Bob Williams, sales director and a 40-cigarette-a-day man, decided to give up smoking. With great resolution and support from his family, he was __(1)__ to give up his addiction and he managed it. Then, one evening, after an argument with one of his staff, he borrowed a cigarette from a colleague. Within a week, he was back to 40 a day. Bob had lasted longer than most quitters. 80% of people trying to break a habit will relapse within three months, mostly when they think they have the problem solved and are then __(2)__ some form of emotional stress. Today, more and more people are trying to __(3)__ healthier lifestyles and this means changing forms of behavior that have been part of their lives for years – kicking habits like smoking and modifying habits like __(4)__ drinking. The popular view is that giving up things is a matter of willpower and that if you can get over the early weeks, when the craving for the old habit is at its worst, the problem has been solved. Yet, doctors and psychologists who run groups to help people kick unhealthy habits find that most of them relapse when the worst seems to be over.

In order to successfully change our behavior, it is necessary to understand that a bad habit is usually a/an __(5)__ form of behavior we perform without thinking of rewarding ourselves with pleasure and comfort. If we want to get rid of it, “unlearning” it is a/an __(6)__ to solving the problem, but we must also replace it with another form of behavior. There are some __(7)__ psychological steps, or a series of rules, to be followed if we want to break any bad habit. First, we must recognize that even though we say we are non-smokers or ex-drinkers, we may still be hit by a/an __(8)__ . This urge for a cigarette or a drink, usually due to emotional stress, will be intense for 10 or 15 minutes and we must do a physical activity or apply a relaxation technique to overcome the urge. It is also important that people set themselves realistic, short-term, objectives. Also, if short term objectives are achieved, then a reward should be given to motivate yourself. However, if you fail, don't deceive yourself: avoid self justification and analyze why you failed. Were there circumstances that you could avoid in future? Why did you respond __(9)__ ? Were you caught without some prepared replacement technique? The way to __(10)__ success in changing behavior lies in understanding that while some of our bad habits are physically addictive, all of them have a psychological base. If we are aware of the psychological __(11)__ that control them, we are less likely to relapse.

1. a) admitted  
   b) invested  
   c) convinced  
   d) suffered  

2. a) contributed to  
   b) confronted with  
   c) consulted with  
   d) conformed to  

3. a) adopt  
   b) diminish  
   c) exploit  
   d) resolve  

4. a) initial  
   b) negotiable  

5. a) prospective  
   b) instinctive  
   c) rebellious  
   d) vulnerable  

6. a) influence  
   b) perception  
   c) prerequisite  
   d) onset  

7. a) progressive  
   b) Inclusive  
   c) inaccessible  
   d) exempt  

8. a) acquisition  
   b) challenge  
   c) accuracy  
   d) morality  

9. a) considerably  
   b) subsequently  
   c) implicitly  
   d) impulsively  

10. a) interpret  
    b) maintain  
    c) acknowledge  
    d) correspond  

11. a) convictions  
    b) transactions  
    c) deprivations  
    d) principles
PART B. LOGICAL SEQUENCE
Mark the best choice that completes the statements.

1. The inhabitants of Gökçeler, a quiet fishing town on the Mediterranean coast of Turkey, made the headlines of Turkish newspapers some time ago. What carried them to the top of the agenda was their “terrorist” act according to the police officials.

a) To illustrate, the Turkish prime minister held a press conference and said that the government would not negotiate until the protesters released the hostages and left the building
b) On the contrary, the population of the town began to decrease as the young unemployed people began to leave the town to find jobs in the tourism industry in other towns
c) As they were angered by the government decision that did not allow a project which could help develop their town, they invaded the office of the governor of Antalya
d) Since this was a piece of news that made the people of Gökçeler happy, unlike the neighboring towns, they received no attention from tourists or the Ministry of Tourism of Turkey

2. Owing to his employment as a military engineer, Leonardo da Vinci’s notebooks contain several designs for military machines: machine guns, an armoured tank powered by humans or horses, cluster bombs and many more.

a) so his other inventions include a submarine the first mechanical calculator
b) even though he later held war to be the worst of human activities
c) but the contents of his notebooks remains a mystery to many people
d) because his approach to science was an observational one
PART C.
Read the text below, and answer the questions that follow.

Text I.

1. Existentialism emerged as a philosophical movement or tendency, emphasizing individual existence that influenced many diverse writers in the 19th and 20th centuries. Because of the diversity of opinions associated with existentialism, the term is impossible to label precisely. Certain themes common to virtually all existentialist writers can, however, be identified: the stress on concrete individual existence and, consequently, on subjectivity, individual freedom, and choice.

