տեխնոլոգիայի առաջխաղացում

---

հնագույն ժամանակներից ի վեր

---

**3. Match the following words with their definitions:**

**allude, branch, puzzle, groan, domain, schedule, assume, reality, suffer, secure**

*area or topic of thought, knowledge, activity*

*the quality of being real; real existence*

*believe before there is proof*

*feel or have pain, loss*

*1. free from anxiety 2. unlikely to involve risk*

*division or subdivision of a family, subject of knowledge, organization, etc.*

*question or problem difficult to understand or answer*

*list or statement of details, esp. of times for doing things; program or timetable for work  
mention*

*make a deep sound forced out by pain*

**4. a) Find the corresponding nouns from the text:**

**hesitate**

**inquire**

**be**

**puzzle**

**inhabit**

**believe**

**explain**

**convince**

**assume**

**understand**

**know**

**b) Find the corresponding adjectives from the text:**

**privacy**

**resistance**

**face**

**reality**

**to vary**

**comprehension**

**surgeon**

**fame**

**philosophy**

**infallibility**

**5. Choose the suitable word:**

1. Epistemology studies the ... of “the origin, nature and limits of knowledge”.  
(*questions / answers*)
2. One ...distinguish between the way things appear and the way they really are.  
(*has to / must*)
3. If human beings were to accept the world as being ... as it looks, they would be mistaken about how things really are.  
(*exactly / exact*)
4. Epistemological issues have been discussed throughout the history of ...  
(*philosophy / psychology*)
5. Feeling or touching is a mode of sense ...  
(*perceptible / perception*)
6. There is a whole domain of private human experience that is resistant to any sort of ... inquiry.  
(*external / internal*)

**6. Are these statements true or false? Correct the false ones.**

1. Epistemologists are philosophers whose theories deal with puzzles about the astronomy.
2. Among the ancient Greeks, questions of knowledge were raised by Plato and Aristotle, as well as by the Sophists and the Sceptics.
3. Each human being is inevitably and even in principle cut off from having knowledge of the mind of another.
4. Unlike ordinary persons, epistemologists usually start from the assumption that they have plenty of knowledge about the world and its multifarious features.
5. Philosophers aim to construct theories about the world and its inhabitants that are consistent, synoptic, true to the facts and that possess explanatory power.

6. Feeling or smelling is a mode of sense perception.
7. Epistemology is the branch of philosophy that investigates the basic nature of knowledge, including its sources and validation.
8. There is a science of the human mind.

**7. Find the best ending and fill in the boxes below:**

- |   |   |
|---|---|
| <b>1. No mode of perception is sufficient ...</b>   | <i>a) ... and the problem of other minds.</i>   |
| <b>2. If human beings were to accept the world as being exactly as it looks, they ...</b> | <i>b) ... that philosophy begins in wonder, in a kind of puzzlement about things.</i> |
| <b>3. The 2 puzzling issues are: our knowledge of the external world ...</b>              | <i>c) ... to guarantee that one can discover how things are.</i>                      |
| <b>4. The word “Epistemology” is derived from ...</b>                                     | <i>d) ... would be mistaken about how things really are.</i>                          |
| <b>5. Aristotle provided the answer when he said ...</b>                                  | <i>e) ... the Greek terms episteme (knowledge) and logos (theory).</i>                |

1. _____	2. _____	3. _____	4. _____	5. _____
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**8. Fill in prepositions:**

Reference has already been made to the importance ... comparison ... the mental analysis ... observed phenomena. The observation ... similarities and differences, aided ... the processes ... analysis and synthesis, is one ... the first steps ... knowledge ... every kind, and continues to be indispensable ... the pursuit ... science throughout its progress. But there are degrees ... similarity. Things may be so alike that they are ... once treated as instances ... the same



kind or class. And the formulation and application ... generalizations ... all kinds are based ... this possibility ... apprehending such class resemblances. On the other hand, there is a likeness, which stops short ... such close class likeness. Such similarity is usually called analogy. The term is applied ... almost every kind except that which characterizes members ... the same class, ... the strict sense ... the term. And analogy plays a very important part ... the work ... science, especially ... suggesting those suppositions or hypotheses which are so essential ... scientific research and discovery.

### **9. Translate into English:**

1. Գիտելիքը միայն այն ժամանակ է գիտելիք, երբ այն ձեռք է բերված քո մտքի ջանքերով, այլ ոչ թե հիշողությամբ: (*Լ. Տոլստոյ*)

.....  
.....

2. Կյանքում ամենաօգտակար բանը սեփական փորձն է: (*Վ. Սքոթ*)

.....  
.....

3. Մարդիկ որքան քիչ են իմանում, այնքան նրանց ընդարձակ են թվում իրենց գիտելիքները: (*Շ. Շ. Ռուսո*)

.....  
.....

4. Սխալ է կարծել, թե բազմիմացությունը արժանիք է: Կարևոր է գիտելիքների ոչ թե քանակը, այլ որակը: (*Լ. Տոլստոյ*)

.....  
.....  
.....

5. Իմաստուն է նա, ով գիտի պետքականը, այլ ոչ թե շատը: *(Էսքիլես)*

.....

6. Մեծ արվեստ է շատ բան սովորելը՝ դա միանգամից քիչ բանի ձեռնամուխ լինելն է: *(Ջ. Լոկ)*

.....

.....

7. Ոչ ոք չի կարող լինել ոչ ամենագետ, ոչ ամենագոր: *(Վիրգիլիոս)*

.....

8. Բազմիմացությունը խելք չի սովորեցնում: *(Սրենդալ)*

.....

9. Հիմար ծնվելը ամոթ չէ, հիմար մեռնելն է ամոթ: *(Է. Մ. Ռեմարկ)*

.....

10. Աշխարհում չկա մի բան, որն ավելի արժանի լինի հարգանքի, քան խելքը: *(Կ. Հելվեցիոս)*

.....

.....

11. Լավ խելք ունենալը քիչ է, գլխավորը՝ այն լավ օգտագործելն է: *(Ռ. Դեկարտ)*

.....

.....

.....

12. Ամենամեծ բանը, որ պարփակված է ամենափոքրում, դա առողջ միտքն է մարդու մարմնում: (*Պիրրասկոս*)

.....  
.....

13. Ընդարձակեք ձեր գիտելիքները. դա անմահության ուղին է: (*Դալայ Լամա*)

.....

14. Մարդկային միտքն ավելի սարսափելի զենք է, քան առյուծի ճիրանները: (*Շոպենհաուեր*)

.....  
.....

15. Բարձրագույն իմաստությունն ինքն իրեն ճանաչելն է: (*Գալիլեյ*)

.....

#### **10. Translate into Armenian:**

1. In youth we learn; in age we understand. (*Marie von Ebner-Eschenbach*)

.....  
.....

2. All truths are easy to understand once they are discovered; the point is to discover them. (*Galileo Galilei*)

.....  
.....

3. Doubt is not a pleasant condition, but certainty is absurd. (*Voltaire*)

.....

4. Marriage is the triumph of imagination over intelligence. Second marriage is the triumph of hope over experience. (*Oscar Wilde*)

.....

.....

.....

5. The greatest mistake you can make is to be continually fearing you will make one. (*Elbert Hubbard*)

.....

.....

6. A wise man never knows all; only fools know everything.

.....

7. The old believe everything; the middle-aged suspect everything; the young know everything. (*Oscar Wilde*)

.....

.....

8. A wise man hears one word and understands two. (*Jewish proverb*)

.....

**11. Find the proof of the following proverbs by examples from life:**

So many men, so many minds.

Words cut more than swords.

Actions speak louder than words.

Words pay no debts.

**12. Topics for discussion:**

a) Experience is a hard teacher because she gives the test first, the lesson afterward. (*Vernon Law*)

b) Everything should be made as simple as possible, but not simpler. (*Albert Einstein*)

c) We all live under the same sky, but we don't all have the same horizon. (*Arabian Proverb*)

d) The road uphill and the road downhill are one and the same. (*Heraclitus Ephesus*)

## **UNIT 14**

### **CHINESE PHILOSOPHY**

The majority of traditional Chinese philosophy originates in the *Spring and Autumn* and *Warring States* eras, during a period known as the “Hundred Schools of Thought”, which was characterized by significant intellectual and cultural developments. Although much of Chinese philosophy begins in the Warring States period, elements of Chinese philosophy have existed for several thousand years. It was during the *Warring States* era that the major philosophies of China, Confucianism, Mohism, Legalism, and Taoism arose.

In around 500 BCE the classic period of Chinese philosophy began. This period is considered the golden age of Chinese philosophy. Of the many schools founded at this time the most influential was Confucianism. Confucianism is a philosophical school developed from the teachings of the Chinese sage Confucius who lived from 551 to 479 BC. Confucius was considered as a divine figure, the greatest sage and a spiritual ruler of China.

His philosophy concerns the fields of ethics and politics, emphasizing personal and governmental morality, correctness of social relationships, justice, traditionalism, and sincerity. It is a system of moral, social, political, and religious thought that has had tremendous influence on Chinese history, thought, and culture down to the 21st century. Some Westerners consider it to have been the “state religion” of imperial China.

So Confucianism was the dominant philosophical school of China. It was and continues to be a major influence in Chinese culture, the state of China. Its influence also spread to Korea and Japan.

The largest philosophical rivals to Confucianism were Legalism and Mohism. Legalism is a political philosophy synthesized by a philosopher named Han Fei. With an essential principle like “when the epoch changed, the ways changed”, it upholds the rule of law and is thus a theory of jurisprudence. According to Legalism, a ruler should govern his subjects by the

following trinity:

Fa: law or principle.

Shu: method, tactic, art, or statecraft.

Shi: legitimacy, power, or charisma.

Confucianism, along with Legalism, created the world's first meritocracy, according to which, one's status should be determined by education and character rather than ancestry, wealth or friendship. The main motto of Legalism was: “Set clear strict laws, or deliver harsh punishment”. It demanded absolute adherence to the rule of law, regardless of the circumstances or the person. Legalism was the chosen philosophy of the Qin Dynasty. It was blamed for creating a totalitarian society and thereby experienced decline. It disappeared largely due to its relationship with the unpopular authoritarian rule.

Mohism or Moism founded by Mozi, promotes universal love with the aim of mutual benefit. Everyone must love each other equally and impartially to avoid conflict and war. Mozi was strongly against Confucian ritual, instead emphasizing pragmatic survival through farming, fortification, and statecraft. Tradition is inconsistent, and human beings need an extra-traditional guide to identify which traditions are acceptable. The moral guide must then promote and encourage social behaviours that maximize general benefit. Mohism though at first popular due to its emphasis on brotherly love versus harsh Legalism, fell out of favour because of its utilitarianism.

Taoism or Daoism is a philosophy and later also developed into a religion based on the teachings of its founder Laozi.

Tao or Dao literally means “path” or “way”. However in Daoism it refers more often to a meta-physical term that describes a force that encompasses the entire universe but which cannot be described or felt. All major Chinese philosophical schools have investigated the correct Way to go about a moral life, but in Taoism it takes on the most abstract meanings. Taoism advocated nonaction, the strength of softness, spontaneity, and relativism. Although it serves as a rival to Confucianism, a school of active morality, this rivalry is compromised and given perspective by the idiom “practise Confucianism on

the outside, Taoism on the inside.” Most of Taoism's focus is on what is perceived to be the undeniable fact that human attempts to make the world better actually make the world worse. Therefore it is better to strive for harmony, minimising potentially harmful interference with nature or in human affairs.

Around the 1st century AD Buddhism arrived in China. At the beginning, it was considered a sort of Taoist sect, and it was even said that the founder of Taoism Laozi went to India and taught his philosophy to Buddha.

Buddhism is a religion, a practical philosophy, focusing on the teachings of Gautama Buddha, who lived in India from the mid-6th to the early 5th century BCE. The Buddha showed people what was right or wrong. According to Buddhism human suffering is caused by desire and personal spiritual improvement will lead to a person escaping from suffering.

Buddhism gained considerable influence and acknowledgement in China. At its peak, there were 4.600 monasteries, 4.000 hermitages and 260.500 monks and nuns. The power of the Buddhist clergy was so great and the wealth of the monasteries so impressive, that it instigated criticism from Confucian scholars, who considered Buddhism as a foreign religion. In 845 Emperor Wuzong ordered the Great Anti-Buddhist Persecution, confiscating the riches and returning monks and nuns to lay life. From then on, Buddhism lost much of its influence.

Although the People's Republic of China has been historically hostile to the philosophy of ancient China, the influences of the past are still deeply ingrained in the Chinese culture. In the post-Chinese economic reform era, modern Chinese philosophy has reappeared in the form of New Confucianism or Neo-Confucianism.

Neo-Confucianism is a revived version of old Confucian principles with Buddhist, Taoist, and Legalist features. Neo-Confucianism combined those ideas into a more metaphysical framework. During the Industrial and Modern Ages, Chinese philosophy began to integrate concepts of Western philosophy, as steps toward modernization.



**WORDS AND WORD COMBINATIONS**

<b>divine</b>	[di'vain]	ա. աստվածային
<b>sage</b>	[seiG]	ո. իմաստուն (մարդ), գիտուն, մարգարե ա. իմաստուն, խելոք, կշռադատող
<b>morality</b>	[mq'rxlqti]	ո. բարոյագիտություն, բարոյականություն, բարոյականության ուսմունք, էթիկա
<b>sincerity</b>	[sin'seriti]	ո. անկեղծություն, սրտաբացություն
<b>imperial</b>	[im'piqriql]	ա. կայսերական, կայսրության
<b>rival</b>	['raivql]	ո. ախյան, մրցակից, հակառակորդ
<b>uphold</b>	[Ap'hould]	Վ. 1. պաշտպանել, աջակցել, խրախուսել;
<b>/upheld-upheld/</b>	[Ap'held]	2. հետևել, կողմնակից լինել (կարծիքի)
<b>jurisprudence</b>	['Guqris'pru:dqns]	ո. իրավաբանություն, իրավագիտություն
<b>trinity</b>	['trinqti]	ո. 1. երրորդություն; 2. եռամիություն; 3. հոգեգալուստ
<b>statecraft</b>	['steitkra:ft]	ո. պետություն ղեկավարելու հմտություն
<b>legitimacy</b>	[li'Gitimqsi]	ո. օրինականություն, օրինավորություն
<b>charisma</b>	[kq'rizmql]	ո. մարդկանց վրա ներգործելու, ուշադրության և հիացմունքի առարկա դառնալու բնատուր պարզև, ձիրք, տաղանդ

<b>meritocracy</b>	['meri't0krqsi]	<p> n. արժևորման համակարգ, որի համաձայն մարդուն պետք է գնահատել ըստ արժանիքների, ունակությունների, ոչ թե ըստ հարստության կամ զբաղեցրած դիրքի </p>
<b>ancestry</b>	['ænsistri]	<p> 1. նախնիք, նախահայրեր;  2. ծագում </p>
<b>motto</b>	['m0tou]	<p> n. նշանաբան </p>
<b>harsh</b>	[ha:S]	<p> a. 1. դաժան, անգութ (ձայնի մասին); 2. կոպիտ, անուաշ;  3. անդուր, ծակոդ </p>
<b>adherence</b>	[qd'hiqrqns]	<p> n. 1. հավատարմություն;  2. կապվածություն, հարում </p>
<b>impartially</b>	[im'pa:Sqli]	<p> adv. անաչառորեն, անկողմնակալությամբ </p>
<b>fortification</b>	['f0tifi'keiSn]	<p> n. ռազմ. ամրություն, ամրաշինություն </p>
<b>inconsistent</b>	['inkqn'sistqnt]	<p> a. 1. անկայուն, ոչ հաստատուն;  2. անհամատեղելի, անհամապատասխան;  3. հակասական </p>
<b>versus</b>	['vq:sqs]	<p> prep. 1. դեմ, ընդդեմ;  2. ի հակադրություն </p>
<b>utilitarianism</b>	['ju:tili'tFqriqnizm]	<p> n. 1. օգտապաշտություն, ուտիլիտարիզմ; 2. կիրառական, գործնական լինելը </p>
<b>spontaneity</b>	['sp0ntq'ni:iti]	<p> n. ինքնաբերություն, ինքնաբերականություն </p>
<b>rivalry</b>	['raivqlri]	<p> n. մրցություն, մրցակցություն </p>
<b>hermitage</b>	['hq:mitiG]	<p> n. ճգնարան, ճգնավորի կացարան </p>
<b>monk</b>	[mANK]	<p> n. վանական, կուսակրոն </p>

<b>nun</b>	[nAn]	ն. միանձնուհի, կույս
<b>clergy</b>	['klq: Gi]	ն. հոգևորականություն
<b>instigate</b>	['instigeit]	վ. դրդել, գրգռել, հրահրել
<b>hostile</b>	['h0stail]	ա. թշնամական
<b>revive</b>	[ri'vaiv]	վ. վերակենդանանալ, վերածն(վ)ել, աշխուժացնել
<b>ingrained</b>	['in'greind]	ա. 1. արմատացած, ներծծված; 2. ներթափանցած

## EXERCISES

### 1. What's the Armenian for?

rivalry

sage

inconsistent

hostile

motto

framework

perceive

adherence

trinity

spontaneity

---

**fortification**

---

**influential**

---

**harsh**

---

**scholar**

---

**nun**

---

**jurisprudence**

---

## **2. What’s the English for?**

**չինական փիլիսոփայության ոսկեդարը**

---

**գլխավոր նշանաբան**

---

**արդարություն**

---

**իրավագիտության տեսություն**

---

**հարստություն կամ ընկերություն**

---

**բարոյագիտության և քաղաքական բնագավառներ**

---

**դաժան պատիժ**

---

**խրախուսել**

---

**ավանդույթն անկայուն է**

---

---

**անհերքելի փաստ**

---

**կայսերական Չինաստանի պետական կրոնը**

---

**Քուդդայական հոգևորականության ուժը**

---

**խորապես արմատացած**

---

**նրբության ուժը**

---

**3. Match the following words with their definitions:**  
**clergy, ritual, morality, teachings, rival, benefit, harsh, revive, hermitage**

*living-place of a hermit*

---

*person who competes with another  
(because he wants the same thing, or to be  
or do better than the other)*

---

*(pl.) persons ordained as priests or  
ministers of the Christian Church*

---

*all the rites or forms connected with a  
ceremony; way of conducting a religious  
service*

---

*1. rough and disagreeable, especially to the  
senses: a ~ voice; 2. cruel, severe*

---

*1. come or bring back to consciousness;  
2. come or bring into use again  
standards, principles of good behavior*

---

*(pl.) that which is taught*

---

*advantage, profit*

---

**4. a) Match the following words with their synonyms:**  
**tremendous, path, reform, rival, wealth, revive**

	<i>opponent</i>
	<i>refresh, renew, renovate</i>
	<i>road, way, route</i>
	<i>riches, affluence</i>
	<i>huge, great</i>
	<i>improve, restore, amend</i>

**b) Match the following words with their antonyms:**  
**consistent, soft, benefit, promote, divine, rival**

	<i>loss, harm, disadvantage</i>
	<i>devilish, satanic, ungodly</i>
	<i>inconsistent</i>
	<i>ally, friend, helper, supporter</i>
	<i>hinder, discourage</i>
	<i>rough, severe</i>

**5. Choose the suitable word:**

Chuang Tzu (399 - 295 B.C.) has always been an ... Chinese philosopher.  
(*influential/influenced*)

His writing is transcendental while at the same time being ... immersed within  
everyday life. (*deeply/depth*)

He is at peace while at the same time ... through the world. (*moving/movement*)

There is a deep vein of mysticism within him which is illuminated by his very rational ... (*natural/nature*)

Chuang Tzu took the Taoist position of Lao Tzu and developed it ... (*further/farther*)

He took Lao Tzu's ... leanings and perspectives and made them transcendental. (*mystical/mysticism*)

His understanding of virtue as Tao ... in the nature of things is much more developed and clearly stated. (*individual/individualized*)

There is also a ... and more exact attention to Nature and the human place within it which also leads to his greater emphasis on the individual. (*greater/great*)

**7. Find the best ending and fill in the boxes below:**

- |   |   |
|---|---|
| <b>1. In around 500 BCE the classic period of...</b>                    | <i>a) ... and personal spiritual improvement will lead to a person escaping from suffering.</i> |
| <b>2. Taoism advocated nonaction, the strength of ...</b>               | <i>b) ...universal love with the aim of mutual benefit.</i>                                     |
| <b>3. According to Buddhism human suffering is caused by desire ...</b> | <i>c)... softness, spontaneity, and relativism.</i>   |
| <b>4. Buddhism gained considerable influence ...</b>                    | <i>d) ... Chinese philosophy began.</i>   |
| <b>5. Mohism or Moism founded by Mozi, promotes ...</b>                 | <i>e)... and acknowledgement in China.</i>  |

1. _____	2. _____	3. _____	4. _____	5. _____
----------	----------	----------	----------	----------

**7. Fill in the blanks with the corresponding words given in brackets:(awake, be sure of, dream, issue, reveals, transformation, dreaming, stupid, appearance, conscious, distinctly)**

One of Chuang Tzu’s continuing interests was the ... of the interchangeability of ... and reality. He sometimes asks, “How can we ... what we are seeing?” “Those who ... of the banquet may weep the next morning, and those who dream of weeping may go out to hunt after dawn. When we dream we do not know that we are .... In our dreams we may even interpret our dreams. Only after we are ... do we know that we have dreamed. But there comes a great awakening, and then we know that life is a great dream. But the ... think they are awake all the time and believe they know it ...”

