

5. The Letter 'A'

WORKSHEET

1

COMPREHENSION

Read the following passage and answer the questions below:

Self-pity is one of the indications of immersion in the little ego-self. If we harbour self-pity, our attitude is always subjective, taking everything personally. We cannot be objective about anything. As a result, we constantly feel sorry for ourselves. To be objective is to think in terms of what is the best attitude to have towards our work, in our relationships with others, and above all, in our relationship with God.

When we are wallowing in subjective consciousness, we are extremely touchy. No one dares to approach us with any constructive criticism, because we are always on the defensive. Defensiveness is a symptom of self-pity. Train the mind to stand aside and impartially analyse the situation and your reaction. Acknowledge what is true when it is pointed out to you.

If you become sad, moody or go to pieces because someone has criticised you, know that this is one of your weak links. God tests each of us in those areas where we need to develop strength... He brings into our lives those circumstances that give us opportunities to recognise and heal all of the psychological weaknesses in our consciousness.

The twin of self-pity is self-justification, the urge to always defend and justify our behaviour. Resist the compulsion to explain yourself every time you are confronted with your faults and mistakes. If, for example, someone says to you that you gossip too much, or always look on the dark side of things, hold back and silently introspect. Maybe that person is right, and is acting as a true friend.

– From: A speech by Sri Daya Mata

A Answer the following questions.

1. What is self-pity?

2. What do we do when we are subjective?

3. What should we do when something true is pointed out to us?

4. Why are difficult circumstances brought into our life?

5. What is self-justification?

6. What should we think when someone criticises us?

B What is the difference between the following pairs of words.

1. (a) Subjective: _____
(b) Objective: _____
2. (a) Defensive: _____
(b) Offensive: _____
3. (a) Constructive: _____
(b) Destructive: _____
4. (a) Criticism: _____
(b) Praise: _____
5. (a) Introvert: _____
(b) Extrovert: _____

C State if the following statements are true or false:

1. If we indulge in self-pity, we are only thinking about ourselves. _____
2. Self-pity means we are constantly sorry for others. _____
3. Being touchy and taking everything personally is good. _____
4. God brings us difficult circumstances to give us opportunities to recognise and heal our weaknesses. _____
5. Self-justification is the urge to defend and justify our behaviour. _____

GRAMMAR

A Correct the Subject-Verb agreement in the following sentences:

1. An apple were divided among the three friends.
2. Where is you going?
3. Arvind and Sonu is playing cricket.
4. I collects stamps as a hobby.
5. We has to go tonight to Hyderabad.

B Underline the verbs and state if they are Transitive [T] or Intransitive [IN]:

1. They play football in the park.
2. The boys danced at the party.
3. He has written a very nice letter.
4. Anil Kumble represented India in the test match.
5. Sonu Nigam sings beautifully.

C Fill in the blanks with Gerunds, Infinitives or Participles from the box:

calming roaring to make claiming to visit painting

1. Will you teach me _____?
2. I am longing _____ Bhutan.
3. Parker was a _____ success at the sports meet.
4. _____ an old friendship, the wizard cheated Aladdin.
5. No one is _____ a noise while I talk to the Principal.
6. Penny has a very _____ influence on the children.

VOCABULARY AND WRITING

A Give two rhyming words for each of the following words.

1. way _____
2. about _____
3. free _____
4. sore _____
5. night _____

B Make sentences using the following phrases.

1. give away _____
2. look around _____
3. stay put _____
4. go ahead _____
5. let out _____

C Find a synonym for the underlined word in each sentence below:

1. She wore a beautiful dress.
2. Someone should tell Aruna to be quiet.
3. Could you please fetch my knitting basket?
4. The lights went off and Freddy stood still, frightened and lost.
5. The police have caught the thief.