

# extreme sports can help build character

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- The effect of extreme sports on character is a controversial topic. While some people believe that doing extreme kinds of sports is helpful in building character, others disagree.
- Введение +



## Мнение автора +

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In my opinion, extreme sports help build character. Firstly, extreme sports, such as rock climbing, are hard to do because they need **a lot of** effort, attention and focus and to react and decide quickly. **This** leads to being physically and mentally strong, improving decision-making skills and developing **character qualities** such as discipline and persistence. Secondly, **these** extreme activities, such as parachuting, are full of **emotional obstacles** like fear, so a person needs to be confident and aware of their abilities. Thus, they boost self-esteem, build up confidence and **improve psychological abilities** as overcoming fear and being calm which **create a better character.**

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# Character as person's inner strength

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- ▣ **To form, make up | reveal**
  - ▣ **strength of character**
  - ▣ **To undergo a complete character change**
  - ▣ **Considerable/ great**
- ▣ *Adventure camps are considered to be character-building.*



# Obstacle

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- ▣ **big, chief, main, major | enormous, formidable, serious**
- ▣ **pose, prove, remain | come across, encounter | overcome, remove, surmount**



# Ability

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- ▣ **exceptional, extraordinary, great, outstanding, remarkable, uncanny | inherent, innate, natural**
- ▣ **| proven | academic, acting, artistic, athletic, creative, intellectual, linguistic, mathematical, musical, reading, technical | mental, physical**
- ▣ **have | demonstrate, show**
- ▣ **| acquire, develop | lack | lose**



## Мнение оппонента +

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- Nevertheless, there are people who disagree with me and they believe that extreme sports cannot help build character as they make people careless about their lives doing **these** risky sports which can lead to serious injuries or **end life**.



# Опровергаем +

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Despite the above-mentioned arguments, I cannot agree with the opposing opinion. There will be no injuries or any negative impacts on a person's character at all if all the safety measures are applied and all the needed equipment is used. Moreover, doing **these** sports requires being able **to calculate risk** which teaches people to be responsible and careful.

□ To assess risk/ measure risk



## Заклучение +

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To sum up, I am convinced that extreme sports are helpful in building one's character since they develop and improve a lot of abilities, skills and **character qualities**.