“Once I, Chuang Tzu, dreamed I was a butterfly and was happy as a butterfly. I was ... that I was quite pleased with myself, but I did not know that I was Tzu. Suddenly I awoke, and there was I, visibly Tzu. I do not know whether it was Tzu dreaming that he was a butterfly or the butterfly dreaming that he was Tzu. Between Tzu and the butterfly there must be some distinction. (But one may be the other.) This is called the ... of things.”

By exploring such paradoxes Chaung Tzu ... that much of the meaning of the world is bound up in apparent contradictions.

**8. Translate into Armenian:**

1. Everything has its beauty but not everyone sees it. (*Confucius*)

.....

2. The foot feels the foot when it feels the ground. (*Buddha*)

.....

3. No snowflake ever falls in the wrong place. (*Zen*)

.....



4. It is easy to stand a pain, but difficult to stand an itch. (*Chang Ch'ao*)

.....

5. Knock on the sky and listen to the sound. (*Zen*)

.....

6. Opportunities multiply as they are seized. (*Sun Tzu*)

.....

**9. Translate into English:**

**<Ամենից կարևորը մարդու կյանքում>. դասեր Բուդդայից**

Մարդու կյանքի ամենամեծ թշնամին հենց ինքը մարդն է,

.....  
հիմարությունը սուտն է, պարտությունը՝ գոռոզությունը,

.....  
թախիծը նախանձն է, սխալը ինքն իրեն կորցնելն է,

.....  
մեղքը երախտամոռությունն է,

.....  
ամենապատվելի գղջումը սեփական արժանապատվության նսեմացումն է,

.....  
արժանավույն հիացումները անկումից հետո վերընթացն է,

.....  
կորուստը հուսալքումն է,

.....  
ունեցվածքը առողջությունն ու բանականությունն են,

.....  
պարտքը անկեղծ զգացմունքներն են,

.....  
պարզեր մեծահոգությունն է,

.....  
թերությունը անըմբռնողությունն է,

.....  
մխիթարանքը բարի գործերն են:

**10. Translate into English the following Chinese sayings:**

1. Յեխն ընկած աղամանդը միևնույն է աղամանդ էլ կմնա, իսկ երկնքին հասած փռշին էդպես էլ փռշի կմնա:

.....  
.....

2. Ուժեղ լինելու համար պետք է ջրի պես հզոր լինել. արգելք չկա՝ նա հոսում է, պատնեշ կա՝ կանգ կառնի:

.....  
.....  
.....

3. Պատնեշը վերանալուն պես այն դարձյալ կհոսի: Քառանկյուն ամանում այն քառանկյուն է, շրջանաձևում՝ շրջանաձև: Քանի որ այն այդքան զիջող է, այն ամենից անհրաժեշտն ու ուժեղն է:

.....  
.....  
.....

4. Մարդն ունի խելամիտ վարվելու երեք ճանապարհ. առաջինը՝ ամենավեհանձնը՝ խորհելն է, երկրորդը՝ ամենաթեթևը՝ ընդօրինակումն է, երրորդը՝ ամենից դառը՝ փորձն է:

.....  
.....  
.....

5. Բարությանը պատասխանիր բարությամբ, իսկ չարությանը՝  
արդարությամբ: (Կոնֆուցիոս)

.....  
.....

6. Հարգեք յուրաքանչյուր մարդուն, ինչպես կհարգեք ինքներդ ձեզ:  
(Կոնֆուցիոս)

.....  
.....

7. Եղեք խիստ ձեզ հետ և նուրբ ուրիշների հետ: Այսպիսով դուք  
կպաշտպանեք ինքներդ ձեզ մարդկային թշնամությունից: (Կոնֆուցիոս)

.....  
.....  
.....

8. Ով առավոտյան կարողանա ճանաչել ճշմարտությունը, երեկոյան կարող  
է հանգիստ խղճով մեռնել: (Կոնֆուցիոս)

.....  
.....

9. Ամեն անգամ մարդուն վստահություն շնորհելիս նրա ձեռքը դանակ ես  
դնում, որով նա քեզ կամ կպաշտպանի, կամ՝ կոչնչացնի:

.....  
.....  
.....

10. Հիշիր, որ երբեմն ցանկալին ստանալու անհնարին լինելը անհավանական հաջողություն է: (*Դավայ Լամա*)

.....

.....

**11. Speak on:**

- a) The main schools of Chinese philosophy
- b) Confucius

## UNIT 15

### LAOZI

Laozi was a philosopher of ancient China, the founder and leader of Taoism (Daoism).

According to Chinese traditions, Laozi lived in the 6th century BCE. Lao means “venerable” and Zi means “master”. Laozi was honored as an ancestor of the Jang imperial family. He spent most of his life as an archivist in the library of the royal court of Zhou Dynasty and was a great scholar. The work of the keeper of the Archives was a boring job that gave him lots of time to think and broad access to the works of the classics of the time. Laozi grew weary of the moral decay of city life and noted the kingdom’s decline. He became disturbed by the corruption he saw everywhere around him and decided to leave the country. And when he was 80 years old, he set out for the western border of China, saddened and disillusioned that men were unwilling to follow the path to natural goodness. He travelled west on a water buffalo to reach the great desert and live there as a hermit. At the western gate of the city, he was recognized by a guard Yun xi who asked the old master to write down his wisdom. And Laozi wrote a book of 2 volumes which is known as Lao Zi.

Lao Zi is a famous philosophical work. It describes the Dao (or Tao) which means the way or the path as the source and ideal of all existence. The Dao explores the origin and rules governing changes of the universe, the heaven, earth and humans. On a political level it means avoiding war, harsh laws and heavy taxes. The author opposed war and advocated, “not strengthening the country through armed forces”, but instead using the Dao to reform the country.

Laozi regarded military force as “an ominous weapon” and “a dangerous instrument”. He advised people to follow the Dao, to turn away from the folly of human pursuits and to return to one’s natural wellspring. In Laozi’s

opinion, the reason for outbreaks of war lay in the insatiable greed of rulers in power, in their extravagant material desires. This is why warlike aggressors are guilty of committing the most heinous crimes, and a warlike country is a country lacking in morality and justice.

Laozi understood the dangers of war, and said that war seriously damaged social production and slaughtered innocent people. However, Laozi did not oppose all wars, but “amoral wars of aggression”, i.e., “unjust wars”. It was his view that “a moral” and just war of self-defence, waged when there is no other alternative, should not only be fought but should come to a victorious end.

Laozi’s book and his views had a major influence on the development of military theory and practice of later generations.

## WORDS AND WORD COMBINATIONS

<b>venerable</b>	[ˈvenqrqbl]	a. 1. պատկառելի, պատվելի, հարգարժան; 2. <i>հեղեղ</i> . պատվելի, սուրբ (որպես տիտղոս)
<b>decay</b>	[diˈkei]	v. փխր. քայքայում, անկում
<b>decline</b>	[diˈklain]	n. 1. անկում; 2. մայրամուտ
<b>disillusioned</b>	[ˌdisiˈlju:Zqnd]	a. հիասթափված
<b>hermit</b>	[ˈhq:mit]	n. ճգնավոր, մենակյաց
<b>ominous</b>	[ˈ0minqs]	a. չարագուշակ. սպառնալից, աղետաբեր
<b>pursuit</b>	[pqˈsju:t]	n. 1. հետապնդում, հալածանք, անդադար ձգտելը; 2. զբաղմունք, գործ
<b>wellspring</b>	[ˈwelspriN]	n. աղբյուր, ակնաղբյուր
<b>insatiable</b>	[inˈseiSiqbl]	a. անհագ, ազահ, անկուշտ
<b>heinous</b>	[ˈheinqs]	a. զզվելի, նողկալի, գարշելի
<b>warlike</b>	[ˈw0:laik]	a. ռազմամոլ, ռազմատենչ, ռազմաշունչ

<b>slaughter</b>	[ˈslɔ:tq]	ն. արյունահեղություն, կոտորած, ջարդ
<b>amoral</b>	[eiˈmɔrql]	ա. անբարոյական, բարոյագուրկ
<b>victorious</b>	[vikˈtɔriqs]	ա. հաղթական, հաղթանակ տարած

## EXERCISES

### 1. What’s the Armenian for?

**the insatiable greed**

**disturbed by the corruption**

**the moral decay of city life**

**to be guilty of**

**to come to a victorious end**

**unwilling to follow**

**to grow weary**

**an ominous weapon**

**slaughtered innocent people**

### 2. What’s the English for?

**անգութ օրենքներ և դաժան հարկեր**

**իշխանության գլուխ կանգնած իշխանավորները**

---

**Դառգմի հիմնադիրն ու առաջնորդը**

---

**նկատեց թագավորության անկումը**

---

**պատերազմի բռնկման պատճառը**

---

**բարոյական և ինքնապաշտպանության արդարացի պատերազմ**

---

**վերադառնալ իր բնական սկզբնաղբյուրին**

---

**պետք է հանգի հաղթական ավարտի**

---

**տխուր և հիասթափված**

---

**ճանաչվեց հսկիչի կողմից**

---

**3. Match the following words with their definitions:**

**venerable, innocent, morality, decay, imperial, ancestor, wage, decline**

*1. not guilty; 2. harmless 3. knowing nothing of evil or wrong*

---

*engage in (war, etc.)*

---

*declining; gradual and continued loss of strength*

---

*any one of those persons from whom one is descended, especially one more remote than a grandparent*

---

*deserving respect because of age, character, etc.*

---



---

1. of an empire or its ruler(s); 2. (formal)  
majestic; magnificent

---

go bad; lose power, health

---

1. (standards, principles) of good behavior;  
2. particular system of morals

---

#### **4. Choose the suitable word:**

1. Laozi grew weary of the moral decay of ... life and noted the kingdom's decline. (*rural/city*)
2. Lao Zi is a famous ...work. (*philosophical/ philosophers*)
3. Laozi wrote a book of ... volumes which is known as Lao Zi. (22/2)
4. Laozi was honoured as an ancestor of the Jang ... family. (*imperial/royal*)
5. He travelled west on a water buffalo to reach the great desert and live there as a ... (*emperor/hermit*)
6. Laozi regarded military force as "an ominous weapon" and "a ... instrument". (*dangerous /endangered*)
7. The Dao explores the ... and rules governing changes of the universe, the heaven, earth and humans. (*original/origin*)

#### **5. Find the best ending and fill in the boxes below:**

- |   |   |
|---|---|
| <b>1) The Dao explores the origin and rules governing changes ...</b> | a) ... "a dangerous instrument".                                  |
| <b>2) Laozi was honored as an ancestor of ...</b>                     | b) ... reach the great desert and live there as a hermit.         |
| <b>3) He travelled west on a water buffalo to ...</b>                 | c) ... the founder and leader of Taoism.                          |
| <b>4) Laozi was a philosopher of ancient China, ...</b>               | d) ... damaged social production and slaughtered innocent people. |

- 5) Laozi regarded military force as *e) ... the Jang imperial family.*  
"an ominous weapon" and ...
- 6) Laozi's book and his views had a *f) ... of the universe, the heaven,*  
major influence on the development *earth and humans.*  
of ...
- 7) Laozi understood the dangers of *g) ... military theory and practice*  
war, and said that war seriously ... *of later generations.*

1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
----------	----------	----------	----------	----------	----------	----------

### 6. Translate Laozi's definition of The Tao:

Look, it cannot be seen - it is beyond form.

Listen, it cannot be heard - it is beyond sound.

Grasp, it cannot be held - it is intangible.

These three are indefinable, they are one.

From above it is not bright;

From below it is not dark:

Unbroken thread beyond description.

It returns to nothingness.

Form of the formless,

Image of the imageless,

It is called indefinable and beyond imagination.

---

Stand before it - there is no beginning.

---

Follow it and there is no end.

---

Stay with the Tao, Move with the present.

---

Knowing the ancient beginning is the essence of Tao.

---

### **7. Go through Laozi's quotes to single out your likes and dislikes:**

1. Life is a series of natural and spontaneous changes. Don't resist them - that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.
2. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.
3. Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.
4. In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be completely present.
5. Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step.
6. He who knows, does not speak. He who speaks, does not know.
7. I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.
8. By letting it go it all gets done. The world is won by those who let it go, but when you try and try, the world is beyond the winning.
9. Treat those who are good with goodness, and also treat those who are not good with goodness. Thus goodness is attained.
10. Be honest to those who are honest, and be also honest to those who are not honest. Thus honesty is attained.
11. Respond intelligently even to unintelligent treatment.

**8. Translate into English:**

1. Ուշադրություն դարձրեք այն փաստի վրա, որ մեծ սերն ու մեծ հաջողությունները կապված են մեծ ռիսկի հետ:

.....  
.....

2. Երբ պարտվում եք, չեք կորցնում կուտակված փորձը:

.....

3. Մշտապես հետևեք այս երեք կանոններին՝

.....

ա) հարգե՛ք ձեզ

.....

բ) հարգե՛ք ուրիշներին

.....

գ) մի՛ խուսափեք ձեր արարքների համար պատասխանատվություն կրելուց

.....

.....

4. Հիշե՛ք՝ ձեզ ոչ միշտ է հարկավոր այն, ինչ ուզում եք:

.....

5. Սովորե՛ք կանոններ, որ իմանաք՝ ինչպես դրանք խախտել:

.....

6. Թույլ մի՛ տվեք, որ փոքրիկ վեճը կործանի մեծ բարեկամությունը:

.....  
.....

7. Եթե սխալվել եք, անմիջապես ամեն ինչ արե՛ք սխալն ուղղելու համար:

.....  
.....

8. Երբեմն պետք է ինքներդ ձեզ հետ մենակ մնալ. ինքներդ ձեզ լսել:

.....

9. Ձեզ ազա՛տ զգացեք, բայց մի՛ անցեք սահմանը:

.....

10. Հիշե՛ք՝ երբեմն լռությունը լավագույն պատասխանն է:

.....

11. Ձեզ արժանի կյանքո՛վ ապրեք, որ ծերության տարիներին բան ունենաք հիշելու:

.....  
.....

12. Սիրով լի մթնոլորտը ձեր կյանքի հիմքն է:

.....

13. Վեճերի ժամանակ խոսեք միայն ներկայի մասին. մի՛ հիշեք անցյալը:

.....  
.....

14. Կիսվե՞ք ձեր գիտելիքներով. սա անմահանալու միջոցն է:

.....

15. Հոգատա՞ր եղեք Երկրի նկատմամբ, սիրե՞ք այն:

.....

16. Տարվա ընթացքում մեկ անգամ մեկնե՞ք այնտեղ, որտեղ դեռ չեք եղել:

.....

.....

17. Հիշե՞ք՝ լավագույն հարաբերությունները նրանք են, որոնցում կողմերից յուրաքանչյուրը, ում հետ էլ, որ լինի, հիշում է մյուսին:

.....

.....

18. Երբեմն պետք է հրաժարվել նրանից, ինչ ուզում եք՝ այն ստանալու համար:

.....

.....

19. Հազար մղոն երկարությամբ ճանապարհը սկսվում է առաջին քայլից:

.....

## **9. Render in English:**

• Լավ է ոչինչ չանել, քան լցնել դատարկությունը: Եթե սուրը հաճախ օգտագործես, այն կբթանա (get blunt): Եթե սուրը լցված է ոսկով ու քանկարժեք իրերով, ոչ ոք ի գործ չէ այն պահպանել: Եթե հարուստները ու երեսփոխները (the celebrities) գոռոզանում են (get conceited/ give oneself aires) իրենց ունեցվածքով, նրանք փորձանք են բերում իրենց գլխին: Երբ

գործն ավարտված է, մարդը պետք է հեռանա: Սա է երկրային Դաոյի օրենքը:

- Նա, ով կանգնել է ոտքի մատների վրա, երկար չի կանգնի: Նա, ով մեծ քայլեր է անում, երկար չի քայլի: Նա, ով իրեն ի ցույց է դնում աշխարհին, չի փայլի: Նա, ով փառաբանում է ինքն իրեն, չի հասնի փառքի: Նա, ով բարձրացնում է ինքն իրեն, ուրիշներից վեր չի բարձրանա: Նման մարդկանց ատում են բոլորը: Ուստի իմաստունն այդպես չի անում: Դաոյի հետևորդի համար սրանք բոլորը միայն ավելորդ կրքեր (passion) են ու անիմաստ իղձեր:

- Նա, ով գիտի ուրիշներին, ողջամիտ է (sober-minded): Նա, ով գիտի ինքն իրեն, իմաստուն է: Նա, ով հաղթում է ինքն իրեն՝ հզոր: Նա, ով գիտի ապրուստի իմաստը, հարուստ է: Նա, ով համոզված է ու պարզ, հաստատուն է: Նա, ով հետևում է իր սրտին, հարատև է: Նա, ով մահացել է, բայց չի մոռացվել, հավերժ է:

- Ջուրն ամենաթույլ ու փափուկ նյութն է աշխարհում, բայց ոչինչ չի համեմատվի նրա հետ պնդություն (hardness) ու կարծրություն (solidity) հաղթահարելու գործում: Թույլը հաղթահարում է ուժեղին, փափուկը հաղթահարում է պինդը: Դա գիտեն բոլորը, բայց չեն իրագործում: Ուստի իմաստունն ասում է. «Նա, ով իր վրա է վերցրել երկրի նվաստացումը, դառնալու է տիրակալ: Նա, ով իր վրա է ընդունել ժողովրդի դժբախտությունը, դառնալու է մարդկանց առաջնորդը»: Ճշմարտությունը նման է ստի:

**10. Think over Lao Tzu’s quote and express your attitude to it:** *“Manifest plainness, embrace simplicity, reduce selfishness, have few desires.”*

## UNIT 16

### EUTHANASIA

Euthanasia is called easy and painless death for persons suffering from an incurable and painful death. The word “euthanasia”, derived from Greek with the meaning “good death”, refers to the practice of intentionally ending a life in order to relieve pain and suffering.

Euthanasia has had different meanings depending on usage. The first apparent usage of the term “euthanasia” belongs to the historian Suetonius who described how Emperor Augustus, “dying quickly and without suffering in the arms of his wife, Livia, experienced the ‘euthanasia’ he had wished for.” The word “euthanasia” was first used in a medical context by Francis Bacon in the 17th century, to refer to an easy, painless, happy death, during which it was a “physician’s responsibility to alleviate the “physical sufferings” of the body.” Bacon referred to an “outward euthanasia”—the term “outward” he used to distinguish from a spiritual concept—the euthanasia “which regards the preparation of the soul.”

In current usage, one approach to defining euthanasia is to regard it as the “painless inducement of a quick death.” However, it is argued that this approach fails to properly define euthanasia, as it leaves open a number of possible actions which would meet the requirements of the definition, but would not be seen as euthanasia. In particular, these include situations where a person kills another, painlessly, but for no reason beyond that of personal gain; or accidental deaths which are quick and painless, but not intentional.

Another approach is to incorporate the notion of suffering into the definition. The definition offered by the Oxford English Dictionary incorporates suffering as a necessary condition, with “the painless killing of a patient suffering from an incurable and painful disease or in an irreversible coma.” However, focusing on this approach to defining euthanasia may also lead to counterexamples: such definitions may encompass killing a person suffering



from an incurable disease for personal gain (such as to claim an inheritance), and commentators such as Tom Beauchamp & Arnold Davidson have argued that doing such would constitute “murder simpliciter” rather than euthanasia.

The third element incorporated into many definitions is that of intentionality – the death must be intended, rather than being accidental, and the intent of the action must be a “merciful death”. Michael Wreen argued that “the principal thing that distinguishes euthanasia from intentional killing simpliciter is the agent’s motive: it must be a good motive in so far as the good of the person killed is concerned”, a view mirrored by Heather Draper, who also spoke of the importance of motive, arguing that “the motive forms a crucial part of arguments for euthanasia.”

Draper argued that any definition of euthanasia must incorporate four elements: an agent and a subject; an intention; a causal proximity, such that the actions of the agent lead to the outcome; and an outcome. Based on this, she offered a definition incorporating those elements, stating that euthanasia “must be defined as death that results from the intention of one person to kill another person, using the most gentle and painless means possible, that is motivated solely by the best interests of the person who dies.”

Euthanasia may be classified according to whether a person gives informed consent into three types: voluntary, non-voluntary and involuntary. Voluntary euthanasia is legal in some countries and U.S. states.

Euthanasia conducted where the consent of the patient is unavailable is termed non-voluntary euthanasia. Examples include child euthanasia, which is illegal worldwide but decriminalized under certain specific circumstances in the Netherlands.

Non-voluntary euthanasia is illegal in all countries.

Euthanasia conducted against the will of the patient is termed involuntary euthanasia. Involuntary euthanasia is usually considered murder.

There are different euthanasia laws in each country. The British House of Lords Select Committee on Medical Ethics defines euthanasia as “a deliberate intervention undertaken with the express intention of ending a life, to relieve

intractable suffering.” In the Netherlands, euthanasia is understood as “termination of life by a doctor at the request of a patient”.

