The Illusion Of Separation

EAE Learning objectives for this lesson

Practice giving your opinion, Reading Comprehension, Understand and use Phrasal Verbs.

Activity one - **Ask and answer** with your teacher.

1. Do you think that your work life should be completely separate from your personal life?
2. Do you struggle to make this happen?
3. Do you keep family separate from friends also?
4. If so, why is it important to you to keep different parts of your life separate?
5. Do you see yourself as being separate from your environment in general?



Activity Two - Reading

Source : https://www.huffingtonpost.com/michael-thomas-sunnarborg/worklife-balance-really_b_11203646.html

Our environments might seem to highlight this perception of work/life separation—since most people leave their home to go to work each day, the differences between work and home environments shift our energy and force us to refocus. This separation creates an illusion that our work and personal lives are two different worlds and should be treated as such. Now we must be two different people: personal "me" and work "me." The illusion pulls us apart.

Now consider a different picture. Visualise life as a big circle with work as one of many different circles contained within it; the various activities of our lives are constantly flowing in and out of these circles. Now work and life are not opposing elements; instead, work is one element in a much larger life.
The answer to finding better work/life balance is to find the right blend between all our life activities—regardless of where and when they occur.

A true balance between work and life comes with knowing that all our life activities are integrated, not separated. These tips might help you:

Schedule your time. Using a calendar to manage both professional and personal priorities helps. Putting events on a calendar solidifies intentions and keeps us, and others, accountable for follow through. It helps us to visually organise our time and prioritise our responsibilities. Besides, once we've written something down, we don't need to remember it, which frees up brain space for more creativity.

Cultivate and nurture professional relationships. There will always be boundaries between work and personal life, but if we seek to make the lines as thin as possible, we can find powerful friendships at work. Remember: Workmates and families see us at our best and worst, but workmates may see different sides than our own families do, leading to a good perspective on our behaviour that we might not receive from our families.

Focus on what you love. It may sound obvious, but if we focus the majority of our energy on what we love about our work, we will feel better about it. Focusing on the things—and people—we don't like just brings more frustration. We can use our power of choice to keep our thoughts moving in the direction of positivity and productivity at work and stay fuelled forward.

Vacations allow us to get back some much-needed peace and quiet and spend valuable time with friends and family. Go on—you deserve it!

Questions

1. Do you agree with the statement made in the article 'The Illusion pulls us apart"?
2. Do you agree that you mainly should focus on what you love about work?
3. Do you think it's important to have good friends at work?
4. Is the separation between work and personal life really an illusion because you can't be two different people? What do you think of this idea?
5. Would it be easier to think of work and life as part of the same 'whole' rather than trying to find a balance between two separate things?

Activity Three - **The Illusion**

People are talking, and writing a lot about this 'Illusion of separation" currently, in the context of the big challenges facing the human race today.

1/Read the quotation, what do you think Einstein was talking about here? "The greatest illusion in this world is the illusion of separation." – Albert Einstein

2/Let's read the transcript of a letter Einstein wrote:

February 12, 1950

Dear Mr….

A human being is a part of the whole, called by us "Universe", a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest — a kind of optical delusion of his consciousness. The striving to free oneself from this delusion is the one issue of true religion. Not to nourish the delusion but to try to overcome it is the way to reach the attainable measure of peace of mind.

With my best wishes,
sincerely yours,
Albert Einstein.

Using some of these words to introduce your opinion, say what you think about the "Illusion of Separation" and how it can be an interesting question when faced with issues such as climate change, the fourth industrial revolution and the population explosion.

(If you are interested in science here's more.)



Stating your Opinion:

- ✓ *Obviously,*
- ✓ *Clearly,*
- ✓ *Ultimately,*
- ✓ *Basically,*
- ✓ *Essentially,*
- ✓ *In my view,*
- ✓ *To my mind,*
- ✓ *In my experience,*
- ✓ *It seems to me that,*
- ✓ *I feel that,*
- ✓ *I would say that,*

Activity Four - Separable and Inseparable

It can be hard to separate the different parts of your life, of your day etc.. Some things can be separated and some things can't.. Just like phrasal verbs! Let's review these verb + preposition combinations.

Phrasal verbs have been present in English for many centuries, from at least the 12th Century.

A phrasal verb is a combination of words A verb + preposition / adverb that when used together, usually have a different meaning to that of the original verb.

Phrasal verbs operate more like a phrase than a WORD, such as go up (as in The balloon went up), put off (as in Don't put it off any longer), and take down (as in That'll take him down a peg or two).

These composites derive primarily from verbs of movement and action (go, put, take) and adverbial particles of direction and location (up, off, down).

The base verbs are mainly monosyllabic and may be the root of a range of phrasal verbs: for example, get - get up, get down, get in, get out, get on, get off, get away, get back.

The combinations are used both literally and figuratively, and are often idioms or elements in idioms: to get away with murder, to get on like a house on fire, to get back at someone, to get up to mischief.

Phrasal verbs can be separable or inseparable.

Separable Phrasal Verbs

You can insert other words into the middle of a separable phrasal verb.

- I need to take back the shirt I lent you.
- Where's that shirt I lent you? I need to take it back.

Inseparable Phrasal Verbs

Inseparable phrasal verbs can be transitive (i.e., they can take a direct object), but you can't insert that direct object into the middle of the phrasal verb. In other words, they can't be separated, thus their name.

- If you focus your education solely on one area, you'll have nothing to fall back on if you change your mind.
- Each child should have at least one older child to look up to.
- What does i.e. stand for? It stands for id est, or that is.

Phrasal verbs are very important for learners because they are so prevalent in everyday spoken and informal written language. Not only do learners need to understand the more common phrasal verbs, but they will also need to use them themselves. If they don't, and use a more formal synonym, they run the risk of sounding pompous or ridiculous to native speakers. Imagine, for example, your friend telling you Oh, do desist from talking! instead of Oh, do shut up! or Oh, do belt up! or Oh, do pipe down!

One of the most important and challenging characteristics of phrasal verbs is that the meaning of the combination is often quite different from the meaning of the original verb by itself.

Unless you are familiar with the meaning of phrasal, understanding informal language will be difficult. In addition, learning to use phrasal verbs correctly will help you sound natural in casual conversation.

Activity Five - **Using** each of the following **phrasal verbs**, make a sentence about the illusion of separation, in the world in general, in nature and between work and life or friends and family.

- ✓ **Account for**
- ✓ **Boil down to**
- ✓ **Call for**
- ✓ **Burn out**
- ✓ **Carry on**
- ✓ **Cling to**
- ✓ **Carry on**
- ✓ **Decide on**
- ✓ **Divide up**
- ✓ **Get on with**
- ✓ **End up**

More Phrasal verbs here.

Activity Six - Fill the gaps in the paragraph with the appropriate phrasal verbs from the list* below.

I think that it's nice to know that we are all part of something bigger, but some people need to **.....** this thought. They want to **.....** with their daily routines as if they are in a little bubble. They go to work, watch TV, do their shopping, **.....** the motions, without **.....** the bigger picture. This illusion of separateness makes them forget that they do in fact have to **.....** society, nature and good fortune to keep living their lives in this way. It's only when they **.....**a problem which affects them directly, such as a natural disaster, that they suddenly **.....** the fact that they are not completely..... their own destiny.

* **thinking about /carry on / count on/ catch on to /go through/come across / block out/ in charge of**

Question - Do you feel that you are particularly aware of being a small part of everything around you, is it something you think about often?

Activity Seven - **Read** the quote below. **What are you part of**?