2. Most philosophers since Plato have held the opinion that the highest ethical good is the same for everyone, that is, to approach moral perfection. The 19th-century Danish philosopher Soren Kierkegaard, the first writer to call himself existential, reacted against this tradition by insisting that the highest good for the individual is to find his or her own unique career. As he wrote in his journal, “I must find a truth that is true for me … the idea for which I can live or die.” Other existentialist writers have echoed Kierkegaard’s belief that one must choose one’s own way without the help of universal, objective standards. Against the traditional view that moral choice involves an objective judgment of right and wrong, existentialists have argued that no objective, rational basis can be found for moral decisions. The 19th-century German philosopher Friedrich Nietzsche contended that there are no moral “facts”, only moral “interpretations”, which vary according to the types of human beings who make them.

3. All existentialists have followed Kierkegaard in stressing the importance of passionate individual action in deciding questions of both morality and truth. They have insisted that personal experience and acting on one’s own certainty are essential in reaching the truth. Thus, the understanding of a situation by someone who is involved in that situation is much more than an outsider. This emphasis on the perspective of the individual agent has also made existentialists suspicious of systematic reasoning.

4. Perhaps the most prominent theme in existentialist writing is that of choice. Humanity’s primary distinction, in the view of most existentialists, is the freedom to choose. Existentialists believe that human beings do not have a fixed nature, or essence, as other animals and plants do; each human being makes choices that create his or her own nature. In the formulation of the 20th-century French philosopher Jean-Paul Sartre, existence precedes essence. Choice is, therefore, central to human existence, and it is inescapable; even the refusal to choose is a choice. Freedom of choice requires commitment and responsibility. Because individuals are free to choose their own path, they must accept the risk and responsibility of following their commitment wherever it leads.

5. A number of existentialist philosophers used literary forms to convey their thought, and existentialism has been as vital and as extensive a movement in literature as in philosophy. The 19th-century Russian novelist Fyodor Dostoyevsky is probably the greatest existentialist literary figure. In Notes from Underground, the alienated anti-hero resists the optimistic assumptions of rationalist humanism. The view of human nature that emerges in this and his other novels is that it is unpredictable and self-destructive; only Christian love can save humanity from itself, but such love cannot be understood philosophically. As the character Alyosha says in The Brothers Karamazov (1879-1880), “we must love life more than the meaning of it.”

6. In the 20th century, the novels of the Austrian Jewish writer Franz Kafka, such as The Trial and The Castle, present isolated men confronting vast, mysterious, threatening bureaucracies; Kafka’s themes of anxiety, guilt and solitude reflect the influence of Kierkegaard, Dostoyevsky and Nietzsche.
1. Which of the following **CANNOT** be inferred from the first paragraph?
   a) Existentialism had an effect on many writers from different genres of literature.
   b) It isn’t easy to define “existentialism” due to various views related to it.
   c) The main focus of existentialism is mostly on the individual.
   d) Existentialism first appeared in the beginning of the 19th century.

2. Why did Kierkegaard oppose the traditional view about ethical good?
   a) His understanding of ethics was much more modern than that of his contemporaries.
   b) He believed that one’s perspective on ethical good should be purely objective unlike Plato.
   c) For him, everyone should be looking for their own truths and unique beliefs.
   d) He knew there was an objective basis to decide on what is right or wrong for each individual.

3. The word **contended** in para. 2 is closest in meaning to _______________.
   a) rejected                              c) realized
   b) claimed                              d) criticized

4. The truth, according to Existentialists, ______________.
   a) can be reached only by one’s own experience and subjective certainty
   b) does not exist on any subjective or ethical level
   c) is a concept well-defined by the old philosophers such as Plato
   d) will not change no matter what personal experiences contribute to it

5. What is the connection between choices and human nature?
   a) As human nature is unchangeable, human beings tend to make choices that are predetermined.
   b) Human beings fail to make the right choices due to their flexible nature.
   c) Choices are nothing but universal truths that are compatible with human nature.
   d) Human nature is shaped with choices that an individual makes through his or her life.

6. Freedom of choice ______________.
   a) involves great responsibility
   b) is only seen in Existentialism
   c) is impossible to acquire
   d) requires an Existentialist point of view

7. In Dostoyevsky’s point of view, ______________.
   a) alienation of the individual from the society should be used in every novel
   b) one cannot love life without understanding the meaning and the essence of it
   c) human nature is unpredictable and self-destructive
   d) Christian love cannot be an option to save humanity

8. What does **itself** in para. 5 refer to?
   a) Christian love
   b) humanity
   c) the character
   d) human nature
Text II. MTR2 Seen Text 82
Read the text below, and answer the questions that follow.

SARA BENNETT

1 When Sara Bennett learned, at the age of 42, that she had breast cancer, she faced not one potential death but two – her own and that of the child she might never have. A few years ago, her only medical options would have been radiation and chemotherapy treatments that destroy a woman's ovarian function along with her cancer. Today, as a single woman, she could undergo IVF (*in vitro* fertilization) with donor sperm. Before starting her cancer therapy, she would receive fertility drugs and have anywhere from 10 to 20 eggs surgically removed. After being mixed with sperm in a petri dish, her fertilized eggs would be frozen until she regained her health, or enlisted another woman to be the gestational surrogate for her embryos. The latest advances in reproductive medicine could provide her with the opportunity to salvage her genetic legacy.