### **Passive and active euthanasia**

Voluntary, non-voluntary and involuntary euthanasia can all be further divided into passive or active variants. Passive euthanasia entails the withholding of common treatments, such as antibiotics, necessary for the continuance of life. Active euthanasia entails the use of lethal substances or forces, such as administering a lethal injection, to kill and is the most controversial means. A number of authors consider these terms to be misleading and unhelpful.

Active voluntary euthanasia is legal in Belgium, Luxembourg and the Netherlands. Passive voluntary euthanasia is legal throughout the U.S. Missouri Department of Health. When the patient brings about his or her own death with the assistance of a physician, the term assisted suicide is often used instead. Assisted suicide is legal in Switzerland and the U.S. states of Oregon, Washington and Montana.

Euthanasia was practiced in Ancient Greece and Rome: for example, hemlock was employed as a means of hastening death on the island of Kea, a technique also employed in Marseilles and by Socrates in Athens. Euthanasia, in the sense of the deliberate hastening of a person’s death, was supported by Socrates, Plato and Seneca the Elder in the ancient world, although Hippocrates appears to have spoken against the practice, writing “I will not prescribe a deadly drug to please someone, nor give advice that may cause his death”.

In 1920 the book “Permitting the Destruction of Life not Worthy of Life” was published.

In this book authors argued that patients who ask for “death assistance” should, under very carefully controlled conditions, be able to obtain it from a physician. This book helped support involuntary euthanasia by Nazi Germany.

“In October of 1939 amid the turmoil of the outbreak of war Hitler ordered widespread “mercy killing” of the sick and disabled. The Nazi euthanasia

program to eliminate “life unworthy of life” at first focused on newborns and very young children. Midwives and doctors were required to register children up to age three who showed symptoms of mental retardation, physical deformity, or other symptoms included on a questionnaire from the Reich Health Ministry.”

“The Nazi euthanasia program quickly expanded to include older disabled children and adults. Hitler’s decree of October, 1939, typed on his personal stationery and back dated to Sept. 1, enlarged ‘the authority of certain physicians to be designated by name in such manner that persons who, according to human judgment, are incurable can, upon a most careful diagnosis of their condition of sickness, be accorded a mercy death.’”

Australia’s Northern Territory approved a euthanasia bill and it went into effect in 1996 and was overturned by the Australian Parliament in 1997.

In 1998 U.S. state of Oregon legalized assisted suicide.

In 1999 Dr. Jack Kevorkian was sentenced to a 10-25 year prison term for giving a lethal injection to Thomas Youk whose death was shown on the “60 Minutes” television program.

In 2000 The Netherlands legalized euthanasia.

In 2002 Belgium legalized euthanasia.

In 2008 U.S. state of Washington legalized assisted suicide.

## WORDS AND WORD COMBINATIONS

<b>euthanasia</b>	["ju:Tq'neiziq]= ["ju:Tq'neiZq]	ն. էֆթանազիա (անբուժելի հիվանդներին կամ զառամյալներին ներարկելով մահացնելը՝ նրանց տառապանքին վերջ տալու նպատակով)
<b>relieve</b>	[ri'li:v]	վ. թեթևացնել, մեղմել, նվազեցնել, հանգստացնել
<b>apparent</b>	[q'pɣrqnt]	ա. ակնհայտ, բացահայտ
<b>alleviate</b>	[q'li:vieit]	վ. թեթևացնել, մեղմացնել (ցավը)

<b>inducement</b>	[in'dju:smqnt]	n. դրդում, դրդապատճառ, խթան
<b>irreversible</b>	['iri'vq:sqbl]	a. անդարձնելի, անշրջելի
<b>inheritance</b>	[in'heritqns]	n. ժառանգություն
<b>merciful</b>	['mq:siful]	a. ողորմած, բարեգութ, գթասիրտ, մեղմ
<b>crucial</b>	['kru:Siql]	a. վճռական, կրիտիկական
<b>causal</b>	['k0:zql]	a. պատճառական, պատճառային
<b>proximity</b>	[pr0k'simqti]	n. մոտիկություն, մերձավորություն
<b>solely</b>	['soulli]	adv. միմիայն, լոկ, բացառապես
<b>voluntary</b>	['v0lqntri]	a. կամավոր, հոժարական
<b>decriminalize</b>	[di'kriminqlaiz]	v. ապաքրեականացնել
<b>deliberate</b>	[di'libqrit]	a. կանխամտածված, միտումնավոր, դիտավորյալ
<b>intervention</b>	['intq: 'venSn]	n. միջամտություն
<b>intractable</b>	[in'trɤktqbl]	a. բուժման չենթարկվող
<b>entail</b>	[in'teil]	v. հետևանք ունենալ, հանգեցնել
<b>withhold</b>	[wiD'hould]	v. մերժել, հրաժարվել, խուսափել
<i>/withheld-withheld/</i>		
<b>lethal</b>	['li:Tql]	a. մահացու, մահաբեր
<b>controversial</b>	['k0ntrq'vq:Sl]	a. վիճելի, վիճահարույց
<b>hemlock</b>	['heml0k]	n. բսբ. մոլախինդ (փշատերև ծառ)
<b>hasten</b>	[heisn]	v. շտապեցնել, արագացնել
<b>amid</b>	[q'mid]	prep. մեջ, մեջտեղ, միջով, միջև
<b>turmoil</b>	['tq:m0il]	n. աղմուկ, իրարանցում
<b>outbreak</b>	['autbreik]	n. բռնկում, պռոթկում
<b>disabled</b>	[dis'eibld]	a. խեղված, հաշմանդամ
<b>eliminate</b>	[i'limineit]	v. 1. դուրս թողնել, բաց թողնել; 2. ոչնչացնել
<b>midwife</b>	['midwaif]	n. մանկաբարձուհի, տատմեր
<b>retardation</b>	['ri:ta: 'deiSn]	n. դանդաղեցում, կասեցում, արգելք
<b>questionnaire</b>	['kwestSq'neq]	n. անկետա, հարցաթերթիկ

**decree**

**[di'kri:]**

n. 1. դեկրետ, հրամանագիր;  
2. որոշում, վճիռ

## **EXERCISES**

### **1. What’s the Armenian for?**

**intractable suffering**

.....  
**a causal proximity**

.....  
**physical deformity**

.....  
**showed symptoms of mental retardation**

.....  
**at the request of a patient**

.....  
**turmoil of the outbreak of war**

.....  
**to ask for “death assistance”**

.....  
**solely**

.....  
**to alleviate the “physical sufferings”**

.....  
**life unworthy of life**

.....  
**a means of hastening death**

.....  
**to be sentenced to**

.....  
**is illegal worldwide**

---

**a deliberate intervention**

---

**to prescribe a deadly drug**

---

**a view mirrored by**

---

**one approach to defining euthanasia**

---

## **2. What’s the English for?**

**անհրաժեշտ է կյանքը շարունակելու համար**

---

**մահաբեր ներարկում**

---

**հիվանդի համաձայնությունը**

---

**ցավը և տառապանքը թեթևացնելու համար**

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**գթասիրտ մահ**

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**մանկաբարձուհի**

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**դատապարտվեց 10-25 տարի ազատազրկման**

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**մի շարք հեղինակներ**

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**անձի մեկ այլ անձի սպանելու մտադրությունը**

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**տանջալից հիվանդություն**

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**ըստ մարդկային դատողության**

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օժանդակված ինքնասպանություն

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ժառանգություն պահանջել

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սկզբում նորածինների վրա էր կենտրոնացած

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ֆիզիկական արատ

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**3. Match the following words with their definitions:**

**merciful, crucial, causal, solely, hasten, relieve, deliberate, irreversible, questionnaire, voluntary, consent, intent**

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*of cause and effect; of, expressing, cause*

---

*printed list of questions to be answered by  
a group of people, especially to get facts or  
information, or for a survey*

---

*1. move or act with speed 2. to happen quickly  
or earlier*

---

*having, showing, feeling mercy (to)*

---

*that cannot be reversed or revoked*

---

*decisive, critical*

---

*alone; only*

---

*doing or ready to do things, willingly, without  
being forced*

---

*live or bring relief to; lessen or remove (pain or  
distress)*

---

*purpose, intention*

---

*intentional; not by chance*

---

*give agreement or permission*

---

**4. a) Find the corresponding nouns from the text:**

**relieve**

**die**

**judge**

**advise**

**define**

**argue**

**suffer**

**require**

**assist**

**inherit**

**continue**

**b) Find the corresponding adjectives from the text:**

**person**

**medicine**

**cure**

**mercy**

**pain**

**cause**

**volunteer**

**worth**



**5. Choose the suitable word:**

Euthanasia is a rejection of the ... and value of human life. (*important/importance*)

People who support euthanasia often say that it is already considered permissible to take human life under some circumstances such as self defense - but they miss the point that when one kills for self defense they are saving ... life - either their own or someone else's. With euthanasia no one's life is being saved - life is only taken. (*sinful/innocent*)

History has taught us the dangers of euthanasia and that is why there are only two countries in the world today where it is ... (*legal/ legally*) That is why almost all societies - ... non-religious ones - for thousands of years have made euthanasia a crime. (*even/although*) It is remarkable that euthanasia advocates today think they know ... than the billions of people throughout history who have outlawed euthanasia - what makes the 50 year old euthanasia supporters in 2005 so wise that they think they can discard the accumulated wisdom of almost all societies of all time and open the door to the killing of innocent people? (*the best/ better*) Have things changed? If they have, they are changes that should logically ... the call for euthanasia - pain control medicines and procedure are far better than they have ever been any time in history. (*induce/reduce*)

**6. Find the best ending and fill in the boxes below:**

**1. The Nazi euthanasia program to eliminate “life unworthy of life” at first ...**

a) ... the “painless inducement of a quick death.”

**2. Euthanasia is called easy and painless death for ...**

b) ... Thomas Youk whose death was shown on the “60 Minutes” television program.

**3. Euthanasia conducted against the will of the patient ...**

c) ... persons suffering from an incurable and painful death.

- 4. In current usage, one approach to defining euthanasia is to regard it as ...** *d) ... some countries and U.S. states.*
- 5. In 1999 Dr. Jack Kevorkian was sentenced to a 10-25 year prison term for giving a lethal injection to ...** *e) ... focused on newborns and very young children.*
- 6. Active voluntary euthanasia is legal in Belgium, ...** *f) ... is termed involuntary euthanasia.*
- 7. Voluntary euthanasia is legal in ...** *g) ... Luxembourg and the Netherlands.*

1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
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**7. Fill in the blanks with the words given in brackets:**  
(*staff, injuries, machine, replied, paralysed, to die, permission, documentary, incredible, moving, patients, coma*)

On July 14, 2010 a man in a ... moved his eyes to tell doctors he did not want ...

A paralysed man whose life-support ... was about to be switched off signalled to doctors that he wanted to live by ... his eyes.

The ... moment when father-of-two Richard Rudd, 43, managed to communicate his will to live was filmed for a BBC ... about patients with serious brain ...

Between Life and Death followed the progress of Mr. Rudd and two other ... over six months at the Britain's leading brain injury unit at Addenbrooke's Hospital in Cambridge.

Mr. Rudd was seriously injured after his motorbike collided with a car pulling out of a petrol station last October.

He was left completely ... and non-responsive.

His family believed he would not want to live in such a state and gave doctors ... to withdraw treatment.

But as ... were poised to switch off his life-support machine Mr. Rudd began to move his eyes.

Asked by doctors if he wanted to live, he ... “yes” by moving his eyes.

## **8. Translate into Armenian:**

1. “A man, even if seriously sick or prevented in the exercise of its higher functions, is and will be always a man ... [he] will never become a “vegetable” or an “animal”, the Pope said. “The intrinsic value and personal dignity of every human being does not change depending on their circumstances.”

*/ Pope John Paul II, 2004/*

2. “Those who promote this last, fatal escape as a “right” should remember that such a “right” may quickly become an expectation and, finally, even a “duty” to die. We fear eventually some individuals and families will be forced to put financial concerns above the needs of loved ones.”

*/Statement against assisted suicide by members of Michigan’s Religious Leaders Forum, a group of Christian, Jewish and Muslim leaders. (June 5, 1998)/*

3. “To destroy the boundary between healing and killing would mark a radical departure from longstanding legal and medical traditions of our country, posing a threat of unforeseeable magnitude to vulnerable members of our society. Those who represent the interests of elderly persons with disabilities, and persons with AIDS or other terminal illnesses, are justifiably alarmed when some hasten to confer on them the “freedom” to be killed.”

*/ U.S. Catholic Bishops/*

4. “The fundamental question about euthanasia: Whether it is a libertarian movement for human freedom and the right of choice, or an aggressive drive to exterminate the weak, the old, and the different, this question can now be answered. It is both.”

*/ Richard Fenigsen, Dutch cardiologist/*

**9. Go through the text to single out your likes and dislikes:**

**Hippocrates’ oath  
(Written 400 B.C.E)**

I SWEAR by Apollo the physician, and Aesculapius, and Health, and All-heal, and all the gods and goddesses, that, according to my ability and judgment, I will keep this Oath and this stipulation- to reckon him who taught me this Art equally dear to me as my parents, to share my substance with him, and relieve his necessities if required; to look upon his offspring in the same footing as my own brothers, and to teach them this art, if they shall wish to learn it, without fee or stipulation; and that by precept, lecture, and every other mode of instruction, I will impart a knowledge of the Art to my own sons, and those of my teachers, and to disciples bound by a stipulation and oath according to the law of medicine, but to none others. I will follow that system of regimen which, according to my ability and judgment, I consider for the benefit of my patients, and abstain from whatever is deleterious and mischievous. I will give no deadly medicine to any one if asked, nor suggest any such counsel; and in like manner I will not give to a woman a pessary to produce abortion. With purity and with holiness I will pass my life and practice my Art. I will not cut persons laboring under the stone, but will leave this to be done by men who are practitioners of this work. Into whatever houses I enter, I will go into them for the benefit of the sick, and will abstain from every voluntary act of mischief and corruption; and, further from the seduction of females or males, of freemen and slaves. Whatever, in connection with my professional practice or not, in connection with it, I see or hear, in the life of men, which ought not to be spoken of abroad, I will not divulge, as reckoning that all such should be kept secret. While I continue to keep this Oath unviolated, may it be granted to me to enjoy life and the practice of the art, respected by all men, in all times! But should I trespass and violate this Oath, may the reverse be my lot!

## **UNIT 17**

### **JACK KEVORKIAN**

An American pathologist, euthanasia activist, oil painter, author, jazz musician, composer and instrumentalist Jack Kevorkian was born in Pontiac, Michigan, on May 28, 1928. He was the son of Armenian immigrants who fled to America to escape the Armenian genocide by the Turks. His parents were strict and religious and worked hard to make sure their children were obedient Christians. Jack, however, had trouble reconciling with religious ideas. His family regularly attended church, and Jack often railed against the idea of miracles and an all-knowing God in his weekly Sunday school class. If there were a God who could make his son walk on water, Kevorkian insisted, he would also have been able to prevent the Turkish slaughter of his entire extended family. Jack debated the idea of God's existence every week until he realized he would not find an acceptable explanation to his questions, and stopped attending church entirely by the age of 12.

Kevorkian graduated from Pontiac High School with honors in 1945 at 17. Then he graduated from the Medical school of University of Michigan in 1952. Kevorkian completed an internship in Pathology at Henry Ford hospital in Detroit, during which period he had an epiphany when he saw a woman who was dying of cancer. It was then that he began to think of ways to alleviate suffering in his patients. In 1953 he got his medical license for Michigan state. He got his nickname "Dr. Death" in 1956 when he performed experiments photographing the eyes of dying people, which he offered as a diagnostic tool for determining whether coma patients were still alive. He was also an advocate of providing transfusions from the recently dead to the living. His medical ideas could certainly be argued on their merits. It was his sociological ideas that presented problems for the masses.

From 1956-57 he did research in West Germany. In 1957 he obtained his California medical license.

Inspired by research that described medical experiments the ancient Greeks conducted on Egyptian criminals, Kevorkian formulated the idea that similar modern experiments could not only save valuable research dollars, but also provide a glimpse into the anatomy of the criminal mind. He suggested the harvesting of organs from death row prisoners.

In 1958, he advocated his view in a paper presented to the American Association for the Advancement of Science. In a method he called “terminal human experimentation”, he argued that condemned convicts could provide a service to humanity before their execution by volunteering for “painless” medical experiments that would begin while they were conscious, but would end in fatality.

After qualifying as a specialist in 1960, Kevorkian bounced around the country from hospital to hospital, publishing more than 30 professional journal articles and booklets about his philosophy on death, before setting up his own clinic near Detroit, Michigan.

In 1984, he supported a bill in California that would enable death row prisoners to donate their organs and die by anesthesia instead of poison gas or the electric chair.

Dr. Jack Kevorkian emerged in the late 1980s as a hero to all those terminally ill patients who lacked the mental and/or physical stamina to put a shotgun in their mouths or down a bottle of sleeping pills.

In 1986, Kevorkian learned the doctors in the Netherlands were helping people die, mostly by lethal injection. “Then I conceived the idea of expanding my death row proposal to include experimentation on willing patients who opt for euthanasia.”

Kevorkian began writing new articles, this time about the benefits of euthanasia. He followed up his papers with the creation of a suicide machine he called the “Thanatron” (Greek for “Instrument of Death”) which he assembled out of \$45 worth of materials and built at the kitchen table of his apartment. He called it “dignified, humane, painless and the patients can do it in the comfort of their own home at any time they want.” The Thanatron

consisted of three bottles that delivered successive doses of fluids: first a saline solution, followed by a painkiller and, finally, a fatal dose of the poison potassium chloride. Using Kevorkian’s design, patients who were ill could even administer the lethal dose of poison themselves. After years of rejection from national medical journals and media outlets, Kevorkian would finally become the focus of national attention for his machine and his proposal to set up a franchise of “obitoriums”, where doctors could help the terminally ill end their lives.

Wanting to talk to doctors who thought as he did, Kevorkian flew to Amsterdam in 1987. He was not received well as the leaders of the Dutch euthanasia movement considered his proposals for organ harvesting and experimentation so radical they would hurt the cause for the legalization of euthanasia and assisted suicide.

After speaking to Dutch doctors who had participated in assisted suicides, Kevorkian was spurred to action. He later wrote:

“I decided to take the risky step of assisting terminal patients in committing suicide. I could not even consider performing active euthanasia and thereby being charged with murder.”

In a later article Kevorkian proposed a system of planned deaths in suicide clinics, including medical experimentation on patients. In his search for a first patient, Kevorkian started advertising in Detroit papers as a “physician consultant” for “death counseling”. The advert read:

DEATH COUNSELING

IS SOMEONE IN YOUR FAMILY TERMINALLY ILL?

Does he or she wish to die - and with dignity?

CALL PHYSICIAN CONSULTANT

His first public assisted suicide, of Janet Adkins, a 54-year-old woman diagnosed in 1989 with Alzheimer’s disease, took place in 1990. Kevorkian was charged with first-degree murder, but the Oakland County District Court dropped charges on December 13, 1990, after a two-day preliminary hearing. The court ruled that Kevorkian did not break any law by helping Adkins

commit suicide because there is no Michigan law outlawing suicide or the medical assistance of it.

In 1991, however, the State of Michigan revoked Kevorkian’s medical license and made it clear that given his actions, he was no longer permitted to practice medicine or to work with patients.

According to his lawyer Geoffrey Fieger, Kevorkian assisted in the deaths of 130 terminally ill people between 1990 and 1998. In each of these cases, the individuals themselves allegedly took the final action which resulted in their own deaths. Kevorkian allegedly assisted only by attaching the individual to a euthanasia device. The individual then pushed a button which released the drugs or chemicals that would end his or her own life. Two deaths were assisted by means of a device which delivered the euthanizing drugs intravenously. Other people were assisted by a device which employed a gas mask fed by a canister of carbon monoxide, which Kevorkian called the “Mercitron” (“Mercy machine”).

Kevorkian was tried four times for assisting suicides between May 1994 to June 1997. With the assistance of Fieger, Kevorkian was acquitted three times. The fourth trial ended in a mistrial. The trials helped Kevorkian gain public support for his cause. After Oakland County prosecutor Richard Thompson lost a primary election to a Republican challenger, Thompson attributed the loss in part to the declining public support for the prosecution of Kevorkian and its associated legal expenses.

In 2010 a film about Kevorkian’s life called *You Don’t Know Jack* premiered. The movie starred film legend Al Pacino as Kevorkian. Kevorkian walked the red carpet alongside Al Pacino, who portrayed him in the film. Pacino received *Emmy* and *Golden Globe* awards for his portrayal, and personally thanked Kevorkian, who was in the audience, upon receiving both of these awards. Kevorkian stated that both the film and Pacino’s performance “brings tears to my eyes – and I lived through it”.

Kevorkian had struggled with kidney problems for years. He was diagnosed with liver cancer. Kevorkian was hospitalized on May 18, 2011, with kidney



problems and pneumonia. Kevorkian’s condition grew rapidly worse and he died from a thrombosis on June 3, 2011, eight days after his 83rd birthday. There were no artificial attempts to keep him alive and his death was painless. It is written on his tombstone, “He sacrificed himself for everyone’s rights.”

