





'Self Control' by Bebe Rexha

<https://www.youtube.com/watch?v=35J1ajlqvII>

- 
- *You are going to listen to a song called Self-Control,*
 - *What words/phrases do you expect to hear?*

- 
- *The first line is “Got no self-control”.*
 - *Which words come to mind now?*

1) Did you come up with any of these when you were guessing the words?
2) Most of the following words are related to addictions in some way. Can you explain how?

- cigarettes and alcohol
- gambling
- no willpower
- one can turn into 1000
- pitiful
- predictable
- illogical

- I'm gone
- I'm lost
- I tried to quit
- I'm giving up
- I'm craving
- I'm addicted to
- I can't say no
- I want it all
- I lose control

Which word/phrase means:

1. making people feel sympathy/pity
2. the ability to control your own thoughts and behavior
3. happening or behaving in a way that you expect
4. Transform into
5. Want very much
6. Stop doing something/behaving in a particular way
7. unable to stop doing something as a habit (e.g. taking drugs)
8. To be out / to run away / to die / to be lost / to disappear
9. Playing games like poker, roulette, making bets on horses/sports

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Listen to a song. Tick the words you hear.

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There were 4 extra words/phrases that were not in the song:

- gambling,
- no willpower,
- I'm lost,
- I'm addicted to;

What's the singer (the character from the song) addicted to?

THESE ARE SOME QUOTES FROM THE SONG

- *when it comes to you I can't say no*
- *When I get your call, I'm out the door, not a minute more*
- *One little touch and I'm gone*
- *I'm craving you*

Is this love she is singing about? Or is this an obsession/an addiction?

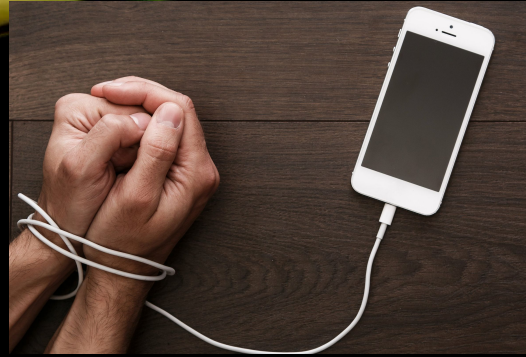


SPEAKING. ADDICTIONS

Have you **got self-control** or do you **lose control** when it comes to

- Chocolate
- coffee
- fast food / chips (Am) =crisps (Br)
- sunflower seeds
- popping bubble wrap
- smoking at parties
- binge-watching
- playing PC games
- social networks
- checking your Instagram
- _____





- Are there any other things you **crave**/can't **give up**?
- Do you know any people whose passion **turned into** obsession/addiction?
- Do you know any people who managed to **quit/give up** smoking or gambling? What helped them to **kick the habit**?
- Are addictions **illogical** or **predictable**?
- Do you think children should be tested for potential addictions?
- Do you find addicts **pitiful**?

REVISION

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'Self Control' by Bebe Rexha

<https://www.youtube.com/watch?v=35J1ajlqvll>

chorus:

Got no **self-control**
And I don't mean cigarettes and alcohol
'Cause **when it comes to** you

I can't say no
I don't wanna taste, I want it all

When I get your call
I'm out the door, **not a minute more**
Like an animal
I lose control, it's illogical
Oh, oh

One little kiss can **turn into** a thousand
One little touch and I'm gone

chorus x2

I'm so **predictable**
Fall every time, ain't it **pitiful**
And it's not enough
I tried to **quit**
But I'm **giving up**

One little kiss can turn into a thousand
One little touch and I'm gone

chorus x2

And the hunger grows
I'm **craving** you and my body knows
'Cause it wakes me up
Heart through my chest, it's gotta be
love

One little kiss can turn into a thousand
One little touch and I'm gone

chorus x2