**Appendix 1: Transcript[[1]](#footnote-1)**

**Instructions: Please fill in the blanks with the correct word(s)** *(many blanks include more than two or three words. Also, some blanks may include everyday English with the corresponding spelling)*

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|  | **January 2, 2014 (broadcast date)** |  |
| *Speaker* | *Podcast* | *Line* |
| Marcy | Hi I'm Marcy Markusa and you're listening to Learning English with CBC. Did you make a New Year’s resolution this year? Many of us believe the beginning of a new year is a good time to try and\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. But how many of us are actually successful? Andy Blicq wrote and directed a documentary for CBC television’s Doc Zone about bad habits and how we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_them. He talks about what he found out in this interview. | 5 |
| Marcy | So what are some of the habits first of all that people try to break this time of year?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? | 10 |
| Andy | Well they’re kind of the obvious ones, things around our our health, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, *ah* getting more exercise, looking after ourselves better, those are the most common. There’s sort of another tier below that, things like *ah* getting our\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, looking after personal relationships, things that that are really close to us in our lives. | 15 |
| Marcy | And through your work, what can you tell us about *ah* what you know about how \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_when it comes to keeping resolutions as time progresses through the year? |  |
| Andy | Well we went *ah* looking to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and at the University of Scranton Pennsylvania, they’ve done a lot of research, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_worth on this, and here are the numbers. *Um* that after one week, 75 percent of people are still keeping their resolutions, after one month the number drops to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and then I’m sad to say that after six months it’s down to about\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. | 20  25 |
| Marcy | Forty percent in six months. |  |
| Andy | Ya, it’s really a struggle. |  |
| Marcy | What is it about *um* habits and how we form them that might sort of give us some \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of those numbers? | 30 |
| Andy | Well I think that we all it’s universal. I mean, there are two things about that. One is our habits work for us. For instance, when you get up in the morning, and come down to work and you back your car out of the driveway, you do that, it’s sort of an\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It’s like a *ah* you know you’re thinking about work but at the same time, it’s a pretty complicated set of set of behaviours. You know, your hands, your feet, backing, you know backing the car out, but we do that automatically and that’s a habit, that’s how good habits work for us, but the bad habits are things *ah* that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 35  40 |
| Marcy | What *ah* what kind of advice did the documentary offer when it comes to keeping the New Year’s Resolutions, beyond\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, anything else that *ah* that for you, felt like that’s really good advice? |  |
| Andy | The main thing was, the main thing was, one of the things was to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. That failure is a part of, this came as a bit of a surprise, that failure is part of the process. And *ah* you’re going to fail, and maybe it will take you, I think smoking, it’s an average of about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_times to quit is the average. That learning from those failures is part of the process and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or the shame at failing but to say, “hey, how what can I do next time to make *ah* to make this change happen.” | 45  50 |

1. For the complete interview or other recent CBC Information Radio podcasts, go to: [www.cbc.ca/podcasting/includes/mbinforadio.xml](http://www.cbc.ca/podcasting/includes/mbinforadio.xml) [↑](#footnote-ref-1)