## WORDS AND WORD COMBINATIONS

<b>pathologist</b>	[pq'T0lqGist]	n. բժշկ. ախտաբան, պաթոլոգ
<b>flee</b>	[fli:]	v. փախչել, փախուստի դիմել
<i>/fled-fled/</i>		
<b>obedient</b>	[q'bi:djənt]	a. հնազանդ, հլու
<b>reconcile</b>	['rekənsail]	v. հաշտեցնել, մի բանի հետ հաշտվել, համակերպվել
<i>rail against</i>		<i>դեմ դուրս գալ, ընդդիմանալ</i>
<b>slaughter</b>	['sl0:tq]	n. կոտորած, ջարդ
<b>internship</b>	[in'tq:nSip]	n. ինտերնատուրա
<b>epiphany</b>	[i'pifəni]	n. եկեղ. աստվածահայտնություն
<b>alleviate</b>	[q'li:viəit]	v. թեթևացնել, մեղմացնել
<b>transfusion</b>	[trɒns'fju: Zn]	n. փոխներարկում
<b>merit</b>	['merit]	n. արժեք, կարևորություն
<b>harvest</b>	['ha:vist]	v. 1. հավաքել, քաղել, հնձել; 2. <i>փխք.</i> աշխատանքի պտուղը քաղել
<i>row prisoner</i>		<i>մահվան դատապարտված քանդարկյալ</i>
<b>conduct on</b>	[kqn'dAkt]	v. 1. կատարել; 2. վարվել
<b>terminal</b>	['tq:minql]	a. վերջին, եզրափակիչ n. վերջնակետ, վերջնակայան
<b>condemned</b>	[kqn'demd]	a. դատապարտված
<b>convict</b>	['k0nvikt]	n. տաժանակիր
<b>humanity</b>	[hju:'mɒniti]	n. մարդկություն, մարդկային ցեղ
<b>execution</b>	['eksi'kju:Sn]	n. մահապատիժ

<b>volunteer</b>	[ˈvɒlqnˈtiq]	վ. կամավորագրվել
<b>fatality</b>	[fqˈtɤliti]	ն. 1. մահ, դժբախտություն; 2. ճակատագիր, ճակատագրականություն; 3. կործանարարություն, կորստաբերություն
<i><b>bounce around</b></i>		<i>սլանալ այս ու այն կողմ</i>
<b>booklet</b>	[ˈbuklit]	ն. բրոշյուր
<b>donate</b>	[douˈneit]	վ. նվիրել, նվիրաբերել
<b>anaesthesia</b>	[ˈɤnisˈTi:ziq]	ն. անզգայացում
<i><b>lethal injection</b></i>		<i>մահաբեր ներարկում</i>
<b>crusade</b>	[kru:ˈseid]	ն. փխբ. արշավ, կամպանիա
<b>extension</b>	[iksˈtenSn]	ն. ձգելը, երկարացնելը (ժամկետի)
<b>assemble</b>	[qˈsembl]	վ. հավաքել
<b>humane</b>	[hju:ˈmein]	ա. մարդկային, մարդասեր
<b>successive</b>	[sqkˈsesiv]	ա. հաջորդող, մեկը մյուսին հաջորդող
<b>stamina</b>	[ˈstɤminq]	ն. <i>pl.</i> կենսունակություն, ուժ, կորով
<b>shotgun</b>	[ˈSɒtgAn]	ն. որսորդական հրացան
<b>pill</b>	[pil]	ն. դեղահատ, հաբ
<i><b>opt for</b></i>		<i>ընտրել, ընտրություն կատարել</i>
<b>fluid</b>	[ˈflu:ɪd]	ն. հեղուկ
<b>saline</b>	[ˈseilain]	ն. աղաջուր
<b>potassium</b>	[pqˈtɤsjqm]	ն. կալիում
<b>chloride</b>	[ˈklɒ:raid]	ն. քլորիդ
<b>rejection</b>	[riˈGekSn]	ն. մերժում, չընդունելը
<i><b>media outlets</b></i>		<i>լրատվական թղթարկումներ</i>
<b>franchise</b>	[ˈfrɤnCaiʒ]	ն.1. արտոնություն; 2. ընտրությունների մասնակցելու իրավունք

<b>obitorium</b>	[0bi't0riqm]	n. մահվան կլինիկա
<b>spur</b>	[spq:]	v. խթանել, նպաստել
<b>advertise</b>	['xdrvqtaiz]	v. հայտարարություն տալ, գովազդել
<b>counsel</b>	['kaunsql]	v. քննարկել, խորհրդակցել
<b>preliminary</b>	[pri'liminqri]	n. նախապատրաստական միջոցառում <i>pl.</i> նախնական a. նախնական, սկզբնական
<b>revoke</b>	[ri'vouk]	v. անվավեր ճանաչել
<b>outlaw</b>	['autl0:]	n. արգելել, օրենքին դեմ հայտարարել
<b>allegedly</b>	[q'leGqdli]	adv. ենթադրաբար
<b>release</b>	[ri'li:s]	v. 1. բացթողնել; 2. ազատել, ազատ արձակել
<b>intravenous</b>	['intrq'vi:nqs]	a. ներերակային
<b>device</b>	[di'vais]	n. սարք, հարմարանք, մեխանիզմ
<i>canister of carbon monoxide</i>		<i>ածխածնի մենօքսիդի մեխանիզմ</i>
<b>acquit</b>	[q'kwit]	արդարացվել, ազատվել, արդարացնել
<b>trial</b>	['traiq]	n. դատաքննություն
<b>mistrial</b>	[mis'traiq]	n. դատավարություն, որի ընթացքում թույլ է տրվել օրինախախտում
<b>prosecutor</b>	['pr0sikju:tq]	n. 1. մեղադրող; 2. հայցվոր, հայցատեր
<b>expense</b>	[iks'pens]	n. վատնում <i>pl.</i> ծախսեր
<b>portrayal</b>	[p0:'treil]	n. պատկերում
<b>kidney</b>	['kidni]	n. երիկամ

<b>pneumonia</b>	[nju: 'mounjɔ]	ն. թոքաբորբ, թոքերի բորբոքում
<b>thrombosis</b> <i>/pl. thrombosis/</i>	[Tr0m 'bousis]	ն. թրոմբոզ, արյունախիցք
<b>artificial</b>	[a:ti 'fiSɔ]	ա. արհեստական, անբնական
<b>sacrifice</b>	['sʌkrifais]	վ. զոհել, զոհաբերել

## EXERCISES

### 1. What’s the Armenian for?

to gain public support for

delivered successive doses of fluids

condemned convicts could provide a service to humanity

inspired by research

were assisted by means of a device

strict and religious

ways to alleviate suffering

charged with murder

terminally ill

to prevent the Turkish slaughter

walked the red carpet alongside Al Pacino

---

**was acquitted three times**

---

**proposed a system of planned deaths**

---

**lost a primary election to a Republican challenger**

---

**was diagnosed with liver cancer**

---

## **2. What’s the English for?**

**անձամբ շնորհակալություն հայտնեց**

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**ներերակային**

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**մահվան իր փիլիսոփայության վերաբերյալ բրոշյուրներ**

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**նախնական դատալսում**

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**հանրային օժանդակված ինքնասպանություն**

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**այլևս չէր թույլատրվում բժշկությամբ զբաղվել**

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**նրան ողջ պահելու ոչ մի արհեստական ճիգեր չարվեցին**

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**դառնալ համազգային ուշադրության կենտրոն**

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**քրեական (հանցագործ) մտքի անատոմիա**

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**փորձարկումներ էֆտանագիա կամովին ընտրածների վրա**

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**հնազանդ քրիստոնյաներ**

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ավարտեց ինտերնատուրան

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դեմ դուրս եկավ հրաշքների գաղափարին

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դատը տանույ տրվեց

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**3. Match the following words with their definitions:**

**volunteer, to convict, release, humane, successive, euthanasia, counsel, advertise, trial, artificial**

*allow to go; set free*

---

*coming one after another in an uninterrupted sequence*

---

*easy and painless death (for persons suffering from an incurable and painful disease)*

---

*make known to people (by printing notices in newspapers, announcements on TV, etc)*

---

*person who offers to do something, especially unpleasant and dangerous*

---

*examination in a law court before a judge (or judge and jury)*

---

*declare in a law court that (a person) is guilty*

---

*caring about the feelings of another; sympathetic*

---

*not natural or real*

---

*advice, consultation, opinions, suggestions*

---

**4. a) Find the corresponding nouns from the text:**

**prosecute**

**perform**

**suffer**

**humane**

**extend**

**exist**

**die**

**propose**

**legal**

**hear**

**dignified**

**b) Find the corresponding adjectives from the text:**

**risk**

**medicine**

**religion**

**death**

**sociology**

**fatality**

**diagnose**

**electricity**

**5. Choose the suitable word:**

1. Kevorkian stated that both the film and Pacino’s performance “brings tears to my eyes – and I lived ... it”.

*(by/through)*

2. In a later article Kevorkian proposed a system of planned deaths in suicide clinics, including ... experimentation on patients.

*(medical/medicine)*

3. After speaking to Dutch doctors who had participated in assisted suicides, Kevorkian was spurred to...

*(act/action)*

4. He suggested ... of organs from death row prisoners.

*(to harvest/the harvesting)*

5. His parents were strict and ... and worked hard to make sure their children were obedient Christians.

*(religion/religious)*

6. Kevorkian allegedly assisted only by attaching the individual to a euthanasia...

*(machine/device)*

7. Using Kevorkian’s design, patients who were ill could even administer the lethal dose of ... themselves.

*(poisonous/poison)*

8. He was also an advocate of providing transfusions from the recently ... to the living.

*(dead/alive)*

9. There were no artificial attempts to keep him alive and his death was ...

*(painful/painless)*

10. In a later article Kevorkian ... a system of planned deaths in suicide clinics, including medical experimentation on patients.

*(proposed/ offered)*



**6. Find the best ending and fill in the boxes below:**

- |   |  |
|---|--|
| <b>1. He later wrote: "I decided to take the risky step..."</b>   | <i>a) ... to escape the Armenian genocide by the Turks.</i>      |
| <b>2. In 1987, Kevorkian started advertising in Detroit newspapers as a ...</b>                           | <i>b) ... his campaign for medical experiments on the dying.</i> |
| <b>3. It is written on his tombstone, ...</b>   | <i>c)... "You Don't Know Jack" premiered.</i>                    |
| <b>4. His new crusade for assisted suicide, or euthanasia, became an extension of ...</b>                 | <i>d)... "He sacrificed himself for everyone's rights".</i>      |
| <b>5. He was the son of Armenian immigrants who fled to America ...</b>                                   | <i>e)... physician consultant for 'death counseling'".</i>       |
| <b>6. In 2010 a film about Kevorkian's life called ...</b>  | <i>f)... ill people between 1990 and 1998.</i>                   |
| <b>7. According to his lawyer Geoffrey Fieger, Kevorkian assisted in the deaths of 130 terminally ...</b> | <i>g)... assisting terminal patients in committing suicide.</i>  |

1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
----------	----------	----------	----------	----------	----------	----------

**7. Fill in the blanks with the words given in brackets:**

*(taken, crime, supporters, defense, outlawed, reduce, accumulated, pain, innocent)*

People who support euthanasia often say that it is already considered permissible to take human life under some circumstances such as self ... - but they miss the point that when one kills for self defense they are saving ... life - either their own or someone else's. With euthanasia no one's life is being saved - life is only ...

History has taught us the dangers of euthanasia and that is why there are only two countries in the world today where it is legal. That is why almost all societies - even non-religious ones - for thousands of years have made euthanasia a ... It is remarkable that euthanasia advocates today think they know better than the billions of people throughout history who have ... euthanasia - what makes the 50 year old euthanasia ... in 2005 so wise that they think they can discard the ... wisdom of almost all societies of all time and open the door to the killing of innocent people? Have things changed? If they have, they are changes that should logically ... the call for euthanasia - ... control medicines and procedure are far better than they have ever been any time in history.

### **8. Translate Kevorkian’s quotes into Armenian:**

1. “Dying is not a crime.”
2. As a medical doctor, it is my duty to evaluate the situation with as much data as I can gather and as much expertise as I have and as much experience as I have to determine whether or not the wish of the patient is medically justified.
3. Among doctors in general, I think more than half support what I’m doing.
4. Anytime you interfere with a natural process, you’re playing God. God determines what happens naturally. That means when a person’s ill, he shouldn’t go to a doctor because he’s asking for interference with God’s will. But of course, patients can’t think that way.
5. First of all, do any of you here think it’s a crime to help a suffering human end his agony? Any of you think it is? Say so right now. Well, then, what are we doing here?
6. Five to six thousand people die every year waiting for organs, but nobody cares.
7. How can you regret helping a suffering patient?
8. I will admit, like Socrates and Aristotle and Plato and some other philosophers, that there are instances where the death penalty would seem appropriate.
9. My ultimate aim is to make euthanasia a positive experience. I’m trying

to knock the medical profession into accepting its responsibilities, and those responsibilities include assisting their patients with death.  
This is something I would want.

### **9. Fill in prepositions:**

Historically, the euthanasia debate has tended to focus ... a number of key concerns. According ... euthanasia opponent Ezekiel Emmanuel, proponents of euthanasia have presented four main arguments: a) that people have a right ... self-determination, and thus should be allowed to choose their own fate; b) assisting a subject to die might be a better choice than requiring that they continue to suffer; c) the distinction ... passive euthanasia, which is often permitted, and active euthanasia, which is not, is not substantive (or that the underlying principle—the doctrine ... double effect—is unreasonable or unsound); and d) permitting euthanasia will not necessarily lead ... unacceptable consequences. Pro-euthanasia activists often point ... countries like the Netherlands and Belgium, and states like Oregon, where it has been made legal to argue that it is mostly unproblematic.

Similarly, Emanuel argues that there are four major arguments presented ... opponents ... euthanasia: a) not all deaths are painful; b) alternatives, such as cessation ... active treatment, combined ... the use ... effective pain relief, are available; c) the distinction between active and passive euthanasia is morally significant; and d) legalising euthanasia will place society ... a slippery slope, which will lead ... unacceptable consequences.

**10. Think over Jack Kevorkian’s statement:** *“My aim in helping the patient was not to cause death. My aim was to end suffering. It’s got to be decriminalized.”*

**11. Say “Yes” or “No” to *Euthanasia*. Give reasons to prove your point.**

**UNIT 18****IMMANUEL KANT**

German Prussian philosopher Immanuel Kant was born on April 22, 1724 in Königsberg, then the capital of Prussia, today the city of Kaliningrad. He had a major impact on the Romantic and Idealist philosophies of the 19th century, and was one of history's most influential thinkers. His father was a harness maker, and the large family lived a humble life. Kant showed a great aptitude to study at an early age. Kant's elementary education was at Saint George's Hospital School and then at a Pietist school, where he remained from 1732 until 1740. In his youth, Kant was a solid, albeit unspectacular, student. He was reared in a Pietist household that stressed intense religious devotion, personal humility, and a literal interpretation of the Bible. Consequently, Kant received a stern education—strict, punitive, and disciplinary—that preferred Latin and religious instruction over mathematics and science.

In 1740 Kant entered the University of Königsberg. He became interested in philosophy, mathematics, and the natural sciences. The death of Kant's father in 1746 left him without income. Kant interrupted his studies. He became a private tutor in the smaller towns surrounding Königsberg for seven years in order to have enough time and money to continue his education. In 1749 he published his first philosophical work, "Thoughts on the True Estimation of Living Forces".

Kant is best known for his transcendental idealist philosophy that time and space are not materially real but merely the ideal a priori condition of our internal intuition. Also, he made an important astronomical discovery, namely the discovery of the retardation of the rotation of the Earth, for which he won the Berlin Academy Prize in 1754. Even more importantly, from this Kant concluded that time is not a thing in itself determined from experience, objects, motion, and change, but rather an unavoidable framework of the human mind that preconditions possible experience.

In 1755 Kant became a university lecturer. The subject on which he lectured was “Metaphysics”. During this period he published several papers dealing with scientific questions. The most important was the “General Natural History and Theory of the Heavens” in 1755. At the age of 46, Kant was an established scholar and an increasingly influential philosopher. In 1770 he was appointed Professor of Logic and Metaphysics at the University of Königsberg. Although fond of company and conversation with others, Kant isolated himself. When he emerged from his silence in 1781, the result was the “Critique of Pure Reason”, an investigation into the limitations and structure of reason itself. It encompasses an attack on traditional metaphysics and epistemology, and highlights Kant’s own contribution to these areas. Although now uniformly recognized as one of the greatest works in the history of philosophy, this “Critique” was largely ignored upon its initial publication.

In the “Critique of Pure Reason” Kant wanted to prove, that although our knowledge of objects is derived from experience, it is possible to have knowledge of objects in advance of experience. The key question is how are synthetic a priori judgments possible? An a priori knowledge is knowledge which is independent of all experience. A priori proposition is one that can be known to be true, or false, without reference to experience, except so far as experience is necessary for understanding its terms. -An analytic truth can be deduced from the definition of its terms, and a synthetic truth cannot be so deduced. Analytical propositions are not dependent on experience for their validations; if true they are necessary truth a priori. Synthetic propositions are always contingent: any such proposition is capable of being true or false. Its truth could be known only a posteriori, after it had received validation from experience.

Kant created a new perspective in philosophy which had widespread influences on philosophy continuing through to the 21st century. He published important works on epistemology, as well as works relevant to religion, law, and history. One of his most prominent works is the “Critique of Pure Reason”. The other main works of his maturity are the “Critique of Practical Reason”,

which concentrates on ethics, and the “Critique of Judgment”, which investigates aesthetics and teleology.

Kant suggested that metaphysics can be reformed through epistemology. He suggested that by understanding the sources and limits of human knowledge we can ask fruitful metaphysical questions. He questioned whether or not an object can be known to have certain properties prior to the experience of that object. He concluded that all objects about which the mind can think must conform to its manner of thought. Therefore if the mind can think only in terms of causality – which he concluded that it does – then we can know prior to experiencing them that all objects we experience must either be a cause or an effect. However, it follows from this that it is possible that there are objects of such nature which the mind cannot think, and so the principle of causality, for instance, cannot be applied outside of experience: hence we cannot know, for example, whether the world always existed or if it had a cause. And so the grand questions of speculative metaphysics cannot be answered by the human mind, but the sciences are firmly grounded in laws of the mind.

Kant believed himself to be creating a compromise between the empiricists and the rationalists. The empiricists believed that knowledge is acquired through experience alone, but the rationalists maintained that such knowledge is open to Cartesian doubt and that reason alone provides us with knowledge. Kant argues, however, that using reason without applying it to experience will only lead to illusions, while experience will be purely subjective without first being subsumed under pure reason. Kant lectured on anthropology for over 25 years. His “Anthropology from a Pragmatic Point of View” was published in 1798. His Lectures on Anthropology were published for the first time in 1997 in German.

Kant lived a very regulated life: the walk he took at three-thirty every afternoon was so punctual that local housewives would set their clocks by him. However, despite his reputation of being a solitary man, he was considered a very sociable person: he would regularly have guests over for dinner, insist-

ing that sociable company was good for his constitution, as was laughter. Kant was a respected and competent university professor for most of his life, although he was in his late fifties before he did anything that would bring him historical repute.

Although Kant continued to write until shortly before his death, the “critical works” are the source of his influence. Only a life of extraordinary self-discipline enabled him to accomplish his task. He was barely five feet tall and extremely thin, and his health was fragile. Toward the end of his life he became increasingly antisocial and bitter over the growing loss of his memory and capacity for work. Kant became totally blind and died on February 12, 1804, in Königsberg.

