

The secret of my success

FOCUS

- 1 The words in this well-known English proverb are jumbled. What is the correct order?

again / and / at first / if / you / succeed, / try / try / don't

- 2 Is there a similar proverb in your language? Write it here.
- _____

- 3 Read the following quotation from Albert Einstein. How do you think it continues?

'A person who has never made a mistake has never ...'

- 4 Read the text about Albert Einstein. What does the information about his life tell us about success and failure? Write sentences.
- _____
- _____



Albert Einstein did not speak well until he was about four years old and did not read until he was seven, causing his teachers and parents to categorize him as slow and anti-social. As a child, Einstein built models and mechanical devices

for fun and began to show talent for mathematics. He excelled at physics and maths at college and eventually went on to win a Nobel prize and change the face of modern physics.

- 5 Look at the pictures of some famous and successful people. What have their great successes been? Check your answers at the foot of the page.



A Walt Disney



B James Dyson



C Oprah Winfrey



D Steven Spielberg



E Thomas Edison



F J.K. Rowling

- 6 Match the information with the famous people in the pictures A–F.

Who ...

- 1 was told by teachers that they were 'too stupid to learn anything'? _
- 2 was rejected by the University of Southern California's prestigious film school not once, but twice? _
- 3 was fired from their job at a radio station for being too 'emotionally involved' with stories they reported? _
- 4 was fired by a newspaper editor because they 'lacked imagination and had no good ideas'? _
- 5 went through 5,126 failed prototypes of their invention and all of their savings over 15 years? _
- 6 was rejected by twelve different publishing houses before their first novel was accepted? _

WORD ZONE
EXTRA

Adjectives ending in *-ious*

- 7 Complete the sentences below with the adjectives ending in *-ious* from the box.

ambitious atrocious hilarious
religious suspicious

- 1 Sonya has some _____ plans for her business.
- 2 My grandfather was a deeply _____ man. He never missed a Sunday morning in church.
- 3 Police are not treating the fire as _____.
- 4 Conditions in the prison were absolutely _____.
- 5 Jamie told me a _____ story about his birthday party.

VOCABULARY Success & failure

8 Read the text about a small business. Choose the picture you think shows the business.



My business began as a hobby. I did a course at college and then practised my new skills on friends' furniture. They were thrilled with the results, so word spread and I found that my services were suddenly ¹ _____. At first, the materials, time and labour cost a lot and so it wasn't very ² _____, but after a year I was able to stop working at home and open a workshop. Orders came flooding in and the business was really ³ _____. I even won a small business award and felt so ⁴ _____ and proud of myself. When the recession hit, the orders stopped coming in. I couldn't afford to employ an assistant any more, so my productivity was ⁵ _____. The rent on my workshop went up, so I was ⁶ _____ to maintain the business, but was ⁷ _____ until the economy picked up again. Sadly, I had to close the business early this year. It was hugely ⁸ _____ for me, but I hope to start again in the future.

9 Read the text again. Complete the text with words from the box.

disappointing hanging on in decline in demand
profitable struggling thriving triumphant

CONNECTIONS

10 Complete the sentences with the words from the box.

profitable disappointing tourist destination
advertising campaign slipping

- Oil and gas extraction is thought to be the most _____ business these days.
- The team remain optimistic, despite the _____ results this season.
- Berlin has undergone major changes in the last few decades, which is why the city has become a thriving _____.
- The company made major losses because of their incredibly ineffective _____.
- The government have promised to improve the _____ standards in schools across the country.

IDIOMS Success & failure

11 Add the missing word to each idiom in the sentences. Use the words in the box.

feet house missed out rags riding weather

- It's the same old **to riches** story.
- We should have sold the house years ago. We really **the boat** on that one.
- The comedian's final joke **brought the down**.
- The party have been **the crest of a wave** since the election.
- Jason lost his job, but the family managed to **the storm**.
- After two number-one albums this year, **she's got the world at her**.
- The bottom fell of the** housing market, so we lost a lot of money.

WANT TO KNOW MORE?

Motivation

12 Read the following sentences and try to understand the words in bold. Use a dictionary if necessary.

- The shop is offering a special low price as an added **incentive** for new customers
- I'm going to take the job. With **fringe benefits** such as a company car and private health care, I can't say no!
- I tried to **boost** her ego by complimenting her on her presentation in class.
- All staff members were given a **bonus** for finishing the project on time.
- He'll never lose weight because he hasn't got the **willpower** to diet.
- The crowds **spurred** the runners **on** during the race.

