

B2

Upper-Intermediate

At B2, the biggest jump comes from learning words in phrases, not in isolation. Don't just learn 'habit' — learn 'break a habit', 'develop a habit', 'daily habit'. The 30 cards in this section cover eight themes essential for everyday fluency.

Charlie says:

Hello. I'm Charlie. I'm a shih-tzu, and I have been studying English vocabulary for fifteen years — mostly by listening to lessons while lying on the sofa pretending to sleep. At B2, you're building the vocabulary of real, everyday communication. These words will appear in conversations, articles, films. Pay close attention to the collocations. That's where fluency lives.

How to study at this level

★	Learn collocations, not just words. 'Break a habit' sticks better than 'habit' alone.
★	Read every example sentence aloud three times. Your mouth needs to practise.
★	Write your own sentence in the Notes box. Make it personal — your life, your words.
★	Weekly review: cover the word and try to recall it from the definition alone.
★	Spot new words in the wild: films, articles, conversations. Recognition is the final stage.



Society & Everyday Life

01 SOCIETY & EVERYDAY LIFE

attitude *noun* /'ætɪtju:d/

DEFINITION

A settled way of thinking or feeling about something.

EXAMPLE

"Her positive attitude towards failure made her team more willing to take risks and try new ideas."

KEY COLLOCATIONS

positive attitude · negative attitude · change your attitude · attitude towards something · attitude problem

SYNONYMS

outlook · approach · stance · mindset

ANTONYMS

close-mindedness · indifference · apathy

Charlie: *I had a very positive attitude towards everything — especially walks, cheese, and strangers who smelled interesting. My attitude towards the bath, however, was a firm and considered 'no'.*

MY NOTES

02 SOCIETY & EVERYDAY LIFE

community *noun* /kə'mju:nɪti/

DEFINITION

A group of people sharing common interests, values, or a place.

EXAMPLE

"The local community came together to raise money for a new playground in the park."

KEY COLLOCATIONS

local community · sense of community · community spirit · online community · community centre

SYNONYMS

neighbourhood · society · group · fellowship

ANTONYMS

isolation · division · exclusion

Charlie: *I was deeply committed to my community. The park regulars. The postman. The man who always had biscuits on Tuesdays. Community is everything.*

MY NOTES

influence

noun /'ɪnfluəns/

DEFINITION

The capacity to have an effect on the character or behaviour of someone.

EXAMPLE

"Growing up near the sea had a strong influence on her decision to become a marine biologist."

KEY COLLOCATIONS

have an influence · positive influence · major influence · influence on someone · under the influence

SYNONYMS

effect · impact · power · authority · sway

ANTONYMS

insignificance · powerlessness · irrelevance

Charlie: *I had enormous influence at home. One look — just one — and the whole family reorganised their evening plans. This is called soft power.*

MY NOTES

conflict

noun /'kɒnflɪkt/

DEFINITION

A serious disagreement or a clash between opposing needs or values.

EXAMPLE

"The conflict between the two neighbours over the boundary fence had been going on for years."

KEY COLLOCATIONS

armed conflict · resolve a conflict · internal conflict · come into conflict · conflict of interest

SYNONYMS

dispute · disagreement · clash · tension · struggle

ANTONYMS

agreement · harmony · peace · cooperation

Charlie: *I personally preferred to resolve conflict through sustained eye contact and strategic whimpering. It worked every time. Diplomacy.*

MY NOTES

Thinking & Opinions

01 THINKING & OPINIONS — VERB

assume *verb /ə'sju:m/*

DEFINITION

To accept something as true without proof or question; to take for granted.

EXAMPLE

"Don't assume everyone shares your opinion — it's always worth asking before you decide."

KEY COLLOCATIONS

assume responsibility assume that something is true safe to assume
wrongly assume assume the worst

SYNONYMS

presume · suppose · take for granted · believe · expect

ANTONYMS

verify · question · doubt · check · prove

Charlie: *I assumed the postman was a threat. I was wrong. He had biscuits. I have never fully recovered from this error of judgement.*

MY NOTES

02 THINKING & OPINIONS — VERB

reconsider *verb /ˌri:kən'sɪdə/*

DEFINITION

To think again about a decision or opinion, especially with a view to changing it.

EXAMPLE

"After reading the new report, the committee agreed to reconsider its position on the proposed changes."

KEY COLLOCATIONS

reconsider a decision reconsider your position ask someone to reconsider
reconsider the options be forced to reconsider

SYNONYMS

review · revisit · rethink ·
re-examine · think again about

ANTONYMS

stick to · maintain · confirm · stand by ·
decide firmly

Charlie: *I reconsidered my attitude to the bath approximately once a year. The conclusion was always the same. No.*

MY NOTES

03 THINKING & OPINIONS — VERB

reflect *verb /rɪ'flekt/*

DEFINITION

To think carefully and deeply about something; to show or be a sign of something.

EXAMPLE

"She took a week to reflect on the offer before giving her answer."

KEY COLLOCATIONS

reflect on something take time to reflect reflect carefully reflect the
views of reflect a change

SYNONYMS

consider · ponder · think over ·
contemplate · meditate on

ANTONYMS

act impulsively · rush · ignore · dismiss ·
overlook

Charlie: *I reflected deeply on most things. Particularly the lamppost on the corner. That lamppost contained multitudes.*

MY NOTES

04 THINKING & OPINIONS — VERB

realise verb /'rɪəlaɪz/

DEFINITION

To become fully aware of something as a fact; to understand something clearly for the first time.

EXAMPLE

"He only realised he had left his passport at home when he arrived at the airport."

KEY COLLOCATIONS

suddenly realise realise a mistake come to realise fully realise
realise the importance of

SYNONYMS

understand · recognise · see · grasp
· become aware

ANTONYMS

miss · overlook · be unaware of · fail to see ·
ignore

Charlie: *I realised very early in life that the humans were mine, not the other way around. It took them considerably longer.*

MY NOTES