

Part 2

For questions 1-8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

Example: 0 FOR

A Change is as Good as a Rest

Adapting to major life changes is rarely easy. Whether it's moving to a new city, starting a new job, or ending a long-term relationship, change can often feel overwhelming. (0) _____ many people, the most difficult part is not the change itself, (1) _____ the uncertainty that comes with it.

One way to cope with change is to take things one step (2) _____ a time. Trying to manage everything at once can lead to stress and frustration, so it's important to focus on (3) _____ you can control. It's also helpful to talk to others who have gone (4) _____ similar experiences. They can offer advice or simply provide support when it's most needed.

It may take a while before you feel comfortable in a new situation, but with patience and a positive attitude, you'll eventually (5) _____ through it. In (6) _____, change often leads to growth and self-discovery — even if it doesn't seem that way at (7) _____.

So next time you find yourself facing a big change, remind (8) _____ that you're more capable than you think.



1. but 2. at 3. what 4. through 5. get 6. fact 7. first 8. yourself

