

Name \_\_\_\_\_

## 1 Read quickly and tick (✓) what the text is about.

- a. ☐ considering why we find other people annoying
- b. ☐ inviting you to reflect on your personality traits
- c. ☐ considering how to get rid of annoying people

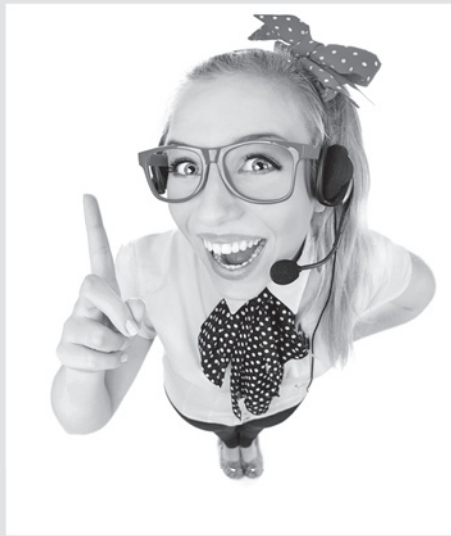
## Am I Annoying You?

‘My sister is always stealing my clothes.’ ‘My brother talks too much and never listens to what I say.’ ‘Vera’s voice is too high, I hate to hear her speak...’ These are comments from people like you and me about the annoying habits or attitudes of others.

It is quite easy to tell what conduct from others we cannot tolerate: some of us hate those who read over our shoulder, those who do not look at you when they speak, those who make noise when they **chew**, etc. But very few of us have considered what makes us annoying to others: have you ever thought about that?

Do you normally return food at a restaurant or cafeteria because they don’t understand what you want? Do you find it difficult to try new food, clothes or meeting people? Do other people annoy you frequently?

If you answered yes to any of these



questions, it might mean that people consider you **picky**, and being picky is not a nice personality trait.

If you constantly tell people what to do (and how) because you think you know best, if you work too hard to be the centre

of attention or think people should be informed on what they do wrong, that will make you irritating in the eyes of others. If your mood changes constantly, that can also make you irritating.

Do you often find you need to control a situation because you know more than the rest? Do you feel you can’t trust others? Do you prefer to do things yourself because you believe the results will be better? Any affirmative answer here might make you **arrogant**.

It turns out that no one is perfect and we can all have some picky, irritating or arrogant attitudes that **upset** others, but when there is a combination of them we might **end up** being extremely annoying. So, here’s an idea: before judging others and deciding how exasperating they are, let’s take a long look at ourselves and discover if we can improve to make life around us more pleasant.

## 2 Read again and organise the ideas in the order they are mentioned.

1. All of us can have flaws.
2. Examples of what people say.
3. We should evaluate ourselves before judging others.
4. It’s easier to criticise others than looking at ourselves.
5. Things that make a person exasperating to others.
6. Things that a demanding or fastidious person does.
7. Things that an egocentric person does.



**3 Think Fast!** Write about the things that annoy you the most and explain why.

## Glossary.....

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**chew:** to crush with your teeth

**picky:** selective

**arrogant:** feeling superior

**upset:** to annoy, to distress (somebody)

**end up:** to result in