In 2005 the historical University of Königsberg where Kant taught was renamed Immanuel Kant State University of Russia in honor of Kant. The university further formed a Kant Society, dedicated to the study of Kantianism

## WORDS AND WORD COMBINATIONS

<b>harness</b>	[ 'ha:nis]	n. լծասարք, հեծելաասարք
<b>humble</b>	[hʌmbl]	a. համեստ, անշուք
<b>aptitude</b>	[ 'xptitju:d]	n. ընդունակություն
<b>solid</b>	[ 'sɒlɪd]	a. լուրջ, լրջամիտ
<b>albeit</b>	[ "0:l' bi:it]	conj. թեև, չնայած
<b>unspectacular</b>	[Anspek' tʌkju:lq]	a. անհրապույր, ոչ գրավիչ
<b>rear</b>	[riq]	v. կրթել, դաստիարակել
<b>pietist</b>	[ 'paiqtist]	a. աստվածավախ, բարեպաշտ
<b>household</b>	[ 'haushould]	n. ընտանիք
<b>humility</b>	[hju: 'militi]	n. 1. համեստություն; 2. հնազանդություն, խոնարհություն
<b>stern</b>	[stq:n]	a. 1. խիստ; 2. դաժան, անողոր
<b>punitive</b>	[ 'pju:nitiv]	a. պատժիչ
<b>disciplinary</b>	[ 'disiplinqri]	a. կարգապահական

<b>transcendental</b>	["trɤnsen' dentl]	a. տրանսցենդենտալ
<b>a priori</b>	["eiprai' 0:rai]	a., adv. լսար. ապրիորի, պատճառից դեպի հետևանք
<b>retardation</b>	["ri:ta: 'deiSn]	n. 1. դանդաղեցում, կասեցում, արգելք, խոչընդոտ; 2. ուշացում, ետ մնալը
<b>unavoidable</b>	["Anq' v0idqbl]	a. անխուսափելի
<b>framework</b>	[' freimwq:k]	n. 1. շրջանակ; 2. կմախք, հենք
<b>precondition</b>	[prikqn' diSn]	v. նախապայման հանդիսանալ
<b>scholar</b>	[' sk0lq]	n. գիտնական
<b>encompass</b>	[in' kAmpqs]	v. 1. պարունակել, պարփակել; 2. շրջապատել
<b>highlight</b>	[' hailait]	v. առաջ քաշել, մեծ նշանակություն ունենալ
<b>uniformly</b>	[' ju:nif0:mli]	adv. միասնաբար, համընդհանուրի կողմից
<b>reference</b>	[' refrqns]	n. 1. վկայակոչում, մեջբերում; 2. հիշատակում, ակնարկ
<b>deduce</b>	[di' dju:s]	v. 1. եզրակացնել, հետևեցնել; 2. ծագումը հաստատել՝ պարզել
<b>proposition</b>	["pr0pq' ziSn]	n. 1. առաջարկություն; 2. պնդում, հիմնավորում; 3. դատողություն, կարծիք
<b>validation</b>	["vxli' deiSn]	n. հաստատում, վավերացում
<b>contingent</b>	[kqn' tinGqnt]	a. 1. պատահական, չնախատեսված; 2. պայմանական
<b>a posteriori</b>	["eip0stiqri' 0:rai]	a., adv. լսար. հետևանքից դեպի պատճառ
<b>maturity</b>	[mq' tjuqriti]	n. 1. հասունություն; 2. կատարելություն



<b>conform</b>	[kqn'f0:m]	v. 1. համապատասխանել; 2. հարմարվել, համակերպվել; 3. ենթարկվել
<b>relevant</b>	['relivqnt]	a. տեղին, պատշաճ, գործին վերաբերող
<b>teleology</b>	['teli'0lqGi]	n. նպատակաբանություն, վախճանաբանություն, տելեոլոգիա
<b>causality</b>	[k0:'zxliiti]	n. պատճառականություն. պատճառական կապ
<b>compromise</b>	['k0mprqmaiz]	n. փոխզիջում
<b>subjective</b>	[sAb'Gektiv]	a. սուբյեկտիվ
<b>anthropology</b>	['xnTrq'p0lqGi]	n. մարդաբանություն
<b>subsume</b>	[sqb'sju:m]	v. ներգրավել մի տեսակի կատեգորիայի մեջ, կատե- գորիայի վերաբերել
<b>solitary</b>	['s0litqri]	a. միայնակ, մենավոր, մենակ սպրող
<b>accomplish</b>	[q'k0mpliS]	v. 1. լրացնել, ավարտել; 2. կատարելագործել, հասնել կատարելության
<b>barely</b>	['bFqli]	adv. պարզապես, միայն, լոկ
<b>fragile</b>	['frxGail]	a. 1. փխրուն, դյուրաբեկ; 2. թուլակազմ
<b>dedicate</b>	['dedikeit]	v. նվիրել, ձոնել

## **EXERCISES**

### **1. What’s the Armenian for?**

**grand questions of speculative metaphysics**

---

**papers dealing with scientific questions**

---

**it follows from this that**

---

**the major philosopher of the Enlightenment period**

---

**one of the greatest works in the history of philosophy**

---

**Critique of Judgment**

---

**a compromise between the empiricists and the rationalists**

---

**a key question**

---

**a respected and competent university professor**

---

**fragile health**

---

**a very sociable person**

---

**from a pragmatic point of view**

---

**capacity for work**

---

**for instance**

---

**the retardation of the rotation of the Earth**

---

---

**a solid, albeit unspectacular, student**

---

## **2. What’s the English for?**

**աստղագիտական կարևոր հայտնագործություն**

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**ապացուցել կամ հերքել**

---

**պատճառ և հետևանք**

---

**պատմության ամենաազդեցիկ մտածողներից մեկը**

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**ինքնին իր**

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**հանգեցնել պատրանքների**

---

**մարդաբանություն**

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**հիշողության կորուստ**

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**կատեգորիկ իմպերատիվ**

---

**հարգված պրոֆեսոր**

---

**բանականության քննադատություն**

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**վաղ տարիքում**

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**ժամանակ և տարածություն**

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**միայնակ մարդու համբավ**

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**3. Match the following words with their definitions:**

**humble, humility, fragile, causality, aptitude, solitary, albeit, household, highlight, deduce**

	<i>easily injured, broken or destroyed</i>
	<i>natural or acquired ability</i>
	<i>arrive at (knowledge, a theory, etc.) by reasoning; reach a conclusion</i>
	<i>(living) alone; without companions; lonely</i>
	<i>give prominence or emphasis to</i>
	<i>1. having or showing that one is inferior; less able, etc 2. low in rank or position; unimportant</i>
	<i>relation of cause and effect; the principle that nothing can happen without a cause</i>
	<i>humble condition or state of mind</i>
	<i>(formal) although</i>
	<i>all persons (family, lodgers, etc.) living in a house</i>

**4. Find the corresponding nouns from the text:**

**free**

**know**

**immoral**

**certain**

**educate**

**possible**

**think**

propose

exist

judge

**5. Match in pairs of antonyms:**

**dependent, to prove, with, major, synthetic, early, true, theoretical, possible, important**

*late*

*analytical*

*unimportant*

*false*

*practical*

*to disprove*

*impossible*

*independent*

*without*

*minor*

**6. Choose the suitable word:**

1. He was reared in a Pietist household that stressed intense ... devotion, personal humility, and a literal interpretation of the Bible. (*religious /religion*)

2. He became a private tutor in the smaller towns surrounding Königsberg for seven years in order to have ... and money to continue his education. (*time enough /enough time*)

3. Kant was a respected and competent university professor for most of his life, although he was in his late fifties before he did anything that would bring him ... repute. (*historical/ historically*)

4. During this period he... several papers dealing with scientific questions. (*published/ reported*)

5. Toward the end of his life he became increasingly antisocial and bitter over the growing loss of his ... and capacity for work. (*memoir/ memory*)

**7. Find the best ending and fill in the boxes below:**

- |   |   |
|---|---|
| <b>1. Kant made an important astronomical discovery, namely the discovery of the retardation of the rotation of the Earth ...</b> | <i>a) ... and bitter over the growing loss of his memory and capacity for work.</i>                             |
| <b>2. Kant believed himself to be creating a compromise between ...</b>   | <i>b) ... for which he won the Berlin Academy Prize in 1754.</i>  |
| <b>3. Toward the end of his life he became increasingly antisocial ...</b>  | <i>c) ... is derived from experience, it is possible to have knowledge of objects in advance of experience.</i> |
| <b>4. In the “Critique of Pure Reason” Kant wanted to prove, that although our knowledge of objects ...</b>                       | <i>d) ... the study of Kantianism.</i>  |
| <b>5. Kant received a stern education— strict, punitive, and ...</b>  | <i>e) ... the empiricists and the rationalists.</i>   |
| <b>6. The university further formed a Kant Society, dedicated to ...</b>  | <i>f) ... thin, and his health was fragile.</i>   |
| <b>7. In his youth, Kant was a solid, ...</b>   | <i>g) ... disciplinary— that preferred Latin and religious instruction over mathematics and science.</i>        |
| <b>8. Kant was barely five feet tall and extremely...</b>   | <i>h) ... albeit unspectacular, student.</i>  |

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_

8. \_\_\_\_\_

**8. Are these statements true or false? Correct the false ones.**

1. Kant had a major impact on the Romantic and Idealist philosophies of the 20th century.
2. Kant believed himself to be creating a compromise between the empiricists and the rationalists.
3. Kant was considered a very unsociable person.
4. The rationalists believed that knowledge is acquired through experience alone, but the empiricists maintained that such knowledge is open to Cartesian doubt and that reason alone provides us with knowledge.
5. Kant is best known for his transcendental idealist philosophy that time and space are not materially real but merely the ideal a priori condition of our internal intuition.
6. Kant became totally deaf and died on February 12, 1804, in Königsberg
7. Kant was self-educated.
8. A German Prussian philosopher Immanuel Kant was born on April 22, 1724 in Königsberg, then the capital of Russia.

**9. Translate Kant's quotes into English:**

1. Բարոյականությունը պետք է լինի բնավորության մեջ:

.....

2. Պարտականություն: Դու վեհ, մեծ խոսք ես... Դա հենց այն մեծն է, որը բարձրացնում է մարդուն իր իսկ նկատմամբ:

.....

.....

.....

3. Յուրաքանչյուր բնական գիտության մեջ այնքան ճշմարտություն կա, որքան նրանում մաթեմատիկա կա:

.....  
.....

4. Երբ արդարությունն անհետանում է, չի մնում ոչ մի այնպիսի բան, որը կարողանա արժեք տալ մարդկանց կյանքին:

.....  
.....

5. Մեր մեջ ապրող օրենքը կոչվում է խիղճ: Խիղճը, ըստ էության, մեր արարքների կիրառումն է այդ օրենքի նկատմամբ:

.....  
.....

6. Մարդուն բնականից յուրահատուկ է չափավորություն պահպանել ոչ միայն ապագայում իր առողջության մասին հոգ տանելու նպատակով, այլև ներկայումս իրեն լավ զգալու համար:

.....  
.....  
.....

7. Քաջություն ունեցիր օգտվելու սեփական խելքից:

.....



**10. Think over Kant's quotes and express your attitude to them.**

Live your life as though your every act were to become a universal law.

Morality is not the doctrine of how we may make ourselves happy, but how we may make ourselves worthy of happiness.

Thoughts without content are empty, intuitions without concepts are blind.

Ingratitude is the essence of vileness.

Act that your principle of action might safely be made a law for the whole world.

Always recognize that human individuals are ends, and do not use them as means to your end.

He who is cruel to animals becomes hard also in his dealings with men. We can judge the heart of a man by his treatment of animals.

Religion is the recognition of all our duties as divine commands.

Intuition and concepts constitute... the elements of all our knowledge, so that neither concepts without an intuition in some way corresponding to them, nor intuition without concepts, can yield knowledge.

Metaphysics is a dark ocean without shores or lighthouse, strewn with many a philosophic wreck.

From such crooked wood as that which man is made of, nothing straight can be fashioned.

**11. Speak on:**

a) By a lie, a man annihilates his dignity as a man.

b) In law a man is guilty when he violates the rights of others. In ethics he is guilty if he only thinks of doing so.

## **UNIT 19**

### **LUCK**

Finding a valuable object or money, winning an event despite negative logical assumptions, avoiding an accident at the last moment, being born in a wealthy family are considered examples of luck. Luck refers to that which happens to a person beyond that person's control. Luck is interpreted and understood in many different ways. The definition of *Luck* varies by philosophical, religious, mystical, or emotional context of the one interpreting it. Luck is “a purposeless, unpredictable and uncontrollable force that shapes events favorably or unfavorably for an individual, group or cause.” When thought of as a factor beyond one's control, without regard to one's will, intention, or desired result, there are at least two senses that people usually mean when they use the term, the *prescriptive* sense and the *descriptive* sense. In the prescriptive sense, luck is a supernatural and deterministic concept that there are forces (e.g. gods or spirits) which prescribe that certain events occur very much the way laws of physics will prescribe that certain events occur. It is the prescriptive sense that people mean when they say they “do not believe in luck.” In the descriptive sense, people speak of luck after events which they find to be fortunate or unfortunate, and maybe improbable.

Luck is an important factor in many aspects of society. A game may depend on luck rather than skill or effort. For example, chess does not involve any random factors such as throwing dice, while dominoes has the “luck of the draw” when selecting tiles. In poker pure luck may decide a winning hand. Luck in games involving chance is defined as the change in a player's equity after a random event such as a die roll or card draw. Luck is positive (good luck) if the player's position is improved and negative (bad luck) if it is worsened. A poker player who is doing well (playing successfully, winning) is said to be “running good”. There is, currently, no academic research as to explain how some profitable players who ascribe their profitability to a mix

of probability and chance understand luck in the game.

“Leaving it to chance” is a way of resolving issues. For example, flipping a coin at the start of a sporting event may determine who goes first.

Most cultures consider some numbers to be lucky or unlucky. This is found to be particularly strong in Asian cultures, where the obtaining of “lucky” telephone numbers, automobile license plate numbers, and household addresses are actively sought, sometimes at great monetary expense. Numerology, as it relates to luck, is closer to an art than to a science, yet numerologists, astrologists or psychics may disagree. It is interrelated to astrology, and to some degree to parapsychology and spirituality and is based on converting virtually anything material into a pure number, using that number in an attempt to detect something meaningful about reality, and trying to predict or calculate the future based on lucky numbers.

Cultural views of luck vary from perceiving luck as a matter of random chance to attributing to such explanations of faith or superstition. For example, the Romans believed in the embodiment of luck as the goddess Fortuna, while the philosopher Daniel Dennett believes that “luck is *mere* luck” rather than a property of a person or thing. Carl Jung viewed luck as synchronicity, which he described as “a meaningful coincidence.”

Some encourage the belief in luck as a false idea, but which may produce positive thinking, and alter one’s responses for the better. Others, like Jean-Paul Sartre and Sigmund Freud, feel a belief in luck has more to do with a locus of control for events in one’s life, and the subsequent escape from personal responsibility. According to this theory, one who ascribes their travails to “bad luck” will be found upon close examination to be living risky lifestyles. In personality psychology, people reliably differ from each other depending on four key aspects: beliefs in luck, rejection of luck, being lucky, and being unlucky.

Luck, in our everyday understanding, is a random gift of the universe. The superstitious might go in for rabbits’ feet and four-leaf clovers and the religious for prayer, but otherwise there’s nothing you can do to attract good

fortune or repel bad luck. Or is there? Believe it or not, this is something science has looked into. Experimental psychologist Richard Wiseman spent over a decade investigating whether lucky and unlucky people actually do anything differently. To do this he used a newspaper advertisement to solicit hundreds of volunteers who felt they were exceptionally lucky or unlucky then conducted a series of experiments to determine what, if anything, set one group apart from the other. It turned out that, when it came to the difference in outcomes between the two groups, divine providence and random chance had little to do with it. Instead, lucky people had a particular outlook and way of operating in the world that maximized the chances of happy coincidences occurring. Richard Wiseman said: *“My research revealed that lucky people generate good fortune via four basic principles. They are skilled at creating and noticing chance opportunities, make lucky decisions by listening to their intuition, create self-fulfilling prophecies via positive expectations, and adopt a resilient attitude that transforms bad luck into good.”*

You might be thinking that Wiseman’s principles are all well and good, but that people’s ability to adopt them is basically a function of their personality and difficult to change. If you’re a worrywart by nature, for instance, can you really teach yourself not to dwell on bad fortune? Can control freaks learn to break their routines and embrace chance encounters?

Yes, said Wiseman. He described operating “luck school” that actually had an impact on increasing participants’ good fortune: “I explained how lucky people... create good fortune in their lives, and described simple techniques designed to help them think and behave like a lucky person. For example... without realizing it, lucky people tend to use various techniques to create chance opportunities that surround them, how to break daily routines, and also how to deal more effectively with bad luck by imagining how things could have been worse. I asked my volunteers to spend a month carrying out exercises and then return and describe what had happened. The results were dramatic. 80 percent of people were now happier, more satisfied with their lives, and, perhaps most important of all, luckier.”

People who believe in good luck are more optimistic, more satisfied with their lives, and have better moods. Moreover, successful people want others to succeed, unsuccessful people secretly hope others fail.

If “good” and “bad” events occur at random to everyone, believers in good luck will experience a net gain in their fortunes, and *vice versa* for believers in bad luck. This is clearly likely to be self-reinforcing.

Lucky people are the ones who bump into the right opportunities and take advantage of them.

People talk about being in the right place at the right time. And that is the thing about luck: in order to be in that place at that time, sometimes you have to stand in lots of different places (or the same place lots of different times).

Luck doesn’t just happen. It happens to people who go looking for it, and who are ready for it when it comes. You never know when someone you meet, or someone who hears of you, will be the person who opens up the door to your next opportunity. Yes, he was lucky because he understood that luck is all about trying and trying until a person manages to encounter the right solution. In order to be lucky you have to be skilled so that you can take advantage of the opportunity when it comes. Luck is all about encountering opportunities and taking advantage of them. Ask successful people about the secrets of their success, and their probable answers will be like passion, hard work, skill, focus, and having great ideas.

## WORDS AND WORD COMBINATIONS

<b>assumption</b>	[q'sAmpSn]	n. ենթադրություն
<b>interpret</b>	[in'tq:prɪt]	v. մեկնաբանել, բացատրել
<b>mystical</b>	['mistɪkl]	a. առեղծվածային, խորհրդավոր
<b>prescriptive</b>	[pri'skriptɪv]	a. հրահանգչական, կարգադրողական
<b>descriptive</b>	[di'skriptɪv]	a. նկարագրական, պատկերավոր

<b>prescribe</b>	[pri'skraib]	v. 1. նշանակել (ղեղ, բուժում); 2. պատվիրել, կարգադրել, հրահանգել
<b>profitability</b>	["pr0fitq'bilqti]	n. շահավետություն, ձեռնառու լինելը
<b>equity</b>	['ekwqti]	n. արդարամտություն, անաչառություն
<b>random</b>	['rxndqm]	a. պատահական, անկանոն
<b>flip</b>	[flip]	v. մատով խփել, թեթև հարվածել
<b>coin</b>	[k0in]	n. դրամ, մետաղադրամ
<b>monetary</b>	['mAnitqri]	a. դրամական
<b>expense</b>	[ik'spens]	n. ծախս, ծախսում <i>pl.</i> ծախսեր
<b>convert</b>	[kqn'vq:t]	v. փոխել, դարձնել, փոխակերպել
<b>virtually</b>	['vq:tjuqli]	adv. փաստորեն, փաստացի կերպով, իրապես, ըստ էության
<b>coincidence</b>	[kou'insidqns]	1. համընկնում, զուգադիպում; 2. հանգամանքների պատահական զուգադիպություն
<b>ascribe</b>	[q'skraib]	v. վերագրել (որակ, հատկություն)
<b>travail</b>	['trxveil]	n. ծանր աշխատանք
<b>repel</b>	[ri'pel]	v. 1. վանել; 2. հեռու պահել, հետ մղել
<b>solicit</b>	[sq'lisit]	v. 1. միջնորդել, դիմել, խնդրել, թախանձել; 2. պահանջել
<b>volunteer</b>	["v0lqn'tiq]	n. կամավոր
<b>freak</b>	[fri:k]	n. քնահաճույք
<b>resilient</b>	[ri'ziliqnt]	a. ճկուն, առաձգական

## **EXERCISES**

### **1. What’s the Armenian for?**

**pure luck may decide a winning hand**

---

**unpredictable and uncontrollable force**

---

**divine providence and random chance**

---

**take advantage of the opportunity**

---

**without regard to one’s will**

---

**flipping a coin at the start of a sporting event**

---

**will be the person who opens up the door to your next opportunity**

---

### **2. What’s the English for?**

**հաջողությանը հավատացողները**

---

**կենտրոնաճառ անհաջողության վրա**

---

**բացառապես հաջողակ կամ ձախողակ**

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**առանց որևէ մեկի ցանկությանը, կամքին ուշադրություն դարձնելու**

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**տասնամյակ անցկացրեց հետազոտելով**

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**պարզվեց, որ ...**

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դրամական մեծ ծախսերով

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տիեզերքի պատահական շնորհ

---

աստվածային նախախնամություն

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**3. Match the following words with their definitions:**

random, descriptive, risky, repel, decade, lifestyle, daily, worsen, various, skilled

*way of life of a person or group*

---

*trained, experienced*

---

*happening, done, appearing every day  
(or every weekday)*

---

*without reason, aim or purpose*

---

*make, become worse*

---

*serving to describe, fond of describing*

---

*different, of a number of different sorts*

---

*drive back or away; refuse to accept*

---

*full of danger*

---

*period of ten years*

---

**4. a) Find the corresponding nouns from the text:**

lucky

---

solve

---



monetary

assume

participate

risky

mystical

personal

believe

daily

**b) Find the corresponding adjectives from the text:**

value

predict

academy

vary

prescribe

luck

fortune

describe

coincidence

**5. Find the best ending and fill in the boxes below:**

**1. People talk about being in the right place ...**

*a) ... satisfied with their lives, and have better moods.*

**2. Luck refers to that which happens to ...**

*b) ... take advantage of the opportunity when it comes.*

- |  |  |
|--|--|
| <b>3. Luck is "a purposeless, unpredictable and ...</b>  | <i>c) ... a person beyond that person's control.</i>   |
| <b>4. In order to be lucky you have to be skilled so that you can ...</b>                      | <i>d) ... he described as "a meaningful coincidence."</i>  |
| <b>5. People who believe in good luck are more optimistic, more ...</b>                        | <i>e) ... at the right time.</i>   |
| <b>6. Carl Jung viewed luck as synchronicity, which...</b>                                     | <i>f) ... attributing to such explanations of faith or superstition.</i>   |
| <b>7. Cultural views of luck vary from perceiving luck as a matter of random chance to ...</b> | <i>g) ... uncontrollable force that shapes events favorably or unfavorably for an individual, group or cause."</i> |

1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
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**5. Fill in the blanks with prepositions if necessary:**

A four-leaf clover is often considered to bestow good luck.

