## 'Self Control' by Bebe Rexha

https://www.youtube.com/watch?v=35J1ajlqvlI

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:

- 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
- cigarettes and alcohol
- gambling
- no willpower
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- I'm gone
- I'm lost
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## Listen to a song. Tick the words you hear.

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- ☐ 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
- ☐ Hose control

cigarettes and alcohol

gambling

no willpower

one can turn into 1000

☐ pitiful

predictable

☐ illogical

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 it this an obsession/an addiction?





## SPEAKING. ADDICTIONS

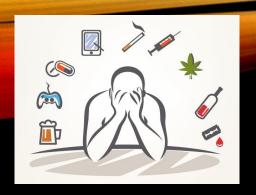
## Have you got self-control or do you lose control when it comes to

- 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

## 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
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- 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

## 'Self Control' by Bebe Rexha

https://www.youtube.com/watch?v=35J1

#### 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