

Podcast Episode 9 (Friends)



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Who is a real friend and how important is having a good friend?

I **reckon** a real friend is a **constant companion**, a **safe haven**, a **person who** never **betrays** you. Friends are **those whom you feel easy with**. They are good listeners. If your friends are **reliable**, **loyal**, honest, and **positive-minded**, you can easily **confide in** them.

My friends are **of high importance** to me because **not only do they provide me with valuable** advice when I **encounter** a problem, but also, they can easily **lift my spirits** when I feel **blue**. You know, **it seems to me** that your happiness will be **doubled** and sadness will be **halved** **if they are shared** with your friends. A good friend can certainly bring positive and **constructive** changes in your life. You can **exchange** your ideas and opinions about life, social issues, religion, business and everything which **is worth** talking about. **In a word**, a real friend **is always there for you**. **A friend in need is a friend indeed**.

Reckon: (v) to think or suppose something

Example: Do you reckon he will agree to see us?

Constant: (adj) Happening regularly or all the time; loyal and faithful

Example: He kept in constant contact with his family while he was in Australia.

Companion: (n) Someone you spend a lot of time with, especially a friend

Example: For ten years he had been his constant companion.

Example: His dog became his closest companion.

Haven: (n) A place where people or animals can stay and live peacefully or go to in order to be safe

Betray: (n) to be disloyal to someone who trusts you so that they are harmed or upset

Example: She betrayed her parents' trust.

Examples: to betray your country/ your beliefs/ principle

Easy: (v) comfortable or relaxed and without problems

Example: She has a nice easy day at home

Reliable: (adj) dependable, faithful, trustworthy

Loyal: (adj) always supporting your friends, principles, country, etc **Opposite:** **disloyal**

Example: She tried to remain loyal to the goals of the team.

Positive minded: (adj) having optimistic attitude focusing on the good in any situation

Confide: (v) to tell someone about something very private or secret especially a personal problem, because you feel you can trust them.

Example: I've never felt able to confide in my sister.

Provide: (v) to give something to someone or make it available to them because they need it or want it

Example: This project is designed to provide young people with work.

Valuable: (adj) being very useful because it helps you; precious, worth a lot of money

Example: precious help/ advice/ information/ experience

Encounter: (v) to experience something especially problems or opposition **Synonym:** come across

Example: You may encounter some problems or difficulties in this project.

Example: Did you come across any problems?

Spirits: (n, plural) the way someone feels at a particular time

Lift/raise sb's spirits: to make someone happier

Example: The warm morning sun lifted our spirits.

Blue: (adj, informal) sad and without hope **Synonym:** depressed

Example: I've been feeling kind of blue.

Halve: (v) to reduce something by a half; to cut or divide something into two equal pieces

Example: Halve the potatoes lengthwise.

Indeed: (adv) used to emphasize a statement

Constructive: (adj) useful and helpful, or likely to produce good results

Example: The meeting was very constructive.

Example: We welcome any constructive criticism.

Exchange: (adj) When you exchange information or ideas you discuss something and share information or ideas

Be worth doing something: used to say that something is interesting or useful and you should do it

Example: This film is worth seeing.

In a word: used when you are going to give your opinion about something briefly and directly.

A friend in need is a friend indeed (idiom): someone who gives you help when you need it is a really good friend