13 Match the definitions with the words in exercise 12.

- Something good that is more than was expected or required _____
- The strength to carry out wishes and plans _____
- Encouraged someone to do something _____
- Something extra which is given by employer to worker in addition to their wage or salary _____
- Something that motivates or encourages you to do something _____
- Help something to increase or improve _____

14 What incentives do you have to study English?

GRAMMAR

Reporting verbs

- 1 Complete the text about Mark Zuckerberg with the correct form of the reporting verbs from the box. Sometimes more than one answer is possible

accuse admit explain insist
point out promise warn



'The Secret of Success is making lots of mistakes,' says Mark Zuckerberg, co-founder and CEO of social networking site, Facebook.

Addressing questions from Facebook users at a public meeting, Mark Zuckerberg ¹ _____ that successful people not only learn from their mistakes but spend a lot of time making them. He ² _____ further that if someone is successful, it's usually because a lot of the things they have done were wrong. Zuckerberg was commenting on a range of topics, from the company's privacy policies to his favourite foods.

One questioner, who said she lived near Facebook's headquarters, thanked him for increasing the value of her house. Critics have ³ _____ Zuckerberg of having driven residents out of the San Francisco area surrounding their head offices because of rising house prices. Discussing Facebook's role in global issues, such as racial discrimination, he ⁴ _____ that the website wants to give everyone a voice.

Addressing a question about children's use of Facebook, Zuckerberg ⁵ _____ that banning technology was risky, because using it is one way that children become literate and develop skills they need in the modern world. He did, however, ⁶ _____ that the company is working very hard to deal with online bullying.

Zuckerberg also ⁷ _____ that he was having trouble coming up with 2014 New Year's resolutions and suggested that everyone post their ideas on his wall.

- 2 Choose the correct options for each sentence. In some sentences there are two correct options.

- I offered _____ her a cup of coffee, but she didn't want one.
A making B that I make C to make
- She promised _____ anybody that I hadn't gone to school.
A not to tell B that she wouldn't tell C not telling
- I denied _____ to the party when my mum asked me about it.
A going B having gone C that I go
- They insisted _____ for our dinner.
A that they paid B having paid C on paying
- Our neighbour threatened _____ the police if we didn't keep the noise down.
A to call B on calling C having called
- I had to apologize _____ her feelings.
A to hurt B for hurting C that I hurt

- 3 Match words and phrases to make sentences.

1 She admitted	me	having copied my essay.
2 The tour guide warned	that	a mistake.
3 He pointed out	to	call me when you got home.
4 You promised	that	we were on the wrong platform.
5 My friends encouraged	us	to do the bungee jump.
6 My teacher accused me	of	not to drink the tap water.
7 I explained	making	I would be home late.

- 4 Read the sentences. Match them with a reporting verb from the box and then write a sentence using the reporting verb.

deny insist offer suggest warn

- 'I swear I don't know anything about the missing money!'
He _____
- 'You absolutely must come and stay with us when you visit Sydney.'
They _____
- 'Would you like me to feed the cat while you're away?'
She _____
- 'I wouldn't use the lift if I were you.'
She _____
- 'Why don't you try Steak it Easy on Queen Street? Best steaks in town!'
They _____

- 5 Write another sentence with each of the reporting verbs in exercise 4.

- _____
- _____
- _____
- _____
- _____

LISTENING



- 3 Michaela's best friend ...
 - A was very jealous of her.
 - B profited from her generosity.
 - C sent her a lot of letters begging for money.
- 4 She believes ...
 - A money can exaggerate the negative or positive aspects of life.
 - B money can create problems whatever your circumstances.
 - C money makes you more careful in your relationships.
- 5 After winning the lottery ...
 - A she decided not to tell anybody else about it.
 - B she emigrated.
 - C she made a lot of mistakes.

1 Match the words and expressions 1–6 with the definitions A–F.

- 1 a glimmer of hope
 - 2 to put someone up
 - 3 to keep a low profile
 - 4 to fall out with someone
 - 5 anonymity
 - 6 to magnify
-
- A to argue with someone and stop being friendly with them
 - B to avoid attracting attention to yourself
 - C the situation in which someone's name is not given or known
 - D a faint sign of a positive feeling or quality
 - E to make something seem bigger and more important
 - F to provide someone with a place to stay temporarily

2 What do you think could be the disadvantages of winning a lot of money in the lottery?

3 Listen to an interview with Michaela, a lottery winner. Choose the best summary of her story.

- A I won the lottery and gave it all away.
- B I won the lottery and lost my friends.
- C I won the lottery and lost my ticket.