The four leaf clover is a widely accepted symbol ... good luck ... its origin dating back ... ancient times. The Celtics believed the four leaf clover was a lucky charm which warded off evil. Saint Patrick then used the three-leaf clover, called the Shamrock, to preach ... the "Holy Trinity" ... the Irish. The popularity ... the Irish four-leaf lucky clover spreads and today it is universally accepted as a symbol ... good luck; not only ... the west but also ... the world. ... average, there are 10,000 three leaf clovers ... every instance ... a true four leaf clover. The leaves ... four leaf clovers are said to stand ... Faith, Hope, Love, and Luck. It has been known that whenever one finds the four-leaf clover, "something good always happens".

If one wears a lucky clover, his/her sweetheart will come ... him/her, if he/

she possesses one, no evil can harm him/her, and if he/she dreams ... one he/she will live happily ... the rest ... his/her days.

### **7. Insert articles where necessary:**

Many people believe that they need luck to succeed in ... life. Most people feel very insecure in this ever-changing and uncertain world. They are looking for something to boost their assuredness in their belief, that all will go smooth for them throughout their life. Let us take ... look at 10 good luck charms from around ... world which many people believe in.

#### **1. Horse Shoe**

In many countries, ... horse shoe is believed to draw luck and prosperity towards its owner. However, you cannot buy ... horse shoe for it to bring you ... luck. You can only find it and then it is believed, ... horse shoe would bring you luck.

#### **2. Shamrock or four leafed clover**

This is ... Irish good luck charm. It is believed that ... one, who finds ... four leafed clover, should find great success and luck in life.

#### **3. Three-legged frog**

This is ... Chinese good luck charm. This frog statue should hold ... coin in its mouth and should sit on ... prop, made of coins, in order to grace you with luck.

#### **4. Golden fish**

It is also ... Chinese good luck charm. According to Chinese tradition, ... words ‘fish’ and ‘prosperity’ are synonyms. Hence, ... golden fish symbolizes luck.

#### **5. Ladybug**

This symbol comes from Europe. Frenchmen believed that ... image of ... ladybug protects kids. It was thought to be ... good omen to find ... ladybug.

#### **6. A Wind Ship**

You can buy ... ready made model of ... wind ship. It helps to prosper in your business. If you place some gold on its deck, you increase its magic power.

7. A Chimney Sweep

In many European countries, such as Germany and Austria, ... chimney sweep is held as ... good luck charm that brings prosperity.

8. Your First Earned Dollar

In ... USA, ... first earned dollar is held as a good luck charm which helps you to prosper financially.

9. Money Cat

This is ... Japanese good luck charm that fosters financial prosperity. ... cat has to have one of its claws uplifted, inviting ... money and riches to come over to your house.

10. A Key

Held by ... Italians as ... good luck charm, it opens up ... door of prosperity and well-being for its owner.

**8. Match the following words with ‘Good Luck’ and ‘Bad Luck’:**  
**advantage, failure, fortune, sadness, blessing, triumph, wealth, unsuccessfulness, consecrate, poverty, health, karma, sorrow, victory, trouble, happiness, win, misfortune, glory, stroke/piece of luck, forfeit, loss, illness, ill-starred**

**Good luck**

**Bad luck**

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**9. Translate into English:**

1. Ես չգիտեմ հաջողության հասնելու համար ավելի ուժեղ բնավորության գիծ, քան համառությունը: *(Չոն Ռոկֆելլեր)*

.....  
.....

2. Ստեղծագործ միտքը հաջողության գրավականն է, ինչ էլ որ անեք: *(Դոնալդ Թրամփ)*

.....  
.....

3. Իմ հաջողության գաղտնիքը կայանում է նրանում, որ կարողանում եմ հասկանալ յուրաքանչյուր մարդու տեսակետն ու դրանց նայել իմ տեսանկյունից: *(Հենրի Ֆորդ)*

.....  
.....  
.....

4. Հաջողությունը դա բախտի բան է: Այսպես է ասում յուրաքանչյուր անհաջողակ: *(Ջեյմս Չոն)*

.....  
.....

5. Հաջողության գաղտնիքը հետևյալն է՝ մարդը պետք է պատրաստ լինի ընդունել իր պահը, երբ այն գա:

.....  
.....

6. Անձամբ ես երբեք չէի հասնի հաջողության թույլ և վատ մարդկանց հետ:  
(Ուորրեն Բաֆեթ)

.....

7. Աշխարհին հետաքրքիր է միայն հաջողությունը: (Նասպոլեոն Հիլլ)

.....

8. Երբ Դուք գնում եք դեպի հաջողությունը, ապա այն ավելի է մոտենում:  
Սակայն շատերը հենց այդ մոտ պահին թողնում ու լքում են: Հիշեք, այդ  
վերջին քայլը Ձեր փոխարեն անում են ուրիշները: (Նասպոլեոն Հիլլ)

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9. Աշխարհը պատկանում է լավատեսներին, իսկ վատատեսները  
պարզապես հանդիսատեսներ են:

.....

.....

10. Հաջողությունը վերջնական չէ, պարտությունը ճակատագրական չէ,  
քաջություն ունենալ շարունակելու՝ ահա թե ինչն է իսկականից կարևոր:  
(Ուիլսոն Չերչիլ)

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11. Աշխարհի ամենապերճախոս հոնտորը հաջողությունն է: (Նասպոլեոն  
Բոնապարտ)

.....

12. Հաջողությունը՝ ահա քե ինչն է ստեղծում Մեծ մարդկանց: (*Նասպուլեոն Բոնապարտ*)

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13. Ինչպես կյանքում հասնել հաջողության: Դարձրեք համառությունը ձեր լավագույն ընկեր, փորձը՝ իմաստուն խորհրդական, զգուշությունը՝ ավագ եղբայր, իսկ հույսը՝ հրեշտակ-պահապան: (*Ջոզեֆ Ադդիսոն*)

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14. Իմաստ չունի վարձել խելացի մարդկանց, իսկ հետո ցուցում տալ նրանց, քե ինչ անել: Մենք վարձում ենք խելացի մարդկանց, որպեսզի նրանք ասեն, քե մենք ինչ անենք: (*Սթիվ Ջոքս*)

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15. Նա, ով ուզում է իր աշխատանքի արդյունքը տեսնել անհապաղ, պետք է կոշկակար դառնա: (*Ալբերտ Էյնշտեյն*)

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16. Իրականում հաջողությունն ու փառքը պատկանում են նրան, ում դենքը պատված է փոշով, քրտինքով ու արյունով, ով արիաբար ձգտում է հաղթանակի, ով սխալվում է և նորից ու նորից սկսում զրոյից, որովհետև չեն

լինում ջանքեր առանց մոլորությունների ու սխալների: (Թեոդոր Ռուզվելտ)

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17. Յուրաքանչյուր նախագծում կարևորագույն գործոնը հաջողության հանդեպ հավատն է: Առանց հավատի հաջողությունն անհնարին է: (Ուիլյամ Ջեյմս)

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18. Ես հստակ հավատում եմ հաջողությանը: Եվ նկատել եմ, ինչքան ես շատ եմ աշխատում, այնքան ես ավելի հաջողակ եմ: (Թոմաս Ջեֆֆերսոն)

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19. Նյու Յորքում ես իմացա, որ չկա ավելի լավ դեգոդորանտ, քան հաջողությունը: (Էլիզաբեթ Թեյլոր)

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20. Հաջողության գաղտնիքը նրանում է, որպեսզի հրաժարվես հին, մեռած և անառողջ մտքերից: (Նորման Փիլ)

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21. Հաջողակ տղամարդը նա է, ով վաստակում է ավելին, քան կարող է ծախսել իր կյանը: Հաջողակ կինը նա է, ով կարողացել է գտնել իրեն այդպիսի տղամարդ: *(Լանա Թերներ)*

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22. Ոչինչ այնքան չի ուղեկցում հաջողությանը, որքան հաջողությունը: *(Գյոթե)*

.....

23. Եթե դուք նույնիսկ հավատում եք ճակատագրին, հավատացե՛ք՝ գոնե ի օգուտ ձեզ: *(Ռալֆ Էմերսոն)*

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24. Բախտը կամագուրկ հոգիների արդարացումն է: *(Ռոլան)*

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25. Ճակատագիրը պատահականություն չէ, այլ ընտրության առարկա. նրան չեն սպասում, այլ նվաճում են: *(Բրայան)*

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26. Կյանքի ղեկավարը ճակատագիրն է, այլ ոչ թե իմաստությունը: *(Պուլիլիոս Սիրոս)*

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27. Գնահատե՛ք ձեր հաջողությունը նրանով, թե ինչ եք զոհել դրան հասնելու

համար: (Դալայ Լամա)

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28. Երջանկության բանալին մեր ձեռքում է՝ հոգու ջերմություն և մտքի հանգստություն: (Դալայ Լամա)

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**10. Translate into Armenian:**

1. I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm. (*Franklin D. Roosevelt*)

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2. Diligence is the mother of good luck. (*Benjamin Franklin*)

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3. Nothing is as obnoxious as other people's luck. (*F. Scott Fitzgerald*)

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4. Luck is not chance, it's toil; fortune's expensive smile is earned. (*Emily Dickinson*)

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5. I believe in luck: how else can you explain the success of those you dislike? (*Jean Cocteau*)

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6. The man who has planned badly, if fortune is on his side, may have had a stroke of luck; but his plan was a bad one nonetheless. (*Herodotus*)

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7. “Remember that sometimes not getting what you want is a wonderful stroke of luck.” (*Dalai Lama XIV*)

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8. “Luck is what happens when preparation meets opportunity.” (*Seneca*)

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9. “Luck is the residue of design.” (*John Milton*)

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10. “Learn to recognize good luck when it’s waving at you, hoping to get your attention.”

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11. “When ill luck begins, it does not come in sprinkles, but in showers.” (*Mark Twain*)

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12. In gambling the many must lose in order that the few may win. (*George Bernard Shaw*)

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13. If you must play, decide upon three things at the start: the rules of the game, the stakes, and the quitting time. *(Chinese Proverb)*

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14. The best throw of the dice is to throw them away. *(English Proverb)*

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15. Luck sometimes visits a fool, but it never sits down with him.

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16. Every dog has his day in luck. *(Japanese Proverb)*

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**11. Think over the statement:** *The key to success* in this life is searching eagerly for opportunities, trying and failing until you encounter the right one. Thomas Edison kept trying to invent the lamp 10,000 times before he managed to invent it successfully.

**12. Say "Yes" or "No" to the statement and give examples to prove your point:** "Shallow men believe in luck. Strong men believe in cause and effect." *(Ralph Waldo Emerson)*

## **UNIT 20**

### **BAD LUCK**

#### **Lucky or unlucky?**

In 1911, 23-year-old Violet Jessop was a stewardess on the RMS Olympic, a luxury ship that was the largest civilian liner at that time, until it collided with the old protected cruiser HMS Hawke off the Isle of Wight. A year later, Violet boarded the RMS Titanic, also as a stewardess, until it famously struck an iceberg, broke in two, and sank. She was later ordered into lifeboat 16 and was rescued by the RMS Carpathia. Finally, during the First World War, Violet served again as a stewardess on board His Majesty’s Hospital Ship Britannic. However, that ship apparently struck a mine and quickly sank in the Aegean Sea off the Greek island of Kea with the loss of 30 lives. Violet jumped out of a lifeboat to avoid being sucked into the Britannic’s propellers and was eventually rescued, once again. After the war, Violet continued to work as a stewardess! Many years later, in 1971, she died of heart failure.

And more recently, there’s the bizarre story of English tourists Jason and Jenny Cairns-Lawrence, who were visiting New York City when Al Qaeda hijackers crashed two planes into the World Trade Center on September 11, 2001, and happened to be in London when the city’s public transportation system was attacked by terrorists in July 2005, and traveled to Mumbai, India in November 2008, just in time to witness a third terrorist attack. Newspaper writers took to calling them “the world’s unluckiest couple”.

Is there really such a thing as chronic bad luck, and if so, why do some people seem to be plagued by it?

Psychologists and academic experts in probability and statistics, who’ve studied the phenomenon of bad luck, provide a complicated answer. It is true that in the course of a lifetime, some people have a lot more bad things happen to them than most of us do. But that outcome can be influenced by a variety of factors, including random chance, the actions of other people, and

individuals’ own decision-making skills and competence at performing tasks.

Rami Zwick, a business professor at the University of California-Riverside, points out that the idea of bad luck exists, in part, because most of us don’t have a very good understanding of how the science of probability works.

“There is a difference between individual and aggregate experiences of people in a population,” he explains. If you ask 100 people to flip a coin 100 times, for example, over time, you can expect that the average result for the group will be 50 heads and 50 tails. But within the group, individuals may have more heads than tails, or vice-versa. “If we think of heads as good and tails as bad, a few people will have a sequence of mostly good outcomes, and others will have mostly bad ones”.

### **Why are some people unlucky?**

Does luck have anything to do with success? Do some people achieve success quicker because they are lucky? And why do some people work hard but never succeed? Why do some people find great opportunities that enable them to rise and why do others never get the right chance? It’s as if opportunities show up to certain people and never show up to others.

Henry Ford was a very lucky man, he was among the richest in the USA at his time, his company came up with inventions that changed the world and he was very famous. That’s the part we all know about him. In fact he lost his fortune six times. He faced unlucky periods during his life but because he was persistent enough he managed to rise every time. People don’t usually notice these parts of the story but instead they focus on the final result they are seeing then claim that luck was the cause!

Unsuccessful people look at all the things they cannot do while successful people look at all the things they can do.

There are habits of unsuccessful people which one should avoid: they criticize others, blame others for their failures, secretly hope others fail, exude anger, never set goals, fear changes.

The number 13 is considered an unlucky number in some countries. Fear of the number 13 is recognized as Triskaidekaphobia. The superstitious suf-

ferers of triskaidekaphobia try to avoid bad luck by keeping away from anything numbered or labelled thirteen. As a result, companies and manufacturers use another way of numbering or labeling to avoid the number, with hotels and tall buildings being conspicuous examples (thirteenth floor). It's also considered unlucky to have thirteen guests at a table. Friday the 13th has been considered the unluckiest day of the month. More than 80 percent of high-rises lack a 13th floor. Many airports skip the 13th gate. Airplanes have no 13th aisle. Hospitals and hotels regularly have no room number 13. Italians omit the number 13 from their national lottery. On streets in Florence, Italy, the house between number 12 and 14 is addressed as 12 and a half.

There are a number of theories behind the cause of the association between thirteen and bad luck, but none of them have been accepted as likely.

The Last Supper: At Jesus Christ's last supper, there were thirteen people around the table, counting Christ and the twelve apostles. Some believe this unlucky because one of those thirteen, Judas Iscariot, was the betrayer of Jesus Christ.

Knights Templar: On Friday 13 October 1307, King Philip IV of France ordered the arrest of the Knights Templar, and most of the knights were tortured and killed.

Full moons: A year with 13 full moons instead of 12 posed problems for the monks in charge of the calendars. “This was considered a very unfortunate circumstance, especially by the monks who had charge of the calendar of thirteen months for that year, and it upset the regular arrangement of church festivals. For this reason thirteen came to be considered an unlucky number”. However, a typical century has about 37 years that have 13 full moons, compared to 63 years with 12 full moons, and typically every third or fourth year has 13 full moons.

When public hangings were common, there were thirteen stairs before the noose. Traditionally there were also thirteen loops in a noose.

### **Why would it happen with me?**

Every one of us has had moments of despair, when we have asked our-

selves this very question.

There is no single answer but there is definitely a way to counteract this injustice.

Of course, in order to successfully solve a given problem, it is imperative for us to know exactly what caused it. The causes may be more than one and this is usually the principle that drives unpleasant things to happen - various conditions combine in the worst possible way and the next thing you know, misfortune makes an appearance.

Be aware that failures are often not coincidental, especially when they begin to form a trend. Indeed, sometimes it is possible for the bad concurrence of circumstances to cause failure after failure, but this is a rarity and if you have fallen in such a “bad cycle”, you must simply wait for it to pass. If, however, you consistently feel unsatisfied in your life for extended periods of time, something is not right and you must find out what.

It is said that for a person to be truly happy, 3 things are needed: a beloved, a favored profession and friends. Trivial indeed, but true. Think about this and find out exactly where the problem is. Perhaps you are too ambitious and have a hard time with each defeat? You must stop this way of thinking as soon as possible. Our failures are a very real part of our life (unfortunately, a larger part of it) and this is simply the natural way of things. Think about all the famous people who have achieved great success. Do you think that this is coincidence? Or that it happened right from the first attempt? Of course not.

Failures and disappointments in life show us only that a particular thing cannot be done a certain way. That is all. Gain experience from each loss and continue to aim for the goal which you have set, while simply changing your strategy. Every thing can be accomplished, it is only necessary to find the correct approach and not give up easily.



**WORDS AND WORD COMBINATIONS**

<b>civilian</b>	[si'viljɒn]	a. քաղաքացիական
<b>liner</b>	[ˈlaɪnɪ]	n. մարդատար շոգենավ
<b>collide</b>	[kɒlˈlaɪd]	v. բախվել, ընդհարվել
<b>lifeboat</b>	[ˈlaɪfbɔt]	n. փրկամակույկ, փրկանավակ
<b>apparently</b>	[əˈpɛərɪntli]	adv. ըստ երևույթին, ակնհայտ կերպով
<b>propeller</b>	[prɒˈpelɪ]	n. թիավարող պտուտակ, թիապտուտակ <i>սրտի կաթված</i>
<i>heart failure</i>		
<b>bizarre</b>	[biˈzɑː]	a. տարօրինակ, արտառոց
<b>hijacker</b>	[ˈhaɪˈdʒækɪ]	n. օդահեռ
<b>crash</b>	[kræʃ]	n. վթար, խորտակում
<b>plague</b>	[pleɪɡ]	n. դժբախտություն, պատուհաս, ժանտախտ v. (մեկի գլխին) աղետներ բախել
<b>random</b>	[ˈrændəm]	a. պատահական
<b>competence</b>	[ˈkɒmpɪtəns]	n. 1. ունակություն, կարողություն; 2. իրավասություն, լիազորություն
<i>point out</i>		<i>մատնանշել, ցույց տալ, ուշադրություն հրավիրել</i>
<b>probability</b>	[ˈprɒbəˈbɪlɪti]	n. հավանականություն
<b>aggregate</b>	[ˈæɡrɪɡɪt]	a. միացյալ, ընդհանուր
<b>flip</b>	[flɪp]	v. մատով խփել, թեթև հարվածել
<i>head and tail</i>		<i>արծիվ ու գիր</i>
<b>vice-versa</b>	[ˈvaɪsɪˈvɜːsq]	adv. հակադարձորեն, (և) հակառակը
<i>show up</i>		<i>պարզորոշ երևալ, հայտնվել</i>
<i>come up with</i>		<i>հասնել</i>
<b>persistent</b>	[pɜːˈsɪstənt]	a. համառ, դիմացկուն

<b>exude</b>	[ig'zju:d]	վ. (որևէ հատկանիշի) մարմնացում լինել, արտադր(վ)ել, ծորել, հոսել
<b>superstitious</b>	['sju:pq'stiʃqs]	ա. սնահավատ, սնոտիապաշտ
<b>label</b>	[leibl]	վ. պիտակ փակցնել
<b>manufacturer</b>	['mɒnju'fɛkCqrq]	ն. արտադրող, պատրաստող, գործարանատեր, ֆաբրիկանտ
<b>conspicuous</b>	[kqn'spikjuqs]	ա. 1. ցայտուն, ուշագրավ; 2. նշանավոր
<b>omit</b>	[0'mit]	վ. բաց թողնել
<b>skip</b>	[skip]	վ. բաց թողնել, թռչել-անցնել
<b>aisle</b>	[ail]	ն. միջանցք (շարքերի միջև)
<b>apostle</b>	[q'p0sl]	ն. առաքյալ
<b>betray</b>	[bi'treiq]	ն. մատնիչ, դավաճան
<b>knight</b>	[nait]	ն. ասպետ
<b>templar</b>	['templq]	ն. տաճարական
<b>torture</b>	['t0:Cq]	վ. տանջել, կտտանքների ենթարկել
<b>monk</b>	[mANK]	ն. վանական, կուսակրոն
<b>noose</b>	[nu:s]	ն. օղակ, օղապարան
<b>loop</b>	[lu:p]	ն. հանգույց
<b>counteract</b>	['kauntq'rɛkt]	վ. 1. հակադրել; 2. չեզոքացնել
<b>imperative</b>	[im'perqtiv]	ա. անհետաձգելի, հրատապ
<b>misfortune</b>	[mis'f0:Cn]	ն. դժբախտություն, ձախողություն
<b>coincidental</b>	[kou'insi'dent(q)l]	ա. համընկնող, զուգադիպող
<b>trend</b>	[trend]	ն. ընդհանուր ուղղություն, տենդենց
<b>concurrence</b>	[kqn'kArqns]	ն. զուգադիպում (հանգամանքների)