2 However, Bennett quickly discovered that a fertile woman with a life-threatening malignancy didn't fit the accepted profile of women eligible for infertility treatment. Clinic after clinic turned her away. Then she approached Selwyn Oskowitz, director of Boston IVF, one of three fertility clinics affiliated with Harvard Medical School. "She expressed eloquently what it meant to her to be able to think that her genealogy could be carried on, and that a child of her own could find new life," recalls Oskowitz, assistant professor of obstetrics, gynecology, and reproductive biology at the medical school. He was moved by her appeal and brought it before Boston IVF's ethics advisory board.

3 Oskowitz believes Bennett "had been turned away from other clinics because she did not fit the narrow-minded social mores of who is infertile and who can be treated." Nevertheless, he says, her case "did bring up a whole host of ethical dilemmas. Should we use infertility treatments on someone who is not infertile? Should we freeze embryos for someone who may be dying, who may not be able to raise her child? Who will have custody of the embryos if she dies? If she wants the embryos to be placed with a surrogate, is it fair to the babies? Is it fair to the surrogate?"

4 Fertility specialists constantly face a barrage of ethical choices, and most clinics now have at least one advisory board. At Boston IVF, the priest, rabbi, ethicist, social workers, and pediatricians on the board reviewed Bennett's case, concluding that her wish to perpetuate her genetic heritage through IVF in spite of her cancer was ethically sound. They found her arrangements for the loving upbringing of her potential child by her family to be responsible, and she began IVF treatment.

5 Her eggs were retrieved and fertilized, but, by this time, Bennett had "personally arranged for a surrogate to carry her baby for her because she was too ill herself," says Oskowitz. The embryos were placed in the surrogate, but she did not conceive. Yet, neither Bennett nor her doctors viewed the attempt as a loss. "We still feel, and she felt, that it was very successful in its value to her, to know that she could try to perpetuate her inner soul and all those feelings," reflects Oskowitz. "She felt that that gave her enormous strength and courage during her difficult treatments of chemotherapy and radiation. This enabled her to deal with the prospect of death in a more wholesome and productive manner." (Sara Bennett died two months after this interview.)
Sara Bennett's case illustrates how far assisted reproductive technology, or ART, has come in the past two decades, how many new applications of ART therapies exist, and how vexing the moral and social issues they entail are. It also dramatizes what's at stake.

"When you take away being able to have a child biologically, it is like having to face death – almost like having half of you die," says Shanti Fry, a corporate finance director at BancBoston Securities. She speaks from experience, for she tried unsuccessfully for eight years to get pregnant using the full range of infertility options. She and her husband, Jeff Zinsmeyer, are now the proud parents of their daughter Victoria, age 3, whom they adopted in China. Infertility may not be life-threatening in the literal sense, says Fry, "but it does affect people's view of their own mortality, because having kids is the main way that people deal with the fact that they are mortal. And it's very hard for people who haven't been through it to understand the magnitude of that."

Understanding and alleviating the psychological impact of infertility has been the decade-long goal of assistant professor of medicine Alice Domar, Ph.D., director of the Mind/Body Center for Women's Health at Beth Israel Deaconess Medical Center. She and her colleagues have demonstrated that women with infertility suffer from significantly more depression than their fertile counterparts do. However, their most dramatic finding is that the anxiety and depression scores for infertile women are statistically equal to those of women with cancer, heart disease, or HIV.

A. What do the following refer to in the text?
   1. it (para. 2) : _____________________________________________________________
   2. It (para. 6) : _____________________________________________________________
   3. their (para. 8) : the most dramatic finding of

B. Find words in the text that mean the following. DO NOT change the form of the words, and write ONE WORD ONLY.
   1. associated (adj) (para. 2) : _______________________________________________
   2. involve (v) (para. 6) : ____________________________________________________

C. Mark the best choice that answers the question or completes the statement.
   1. What might the expression “to salvage her genetic legacy” in para. 1 refer to?
      a) To have a surrogate mother
      b) To allow Sara to have children
      c) To help Sara recover from cancer
      d) To provide Sara with more therapy
2. Which of the following **IS NOT** one of the issues to be considered for Sara’s case?
   a) Who will be responsible for the embryos in case of her death
   b) Whether it will be fair to the babies to have a surrogate
   c) Whether it is essential to consult the church
   d) Whether IVF could be used for someone fertile

3. Why has the writer given the example of Shanti Fry and her husband?
   a) To support his view that we are not immortal creatures
   b) To point out the dangers of in vitro fertilization process
   c) To show how hard to adopt a baby if you are infertile
   d) To indicate how difficult and painful infertility could be for people

D. **Answer the question.**

According to para. 5, how did Sara Bennet feel despite the failure of conception? Why? In 2-3 sentences, explain briefly, supporting your ideas. **DO NOT DIRECTLY LIFT SENTENCES FROM THE TEXT.**

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