

Lesson 95 : アドバイスを与える② : 技ありのアドバイス

Have you ever thought about ~ ?

A: **Have you ever thought about** cutting down on sugar?

B: I have, but it's really hard.

A: Why do you think it's difficult?

B: Because I crave sweets when I'm stressed.

It'd be a good idea to ~

A: I've been feeling tired these days.

B: It'd be a good idea to get more sleep.

A: I know, but I stay up watching videos.

B: Then it'd be a good idea to change your screen to black and white. It might make your phone less interesting.

The best thing to do is ~

A: I had a fight with my best friend.

B: **The best thing to do is** talk to her honestly.

A: What if she's still angry?

B: Then give her some time, but don't ignore the problem.

Your best bet is to ~

A: I'm nervous about my job interview.

B: **Your best bet is to** practice answering questions calmly, no matter what they ask.

A: Even unexpected questions?

B: Yes. If you train yourself to stay calm, you'll handle anything.

idiom

cutting corners

Meaning: To save time, money, or effort by doing something badly or not following the proper rules.

Example: The company cut corners during construction, so the bridge wasn't safe.

If you cut corners on your homework, you won't learn much.

Lesson 96 : アドバイスを与える③ : 仮定法を用いたアドバイス

If I were in your shoes, I'd ~

A: My best friend hasn't replied to my messages for a week.

B: If I were in your shoes, I'd call her instead of texting.

A: What if she's ignoring me on purpose?

B: If that were the case, I'd give her some space.

In your place, I'd ~

A: I don't know which high school to choose. One is close, but the other has better programs.

B: In your place, I'd choose the school with better programs.

A: Even if it's far from home?

B: Yes. I'd think about my future first.

If I were you, I'd ~

A: I only have two days before the English test.

B: If I were you, I'd review the most important points first.

A: Should I study all night?

B: You'd better get some sleep; otherwise, you won't be able to stay focused on the test.