<b>rarity</b>	[ˈrɛqriti]	n. 1. հազվադեպություն; 2. հազվադեպ՝ բացառիկ՝ արտակարգ երևույթ
<b>cycle</b>	[saɪkl]	n. ցիկլ, շրջան, բոլորապտույտ
<b>trivial</b>	[ˈtrɪviəl]	a. 1. առօրյա, սովորական; 2. աննշան, անկարևոր
<b>defeat</b>	[diˈfi:t]	n. պարտություն, ձախողում, խորտակում
<b>coincidence</b>	[kouˈɪnsɪdɒns]	n. 1. համընկնում, համապատասխանում; 2. հանգամանքների պատահական զուգադիպություն

## EXERCISES

### 1. What’s the Armenian for?

bad concurrence of circumstances

when public hangings were common

most of the knights were tortured and killed

points out that the idea of bad luck exists

secretly hope others fail

his company came up with inventions that changed the world

the largest civilian liner at that time

a way to counteract this injustice

---

**he was persistent enough that he managed to rise every time**

---

**to lose one's fortune**

---

## **2. What's the English for?**

**հուսահատության պահեր**

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**անհաջողակ մարդկանց սովորույթները**

---

**անհատի սեփական որոշում կայացնելու հմտություն**

---

**աշխարհի ամենաանհաջողակ զույգը**

---

**ձախողում ձախողումից հետո**

---

**մեղադրել մյուսներին իրենց ձախողումների մեջ**

---

**ի վերջո փրկվեց**

---

**սնահավատ տուժողները**

---

**հեշտությամբ չհանձնվել**

---

**մեծ հաջողություն ձեռք բերել**

---

## **3. Match the following words with their definitions:**

**apostle, lucky, torture, loop, bizarre, civilian, trivial, betrayer, skip, monk**

*part of a length of string, wire, ribbon, metal,  
etc in such a shape, e.g. as a knot, fastening or  
handle*

---

	<i>person who betrays</i>
	<i>1. jump lightly and quickly; 2. go from one place to another quickly</i>
	<i>1. one of the twelve men chosen by Jesus to spread His teaching;</i> <i>2. leader or teacher of a new faith or movement (person)not serving with the armed forces</i>
	<i>cause severe suffering to</i>
	<i>1. of small value or importance; 2. ordinary</i>
	<i>member of a community of men living together under religious vows in monastery</i>
	<i>very odd to look at, to have occurred, etc</i>
	<i>having, bringing, resulting from, good luck</i>

**4. a) Find the corresponding nouns from the text:**

**betray**

**probable**

**competent**

**luxurious**

**disappointed**

**fail**

**various**

**apostolic**

**rare**

**associate**

**b) Find the corresponding adjectives from the text:**

**superstition**

**coincidence**

**persistence**

**aggregation**

**extend**

**academy**

**ambition**

**love**

**accomplish**

**5. Are these statements true or false? Correct the false ones.**

1. After the war, Violet continued to work as a nurse.
2. Italians omit the number 13 from their national lottery.
3. Henry Ford wasn't a very lucky man, he was among the richest in the USA at his time.
4. If you ask 100 people to flip a coin 100 times, for example, over time, you can expect that the average result for the group will be 70 heads and 30 tails.
5. Unsuccessful people look at all the things they cannot do while successful people look at all the things they can do.
6. Our failures are a very real part of our life and this is simply the natural way of things.
7. Failures and disappointments in life don't show us that a particular thing can be done a certain way.
8. When public hangings were common, there were fifteen stairs before the noose.
9. The superstitious sufferers of triskaidekaphobia try to avoid bad luck by keeping away from anything numbered or labelled thirteen.

10. If, however, you consistently feel satisfied in your life for extended periods of time, something is not right and you must find out what.

**6. Find the best ending and fill in the boxes below:**

- |  |   |
|--|---|
| <b>1. Failures and disappointments in life show us only that a particular thing...</b> | <i>a) ... certain people and never show up to others.</i>         |
| <b>2. Friday the 13th has been considered the ...</b>                                  | <i>b) ... the table, counting Christ and the twelve apostles.</i> |
| <b>3. It's as if opportunities show up to ...</b>                                      | <i>c) ... begin to form a trend.</i>                              |
| <b>4. At Jesus Christ's last supper, there were thirteen people around ...</b>         | <i>d) ... cannot be done a certain way.</i>                       |
| <b>5. Be aware that failures are often not coincidental, especially when they ...</b>  | <i>e) ... an unlucky number in some countries.</i>                |
| <b>6. In order to successfully solve a given problem, it is ...</b>                    | <i>f) ... unluckiest day of the month.</i>                        |
| <b>7. The number 13 is considered ...</b>  | <i>g) ... imperative for us to know exactly what caused it.</i>   |

1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
----------	----------	----------	----------	----------	----------	----------

**7. Fill in the blanks with the words given in brackets:**  
*(dead, bullet, explosion, relationship, crazy, dodged, incredibly)*

**The Haunted Bullet**

In terms of being unlucky, it's hard to top Henry Zeigland – the man who thought he'd ... fate. But perhaps it was all just poetic justice.

It all started in 1883, when he broke off a ... with his girlfriend, who then killed herself from the distress. Her brother went so ... that he vowed to kill Ziegland no matter what. He hunted him down and shot him. Believing him ... , the brother then turned the gun on himself and ended his own life.

But Ziegland wasn't dead. The bullet had only grazed his face and then lodged in a large tree behind him. He thought himself an ... lucky man.

But the story didn't end there. Years later, Ziegland decided to cut down the tree, which still had the ... lodged in it. The task seemed so tough that he decided to blow it up with a few sticks of dynamite.

The ... sent the bullet out straight into Ziegland's head, killing him instantly. Now that's freaky – or incredibly unlucky.

## **8. Insert articles where necessary:**

### ***Elizabeth Taylor***

Elizabeth Taylor might easily have been aboard her husband Mike Todd's plane during its fatal 1958 flight. Fortunately for her, Taylor had ... cold and was running ... 102degree (41°C) fever and Todd insisted she stay home, *Life* magazine reported. ... two had been married for ... year—Todd was her third husband—at ... time of his death, and he had named ... doomed twin-engine plane in her honor, with “The Liz” painted prominently on its sides.

### ***Admiral Richard E. Byrd***

In August 1921, Richard Byrd was scheduled to join ... crew of ... new, 695-foot-long Navy dirigible known as ... ZR-2, departing from Howden, England, on ... trial flight. But Byrd, later to gain fame as ... aviator and ... first explorer to fly over ... South Pole, missed his train ... day before and was late arriving at ... airfield. As ... result, he was crossed off ... crew list. Byrd did, however, have ... chance to inspect ... huge airship and watch it lift off ... next morning. “How magnificent she looked, ... rosy light of sunrise tinting her bright sides ... series of soft violet and lavender tints,” he recalled in his 1928 memoir, *Skyward*. “Officers and observers aboard, lines cast off, she rose slowly and with dignity befitting so huge ... craft, sailed away into ... cloudless sky”. ... day later, back in London, he learned that ... ZR-2 had broken in half, exploded in midair, and crashed into ... Humber River near Hull. ... total of 44 American and British crew members died.



Byrd would live on to have other adventures, including six pioneering expeditions to ... Antarctic. He died in 1957 at age 68, at home in bed.

## **9. Render in English:**

Հաջողության ճանապարհին ամենամեծ խոչընդոտ կարող է դառնալ սեփական ուժերի հանդեպ անվստահությունը, համոզվածությունը, որ երբեք չես կարողանա հաջողության հասնել: Այս սահմանափակումները մարդն ինքն է դնում իր առջև: Այդ պատճառով դրանք հաղթահարելու համար առաջին հերթին պետք է վերլուծել ինքն իրեն, իսկ ներքին սահմանափակումների պատճառները կարող են մի քանիսը լինել. անինքնավստահությունը, վաղաժամ հիասթափությունը, աջակցության պակասը, շրջապատի կողմից փոփոխություններին դեմ լինելը:

Պարզեք, թե ինչն է Ձեզ խանգարում հաջողակ դառնալ: Անվստահության գգացումը պետք է հաղթահարել՝ հիշելով, որ յուրաքանչյուրն ինքն է իր երջանկության, և համապատասխանաբար, բարեկեցության դարբինը:

Նախ փորձեք հասկանալ, թե ինչը Ձեզ մոտ լավ չի ստացվում կամ ինչով զբաղվել ընդհանրապես չեք սիրում: Ձեր աշխատանքը պետք է հաճույք պատճառի Ձեզ: Պարզեք նաև, թե որոնք են Ձեր դրական հատկանիշները: Երբեմն վերջիններս գտնելն ավելի բարդ է, քան բացասականը:

Սեփական ուժը՝ որպես քայլ դեպի հաջողություն

Դուք պետք է պարզեք, թե ինչը Ձեզ լրացուցիչ առավելություններ կտա շրջապատողների աչքերում: Հնարավոր է, որ դա հագուստի ոճն է կամ յուրահատուկ պահելաձևը, որոնց շնորհիվ Դուք տարբերվում եք մյուս մարդկանցից: Ամենից հաճախ մարդուն դատում են ըստ իր արտաքինի: Գեղեցիկ մարդկանց ավելի հեշտ է հաջողակ դառնալ, նրանց ինքնաբերաբար վերագրում են բնավորության դրական գծեր, որոնք իրականում գուցե և գոյություն չունեն: Մի՛ վախեցեք վառ լինելուց, մոխրագույն ամբոխի մեջ առանձնանալուց:

Մի՛ մոռացեք մտերիմ մարդկանց հետ Ձեր հարաբերությունների մասին: Ընտանիքը պետք է լինի այն վայրը, որտեղ կարելի է էներգիա կուտակել աշխատավայրում ակտիվ գործունեության համար: Այդ պատճառով անձնական կյանքի դասավորումը չի կարելի թողնել հետագայի վրա: Գտեք ընկերներ կամ գոնե մարդկանց, ում վրա կարող եք հույս դնել դժվար պա-

հին: Մի՛ ամաչեք պատասխանատվության և գործերի մի մասը փոխանցել մյուս կատարողներին: Դրանում կայանում է հաջողության կեսը, իսկ եթե Դուք չունեք այնպիսի մարդիկ, ում կարող եք անվանել ընկեր կամ համախոհ, մտածե՛ք. գուցե խնդիրը Ձե՞ր մեջ է: Աշխատեք լինել հուսալի և հավատարիմ մարդ, որպեսզի մարդիկ սկսեն Ձեզ վստահել:

Ժպիտը՝ որպես հաջողության գրավական

Եվ վերջապես՝ մի՛ մոռացեք հումորի զգացման մասին և հաճախ ժպտացեք: Հիշեք, թե որքան հեշտ է շփվել մի մարդու հետ, ում հատուկ են այս որակները: Հումորի դերն անգնահատելի է նաև կոնֆլիկտային իրավիճակներում: Ժամանակին և հաջող արված կատակը կօգնի լիցքաթափվել, կողմերին թույլ կտա հանգստանալ և համաձայնության գալ, իսկ հումորի զգացման բացակայությունն, ընդհակառակը, հաճախ բերում է բախման՝ ցանկացած ամենաչնչին առիթով:

## **10. Translate into English:**

1. Չկան անհաջողակներ, պարզապես կան մարդիկ, ովքեր շուտ են հանձնվում:

.....

2. Բարոյական կայունությունը հաջողությունների ժամանակ ավելի կարևոր է, քան ձախողությունների: (*Ֆրանսուա դը Լառոշֆուկո*)

.....

.....

3. Քանի դեռ մեր բախտը բերում է, մենք դա վերագրում ենք մեր մտքին, իսկ մեր անհաջողությունների համար մեղադրում ենք աստվածներին: (*Հենրի Շոու*)

.....

.....

4. Մարդը լոկ այն ժամանակ է ինչ-որ բանի հասնում, երբ հավատում է իր ուժերին: (Լյուդվիգ Ֆոյերբախ)

.....  
.....

5. Երջանկությունից մարդիկ ավելի են հիմարանում, քան՝ դժբախտությունից: (Մարտին Լյութեր)

.....  
.....

6. Մեծ բախտավորություն է դժբախտություն չիմանալը: (Շեֆեր)

.....

7. Կյանքը քիչ բան կարող է սովորեցնել նրան, ով չի սովորել տառապանքների տանել: (Գրաֆ)

.....  
.....

8. Վատ են ապրում նրանք, ովքեր ողջ կյանքում ապրել են պատրաստվում: (Պուրլիխոս Սիրոս)

.....  
.....

9. Վճռական ուժերը՝ բախտն ու մահը, հազվադեպ են մարդուն մոտենում առանց նախազգուշացման: (Սյրեֆան Յվայզ)

.....  
.....

10. Երբ մարդիկ փախչում են անհաջողությունից, այդ ժամանակ նրանք փախչում են նաև հաջողությունից: *(Ռոբերտ Կիլոսակի)*

.....

.....

11. Երբեք, երբեք, երբեք, երբեք չհանձնվեք: *(Ուինսթոն Չերչիլ)*

.....

.....

12. Բախտը նման է անիրավ պսակողի. անարժանին պսակում է շատ անգամ, արժանիին լքում է: *(Սոկրատես)*

.....

.....

13. Մեղավորը օրենքից է վախենում, անմեղը՝ ճակատագրից: *(Պուլիլիոս Սիրոս)*

.....

.....

14. Քո անբախտությունը թաքցրու, որ թշնամիների չուրախանան: *(Պլուտարքոս)*

.....

.....

15. Ոչ-մի հաղթող չի հավատում պատահականությանը: *(Ֆրիդրիխ Նիցշե)*

.....

16. Հաղթողին ոչ-ոք չի հարցնի՝ ճիշտ է նա արդյոք ասում, թե ոչ: *(Ադուլֆ Հիլդեր)*

.....  
.....

17. Առավել կարևորը մարդու բախտը չէ, այլ այն, թե ինչպես է ինքն ընկալում այն: *(Վիլհելմ Հումբոլդտ)*

.....  
.....

18. Մարդը միայն իր պատկերացումների մեջ է ամենադժբախտը և ամենաբախտավորը: *(Ֆրանսուա դը ԼառոշՖուկո)*

.....  
.....

19. Կյանքում հաջողություն ունենալու համար մարդկանց հետ վարվել կարողանալը շատ ավելի կարևոր է տաղանդ ունենալուց: *(Ջ. Լեքքոկ)*

.....  
.....  
.....

20. Ավելի լավ է մի կաթիլ բախտ ունենալ, քան իմաստությամբ լի տակառ: *(Դիոգենես)*

.....  
.....

21. Բախտը միշտ խելացի մարդկանց կողմն է: *(Էվրիստիդես)*

.....

22. Իմաստունն ինքն է արարում իր բախտը: (*Պլավիրիոս*)

.....

23. Մարդու բախտն ավելի հաճախ նրա բնավորության մեջ է: (*Կոռնելիոս Նեպոս*)

.....

.....

24. Բախտը թույլին հարվածում է, ուժեղին՝ սատարում: (*Լոռուկ*)

.....

### **11. Translate into Armenian:**

1. When ill luck begins, it does not come in sprinkles, but in showers.  
(*Mark Twain*)

.....

.....

2. Bad luck makes good stories. (*Bernard Evslin*)

.....

3. If something bad happened, just do these 3 things. First, inhale; second, exhale and third, accept that it happened. (*Kenneth de Guzman*)

.....

.....

4. You never know what worse luck your bad luck has saved you from.  
(*Cormac McCarthy*)

.....

5. There is no thing known as bad luck. There is luck, or no luck at all. (*Jeffrey Fry*)

.....

.....

6. Bad luck is when opportunity is in parallel lines with your preparation and action. (*Nabil Basma*)

.....

.....

7. He that is afraid of bad luck will never know good. (*Russian proverb*)

.....

8. It is bad luck to fall out of a thirteenth story window on Friday. (*American proverb*)

.....

9. Too much luck is bad luck. (*German proverb*)

.....

**12. Think over the statement and express your attitude to it:** Fortune gives too much to many, enough to none. (*Marcus Valerius Martialis*)

## **UNIT 21**

### **LIE**

A lie is a statement, believed by the liar to be false, made to another person with the intention that the person be deceived. People lie of several reasons - to avoid conflict; to hide something they did or did not do, because they are afraid of rejection or losing their spouse; to make themselves appear more successful, good, or talented than they really are.

Our attitudes to lying are confused and contradictory. We hate lies, and liars. If lying is wrong, why do we all do it - both to others, and to ourselves? When is lying morally justified, when not? How can one know? No one wants to be harmed by a lie. Not being of that opinion we easily say: “No, that doesn’t make you look fat”. In another case in spite of being hungry we refuse to take the pie by saying: “Thank you, I’m not hungry”. Politicians say they won’t raise taxes, and then they do. A doctor assures his terminally ill patient that there is still hope, when there isn’t. So why do people lie? Can these kind of lies be justified? During World War II, Henry Beecher was a doctor tending soldiers on the battlefield. When he ran low on morphine, he began injecting some of the badly wounded with a “painkiller” that was nothing more than a saline injection. The placebo proved almost as effective as morphine.

The word “lie” is so broad that it’s hard to imagine that any test could detect all forms of deceit: small, polite lies; big, brazen, self-aggrandizing lies; lies to protect or enchant our children; lies that we don’t really acknowledge to ourselves as lies.

Here are some types of lies:

**Bluffing:** To bluff is to pretend to have a capability or intention one does not actually possess. Bluffing is an act of deception that is rarely seen as immoral when it takes place in the context of a game, such as poker, where this kind of deception is consented to in advance by the players. For instance, a gambler who deceives other players into thinking he has different cards



to those he really holds. In these situations, deception is acceptable and is commonly expected as a tactic.

**Emergency lie:** An emergency lie is a strategic lie told when the truth may not be told because, for example, harm to a third party would result. For example, a friend may lie to an angry husband about the whereabouts of his wife, who he believes has been unfaithful, because said husband might reasonably be expected to inflict physical injury should he encounter his wife in person.

**Lie-to-children:** A lie-to-children is a lie which is told to make an adult subject acceptable to children. Common examples include "The stork brought you" (in reference to childbirth) and the existence of Santa Claus, the Tooth Fairy or the Easter Bunny.

**Lying in trade:** The seller of a product or service may advertise untrue facts about the product or service in order to gain sales, especially by competitive advantage. Many countries and states have enacted consumer protection laws intended to combat such fraud.

**Polite lie:** A polite lie is a lie that a politeness standard requires, and which is usually known to be untrue by both parties. Whether such lies are acceptable is heavily dependent on culture. A common polite lie in international etiquette is to decline invitations because of "scheduling difficulties".

**White lie:** A white lie is a lie that is told in order to be polite or not to upset someone by the truth. White lies are minor lies which could be considered to be harmless, or even beneficial. A common version of a white lie is to tell only part of the truth, therefore not be suspected of lying, yet also conceal something else, to avoid awkward questions. White lies are also often used to shield someone from a hurtful or emotionally damaging truth, especially when not knowing the truth is completely harmless.

Aristotle believed no general rule on lying was possible, because anybody who advocated lying could never be believed. The philosophers St. Augustine, as well as St. Thomas Aquinas and Immanuel Kant, condemned all lying.

According to Kant, lying is doubly wrong. It corrupts the moral capacity of

human and prevents others to act rationally and freely, i.e. lie undermines the dignity of others. Thomas Aquinas also had an argument for lying. According to all three, there are no circumstances in which one may ethically lie. Even if the *only* way to protect oneself is to lie, it is never ethically permissible to lie even in the face of murder, torture, or any other hardship. Each of these philosophers gave several arguments against lying, all compatible with each other.

In 1960s, renowned psychologist Paul Ekman began decoding the language of facial expressions. He organized them into a syntax of language which he termed “action units” – the set of all distinct muscular movements that the face could make. This totaled to only 46 individual movements, but in combination with each other, the face is capable of producing over 7000 unique expressions!

Dr. Paul Ekman and Dr. Maureen O’Sullivan spent several decades studying people’s ability to spot deception in a study called “the Wizards Project”. They studied police officers, psychologists, judges, lawyers, the CIA, FBI and the Secret Service. After studying nearly 20,000 people, they identified just over 50 people who can spot deception with great accuracy. The FBI and CIA use Ekman’s methods to determine any deception from suspects during interrogations. This is due to the fact that some of the muscles involved in expressions are not under conscious control.

This is clearly the case when we feel strong emotions, but wish to suppress or hide them. Those expressions of emotion appear on our faces, even if only for a fraction of a second. It probably explains our intuitive feelings that someone is being dishonest, because subconsciously we’re picking up on these expressions. These almost imperceptible looks are what’s called “micro-expressions”. When people lie, they try to hide the fact through altering their voluntary facial expressions (macro expressions) and body language to appear in harmony with their words. Because of this, the face will hold accurate as well as misleading information. Unfortunately, most people respond to the macro expressions and become deceived. However, a few keen observ-

ers can detect these micro expressions as well as other imperfections in the macro displays, and are correctly informed. According to Ekman, deception will most always show up in the face as an inconsistency between the micro and macro expressions. Even though most people are not attuned to the recognition of micro expressions, most can learn to become sensitive to them.

### **Detection**

Some people may be better “lie detectors” than others, better able to distinguish a lie by facial expression, cadence of speech, certain movements, and other methods. According to David J. Lieberman, PhD some methods of questioning may be more likely to elicit the truth, for instance: “When was the last time you smoked marijuana?” is more likely to get a truthful answer than “Do you smoke pot?” Asking the question most likely to get the information you want is a skill and can be learned. Avoiding vague questioning will help avoid lies of omission or vagueness.

The question of whether lies can reliably be detected through nonverbal means is a subject of some controversy.

A lie detector (also specialized polygraph) is a piece of equipment used to try to discover if someone is telling lies. It measures the physiological stress a subject endures in a number of measures while he/she gives statements or answers questions. Spikes in stress are purported to indicate lying. The accuracy of this method is widely disputed, and in several well-known cases it was proven to have been deceived. Nonetheless, it remains in use in many areas. Polygraph results are not admissible as court evidence and are generally perceived to be pseudoscience.

A recent study found that lying takes longer than telling the truth, and thus the time to answer a question may be used as a method of lie detection. However, it has also been shown that instant-answers can be proof of a prepared lie. The only compromise is to try to surprise the victim and find a midway answer, not too quick, nor too long.

### **Possible signs of lying are:**

Touching chin, or rubbing their brows, crossed arms or legs, playing with

hair, saying “no” several times, body language and facial expressions don’t match what is being said such as saying “no” but nodding head up and down, continual denying of accusations, being extremely defensive, providing with more information and specifics than is necessary or was asked for, unusual voice fluctuations, word choice, sentence structure differing behaviors- not acting in a usual fashion.

But one should remember that most of these signs can be easily misread and misinterpreted.

### WORDS AND WORD COMBINATIONS

<b>deceive</b>	[di’si:v]	v. խաբել, մոլորության մեջ գցել
<b>rejection</b>	[ri’GekSn]	n. մերժում, չընդունելը
<b>confused</b>	[kqn’fju:zd]	a. 1. խճճված; 2. մոլորված
<b>contradictory</b>	[ˈk0ntrq’diktqri]	a. հակասական, անհամատեղելի
<b>assure</b>	[q’Suq]	v. հավաստիացնել, համոզել
<b>terminally ill patient</b>		<i>անբուժելի հիվանդ</i>
<b>tend</b>	[tend]	v. խնամել, հոգ տանել
<b>battle-field</b>	[ˈbxtlfi:ld]	n. մարտադաշտ
<b>saline</b>	[ˈseilain]	a. աղային n. ֆիզլուծույթ
<b>injection</b>	[in’GekSn]	n. ներարկում, սրսկում
<b>placebo</b>	[plq’si:bou]	n. անվնաս դեղ, որ նշանակում են որպես հանգստացնող
<i>/pl. placibos=placiboēs/</i>		
<b>deceit</b>	[di’si:t]	n. խաբեություն, սուտ
<b>brazen</b>	[breizn]	a. անամոթ, լկտի
<b>self-aggrandizing</b>	[self ˈxgrqnda-iziN]	a. իր աճը բարձրացնող; ծաղկեցնող
<b>enchant</b>	[in’Ca:nt]	v. դյուբել, հմայել, կախարդել

<b>bluff</b>	[blAf]	n. խաբեություն, բլեֆ
<b>deception</b>	[di'sepSn]	n. 1. խաբեբայություն; 2. խորամանկություն; 3. պատրանք
<b>gambler</b>	[gʌmblq]	n. խաղամոլ
<b>inflict</b>	[in'flikt]	v. պատճառել (ցավ, վիշտ)
<b>encounter</b>	[in'kauntq]	v. հանդիպել
<b>stork</b>	[st0:k]	n. արագիլ
<b>fraud</b>	[fr0:d]	n. խաբեբայություն, խարդախություն
<b>etiquette</b>	['eti'ket]	n. էթիկետ, վարվելակարգ
<b>decline</b>	[di'klain]	v. մերժել, հրաժարվել
<b>conceal</b>	[kqn'si:l]	v. թաքցնել
<b>advocate</b>	['xdivkeit]	v. պաշտպանել, պաշտպան կանգնել
<b>condemn</b>	[kqn'dem]	v. դատապարտել
<b>corrupt</b>	[kq'rApt]	v. փչացնել, ալյասեր(վ)ել
<b>rationaly</b>	['rʌSnqli]	adv. խելացիորեն, բանականորեն
<b>dignity</b>	['digniti]	n. արժանապատվություն
<b>permissible</b>	[pq'misqbl]	a. թույլատրելի
<b>torture</b>	['t0:Cq]	n. կտտանք, տանջանք
<b>hardship</b>	['ha:dSip]	n. 1. գրկանք, կարիք; 2. նեղություն, դժվարություն
<b>compatible</b>	[kqm'pʌtqbl]	a. համատեղելի, համաձայնեցվելի
<b>decode</b>	['di:'koud]	v. վերծանել, ծածկագրերը կարդալ
<b>syntax</b>	['sintʌks]	n. շարահյուսություն
<b>muscular</b>	['mʌskjulq]	a. մկանային

<b>interrogation</b>	[in <sup>"</sup> terq <sup>´</sup> geiSn]	n. հարցաքննում, հարցաքննություն
<b>suppress</b>	[sq <sup>´</sup> pres]	v. զսպել (զգացմունքները), ճնշել
<b>fraction</b>	[ <sup>´</sup> frɤkSn]	n. մաս, բաժին
<b>imperceptible</b>	[ <sup>"</sup> impq <sup>´</sup> septqbl]	a. աննկատելի, աննշմարելի, աննշան
<b>alter</b>	[ <sup>"</sup> 0:ltq]	v. փոխել
<b>mislead</b>	[mis <sup>´</sup> li:d]	v. 1. սխալ առաջնորդել; 2. մոլորեցնել
<b>/misled-misled/ inconsistency</b>	[ <sup>"</sup> inkqn <sup>´</sup> sistqnsi]	n. անհամապատասխանություն
<b>not attuned to do sth</b>		<i>անկարող (ինչ-որ բան անելու)</i>
<b>cadence</b>	[ <sup>´</sup> keidqns]	n. 1. ինտոնացիա; 2. ռիթմ, տակտ
<b>elicit</b>	[i <sup>´</sup> lisit]	v. դուրս հանել, դուրս քաշել
<b>omission</b>	[0 <sup>´</sup> miSqñ]	n. բաց թողում, անփութություն
<b>vague</b>	[veig]	a. անհստակ, ոչ հստակ, աղոտ, անորոշ
<b>vagueness</b>	[ <sup>´</sup> veignis]	n. անորոշություն
<b>nonverbal</b>	[ <sup>"</sup> nAn <sup>´</sup> vq:bl]	a. ոչ բառային, ոչ խոսքային
<b>admissible</b>	[qd <sup>´</sup> misqbl]	adv. թույլատրելի, ընդունելի
<b>spikes in stress</b>		<i>անսպասելի բարձր շեշտադրում</i>
<b>purport</b>	[ <sup>´</sup> pq:pqt]	v. 1. վկայել; 2. նշանակել, իմաստ ունենալ
<b>dispute</b>	[di <sup>´</sup> spju:t]= [ <sup>´</sup> dispju:t]	v. վիճարկել, կասկածի ենթարկել
<b>pseudoscience</b>	[ <sup>"</sup> sju:dou <sup>´</sup> saiqns]	n. կեղծ գիտություն, շինծու գիտություն
<b>compromise</b>	[ <sup>´</sup> k0mprq <sup>"</sup> maiz]	v. փոխզիջում անել
<b>midway</b>	[ <sup>´</sup> mid <sup>´</sup> wei]	adv. կես ճանապարհին
<b>nod</b>	[n0d]	v. գլխով անելով հավանություն տալ

<b>accusation</b>	["xkju:'zeiSn]	ն. մեղադրանք
<b>defensive</b>	[di'fensiv]	ա. պաշտպանողական
<b>fluctuation</b>	["flAktju'eiSn]	ն. անվճռականություն, անկայունություն, փոփոխություն, տատանում
<b>misinterpret</b>	["misin'tq:prit]	վ. սխալ մեկնաբանել, սխալ բացատրել

## EXERCISES

### 1. What's the Armenian for?

**continual denying of accusations**

to run low on sth

almost as effective as morphine

to make an adult subject acceptable to children

a strategic lie

to decline invitations because of “scheduling difficulties”

to inflict physical injury

a hurtful or emotionally damaging truth

being extremely defensive

wish to suppress or hide feelings

## 2. What’s the English for?

դեմքի արտահայտությունները չեն համապատասխանում

ձայնի ոչ սովորական/ արտառոց անկայունություն

խուսափել ոչ հստակ հարցադրումից

երեխաներին պաշտպանելու կամ հմայելու ստեր

միտված կռվելու նման խաբեության դեմ

ճշմարտացի պատասխան

անհարմար հարցերից խուսափելու համար

հեշտությամբ կարող են սխալ մեկնաբանվել

ընդունելի չեն դատարանում որպես վկայություն

սպառողի պաշտպանության օրենքներ

## 3. Match the following words with their definitions:

**gambler, deceive, vague, suppress, dispute, condemn, decline, interrogation**

*put an end to the activity or existence of*

*say that a person is, or has done wrong or that sth is wrong or unfit for use*

*cause a person to believe sth that is true, play a trick on, mislead (on purpose)*



---

*debate, quarrel*

---

*asking questions, oral examination, inquiry*

---

*a person who plays games of chance for money*

---

*not clear or distinct*

---

*say "no"(to), refuse (sth offered)*

---

**4. a) Find the corresponding nouns from the text:**

**capable**

**deceive**

**true**

**inject**

**accurate**

**behave**

**serve**

**exist**

**protect**

**polite**

**recognize**

**b) Find the corresponding adjectives from the text:**

**strategy**

**mislead**

**truth**

**continue**

---

**defense**

---

**effect**

---

**instance**

---

**vagueness**

---

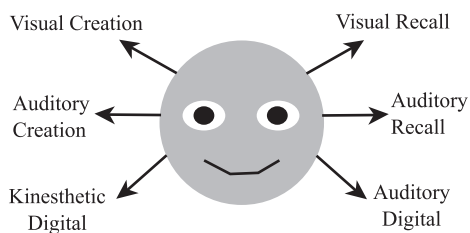
## 5. Choose the suitable word:

### Eye-Accessing Cues

In the field of Neuro-Linguistic Programming the ... of eye-accessing cues is used to help recognize patterns of thinking. (*phenomena / phenomenon*)

By the direction of where the person's eyes are looking, one can determine whether he/she is using ... , sound or kinesthetic (feeling) to trigger his/her thinking. (*vision/ sight*)

If this represents a person ... you then when he/she looks up and to the left (your upper right) he/she'll be accessing a visual memory. (*facing/ looking*)



Up and to the right (again, your upper left) means that he/she's visually constructing (imagining) something.

To your right, he/she's remembering a sound, to your left he/she's ... a sound. (*making/ creating*)

Down right, the person is accessing a ... feeling or emotion. (*bodily/spiritually*)

Down left (your down right), he/she's accessing ... dialog (talking to himself/herself). (*inner/ outer*)

If, for example, you were asking your children where they got the candybar, and they look to their 'constructing' side, then you can be sure they're fabricating the ... (*history/ story*)

Keep in mind that this is reversed for left-dominant people (left handers). So before you can use this, be aware of which of their sides is the dominant one.

**6. Find the best ending and fill in the boxes below:**

- |  |  |
|--|--|
| <b>1. A lie-to-children is a lie which is told ...</b>                     | <i>a) ... began decoding the language of facial expressions.</i>                 |
| <b>2. A common polite lie in international etiquette is to decline ...</b> | <i>b) ... lies of omission or vagueness.</i>                                     |
| <b>3. In 1960s, renowned psychologist Paul Ekman ...</b>                   | <i>c) ... to discover if someone is telling lies.</i>                            |
| <b>4. Avoiding vague questioning will help avoid...</b>                    | <i>d) ... to make an adult subject acceptable to children.</i>                   |
| <b>5. A lie detector is a piece of equipment used to try ...</b>           | <i>e) ... because anybody who advocated lying could never be believed.</i>       |
| <b>6. Aristotle believed no general rule on lying was possible, ...</b>    | <i>f) ... lies which could be considered to be harmless, or even beneficial.</i> |
| <b>7. White lies are minor ...</b>   | <i>g) ... invitations because of “scheduling difficulties”.</i>                  |

1. _____	2. _____	3. _____	4. _____	5. _____	6. _____	7. _____
----------	----------	----------	----------	----------	----------	----------

**7. Fill in prepositions where necessary:**

However much we may disapprove ... lying, that doesn't stop us ... doing an awful lot of it. The psychologist Bella DePaulo once asked 147 people to note ... how often they deliberately misled someone ... a week. ... average, the group lied one-and-a-half times a day.

But this makes them the souls ... probity compared ... another study that revealed two people meeting ... the first time tend ... lie three times within the first ten minutes.

Everyone, it seems, is ... it - and lying, or deception, isn't confined ... humans. The capacity to lie has also been claimed to be possessed ... non-humans ...

language studies ... great apes. ... one instance, gorilla Koko, when asked who tore a sink ... the wall, pointed ... one of her handlers and then laughed. Deceptive body language, such as feints that mislead as ... the intended direction of attack or flight, is observed ... many species including wolves. A mother bird deceives when it pretends to have a broken wing to divert the attention of a perceived predator—including unwitting humans—from the eggs in its nest to itself, most notably the killdeer.

**8. Are these statements true or false? Correct the false ones.**

1. Politicians say they won't raise taxes, and then they keep their promise.
2. The FBI and CIA refused to use Ekman's methods to determine any deception from suspects during interrogations.
3. According to Ekman, deception will most always show up in the face as an inconsistency between the micro and macro expressions.
4. To bluff is to pretend to have a capability or intention one does not actually possess.
5. Polygraph results are admissible as court evidence and are generally perceived to be pseudoscience.
6. Aristotle believed no general rule on lying was possible, because anybody who advocated lying could never be believed.
7. People lie of several reasons - to make conflict; to show something they did or did not do, because they are afraid of rejection or losing their spouse; to make themselves appear more successful, good, or talented than they really are.

**9. Fill in the blanks with the corresponding words given in brackets:  
(nervous, falsely, lapses, signal, testimony, disbelieved, chronological)**

A liar's ... is often more persuasive than a truth teller's. Liars are more likely to tell a story in ... order, whereas honest people often present accounts in an improvised jumble. Similarly, according to DePaulo and Bond, subjects

who spontaneously corrected themselves, or said that there were details that they couldn’t recall, were more likely to be truthful than those who did not—though, in the real world, memory ... arouse suspicion.

People who are afraid of being ... , even when they are telling the truth, may well look more ... than people who are lying. This is bad news for the ... accused, especially given that influential manuals of interrogation reinforce the myth of the twitchy liar. “Criminal Interrogation and Confessions” by Fred Inbau, John Reid, and Joseph Buckley, claims that shifts in posture and nervous “grooming gestures,” such as “straightening hair” and “picking lint from clothing,” often ... lying.

**10. Match the words similar to “lie” in column “Synonyms” and words with the opposite meaning in column “Antonyms”:**

**falseness, honesty, deceit, truth, sincerity, myth, falsification, cheating, uprightness, disinformation, falsehood, misrepresentation, frankness, deception, openness, slander, vilification, truthfulness, forgery**

<u>Synonyms</u>	<u>Antonyms</u>
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

**11. Translate into Armenian:**

1. Honesty is the best policy. (*Benjamin Franklin*)

.....

2. An honest tale speeds best, being plainly told. (*W. Shakespeare*)

.....

3. He that loses his honesty has nothing else to lose. (*John Lyly*)

.....

4. And, after all, what is a lie? It is but the truth in masquerade. (*Lord Byron*)

.....

5. Liars should have good memories. (*Proverb*)

.....

6. A lie travels round the world while the Truth is putting on her boots.  
(*Ch. Haddon Spurgeon*)

.....

.....

7. A liar will not be believed, even when he speaks the truth. (*Aesop*)

.....

8. It is always the best policy to speak the truth, unless, of course, you are an  
exceptionally good liar. (*Jerome K. Jerome*)

.....

.....

9. The liar's punishment is not in the least that he is not believed, but that he cannot believe anyone else. (*George Bernard Shaw*)

.....  
.....

10. Men should pledge themselves to nothing; for reflection makes a liar of their resolution. (*Sophocles*)

.....  
.....

11. A liar is always lavish of oaths. (*Pierre Corneille*)

.....

12. The truth is a formal duty of man towards each. (*E. Kant*)

.....

13. The opposite of truth is falsehood: when it is held for truth, it is called error. (*E. Kant*)

.....  
.....

14. There is no example that the truth was not harmful for the present nor for the future. (*Diderot*)

.....  
.....

15. Oh, what a tangled web we weave when first we practice to deceive! (*Walter Scott*)

.....

**12. Translate into English:**

1. Սատանային խաբելը մեղք չէ: (*Դանիել Դեֆո*)

.....

2. Ամենավտանգավոր սուտը քեթևակի խեղաթյուրված ճշմարտությունն է: (*Գ. Լիխարենբերգ*)

.....

.....

3. Խաբելն այնքան դժվար չէ, որքան խաբեությունը թաքցնելը: (*Ա. Շիրվանզադե*)

.....

.....

4. Ճշմարտությունը հետապնդում է ստախոսներին և սուտ վկաներին: (*Հերակլիտ*)

.....

5. Եթե դուք ասում եք միայն ճշմարտությունը, ձեզ էլ ոչինչ պետք չէ հիշել: (*Մ. Տվեն*)

.....

.....

6. Կյանքում կարևոր է, թե ով է հատկապես ասում ճշմարտությունը: Ոմանց բերանում ճշմարտությունն էլ է ստի վերածվում: (*Թ. Ման*)

.....



.....  
.....  
7. Միայն կանայք և բժիշկները գիտեն՝ որքան անհրաժեշտ և օգտակար է սուտը մարդկանց համար: (*Ա. Ֆրանս*)

.....  
.....  
8. Լինում են իրադարձություններ, որոնցում սուտն ամենասուրբ պարտականությունն է: (*Է. Լաբիշ*)

.....  
.....  
9. Լռի՛ր կամ ասա՛ լռությունից ավելի լավ որևէ բան: (*Պյոթագորաս*)

.....  
.....  
10. Շատերը ստում են նրա համար, որպեսզի խաբեն, ուրիշներն էլ՝ որովհետև իրենք են խաբված: (*Սենեկա Կրյուսեր*)

.....  
.....  
11. Միշտ չէ, որ կարելի է ասել ճշմարտությունը, եթե այդպես է, ապա դրանից դեռևս չի հետևում, թե պետք է ստել: (*Վիլհելմ Լիբկնեխտ*)

.....  
.....  
12. Ճշմարտությունից չսարսափող մարդը կարիք չունի ստից վախենալու: (*Ջեֆերսոն*)

13. Չափազանցումը բարեկիրթ մարդկանց սուտն է: (Ժ. Մեսրոպ)

.....

14. Սուտը նման է ձնագնդի. որքան երկար այն գլորես, այնքան կմեծանա: (Մ. Լյուբեր Զինգ)

.....

.....

15. Ե՛տ կանգնեք առաջին ստից և դուք ստիպված չեք լինի վախենալ, որ ձեզ կբռնեն հաջորդների մեջ: (Ջ. Փրենքիս)

.....

.....

16. Կես ճշմարտությունը վտանգավոր է ստից, սուտը ավելի հեշտ է ճանաչել, քան կես ճշմարտությունը, որը սովորաբար քողարկվում է կրկին խաբելու մեջ: (Հիպել)

.....

.....

### **13. Find the proof of the following proverbs by examples from life:**

Lies have short legs.

One lie makes many. / One lie needs seven lies to wait upon.

Ask no questions and you won't be told lies.

If you deceive me once-shame on you, if twice-shame on me.

### **14. Topics for discussion:**

a) Without lies, we become sick, depressed or even mad; weighed down by the terrible burden of too much reality.

- b) Lies harm no one and help someone materially.
- c) Lies harm no one and help someone spiritually.

### **15. Remember some idioms on lie:**

- **lead up the garden path**

(to deceive another person by making him/her believe something which is not true)

“I still haven't got the promotion I was promised. I think my boss is leading me up the garden path!”

- **lie one's way into/out of something**

(get oneself into or out of a situation by lying)

“He lied his way into a well-paid position. ”

- **throw dust in someone's eyes**

(աչքիմ քոզ փչել) (to prevent someone from seeing the truth by misleading)

“He threw dust in the old lady's eyes by pretending to be a police officer, then stole her jewelry. ”

- **take someone for a ride**

(to cheat or deceive someone)

“I discovered he had charged me double the normal fee. He really took me for a ride!”

### **16. Know the origin of the expression “The Naked Truth”:**

It's said that Falsehood and Truth went together to bathe in the river. Falsehood came first out of the water and put on the truth's clothes. Truth didn't want to put on the clothes of Falsehood and went naked.

**YEREVAN STATE UNIVERSITY**

**A. GRIGORIAN**

**“THOUGHTS – THE SHADOWS  
OF OUR FEELINGS”**

Computer design Karine Chalabian  
Cover design Aida Grigorian  
Publishing editor S. Khasapetian

Format 70x100  $\frac{1}{16}$ . Singnature 22.  
Circulation 100.

YSU Publishing House  
1 Alex Manoogian, 0025, Yerevan, RA