4 Listen again and choose the correct answers.

- 1 After winning the money, Michaela made the mistake of ...
 - A telling some friends she had won the lottery.
 - B telling a newspaper she had won the lottery.
 - C telling a stranger she had won the lottery.
- 2 The hardest thing she had to deal with was ...
 - A having to give away a lot of her winnings.
 - B the breakdown of her relationships.
 - C the breakdown of her marriage.

TEST YOUR MEMORY!

5 Answer the questions.

- 1 How much money did Michaela win?

- 2 What kind of people sold stories about her to the newspapers?

- 3 What kind of help did she receive?

- 4 What happened when she came back from holiday?

- 5 Where was the house that Michaela bought for her best friend?

6 Write these sentences in your language.

- 1 Tonight, millions will be glued to their televisions.

- 2 In the studio we have Michaela Goodman, a lottery winner who found this out the hard way.

- 3 News got out immediately.

- 4 People took advantage of me.

- 5 Needless to say, I fell out with her.

READING

1 Look at the book covers. What kind of books do you think they are?



Reviewing Teenage Self-help Books

A The 7 Habits of Highly Effective Teens

This book touches on topics such as self-esteem and body image. The author appears to speak from experience and attempts to engage the reader. However, this book confuses me. At times, he suggests overly simplistic solutions to complicated problems and his advice is just basic common sense. On the other hand, he seems to have a good grasp of the subject and offers useful suggestions.

The anecdotes and cartoons come across as unsuccessful attempts at humour and actually detract from the importance of the issues dealt with in the book. Some of the anecdotes actually contradict the ideas that he presents.

Some people may enjoy this book because it addresses a variety of topics, but the author's lack of empathy make him unqualified to give advice. The book has good intentions, but I found it simplistic and condescending. I think that a young adult novel would achieve exactly the same thing as this book.

B Dr Christian's Guide to Growing Up

In this book, Dr Christian addresses the fears and taboos of growing up. Issues that parents may find difficult to discuss such as puberty, emotional health and bullying are dealt with in a very pragmatic manner.

The book is informative and easy to understand. It is colourful, attractive and explains, without being patronizing, everything from how our bodies work to being safe online.

What I really like about it is that it answers actual questions sent in by teenagers, so the topics are things you genuinely want to know about. It goes into the essentials of adolescent life in detail without being over the top and encourages open-mindedness. It's a good way to help eliminate a lot of the uncertainties of being a teenager and speaks directly to young people about things they might be embarrassed to ask.

C The Teenager's Guide to Money

As the adult world has got itself into a financial mess, maybe it's time young adults prepared themselves for the future.

This excellent book is a clear and enjoyable guide to the complicated world of financial management for teenagers. It discredits common myths about money and shows teenagers how to take control of their income. It addresses topics such as planning ahead, opening bank accounts, saving and budgeting. As well as being relevant to teenagers, it also talks about the important financial matters we need to understand when we are adults.

The great thing about this book is that it approaches what could be a very dry subject without being heavy and serious. There is plenty of very useful information and advice, but it is easy to follow. It would be great for young people going off to university. In fact, I would also strongly recommend this book to adults who have difficulties managing money!

GLOSSARY

have a good grasp of	to understand something, especially something difficult
detract from	to make something seem less valuable or less deserving of admiration than it really is
contradict	to say the opposite of what you or someone else has said
empathy	the ability to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation
condescending	treating someone as if they were less important or intelligent than you
pragmatic	solving problems in a sensible way that suits the conditions that really exist now
myth	a commonly believed but incorrect idea



2 Read the following introduction to the books in the reviews. Check your answer to exercise 1.

Today's teenagers are busier and more stressed than ever. With schoolwork, exams and family life, the pressure on young people is increasing. No wonder the market for self-help books for teenagers is booming ...

3 Read the reviews of the books. Which book A–C do you think received each of the following ratings?

- ★★★★☆ —
 ★★★★★ —
 ★★☆☆☆ —

4 Read the reviews again. For which of the books A–C are the following true? Some questions may have more than one answer.

- 1 The book clears up some misunderstandings. —
- 2 The book talks about the real-life problems of its target readers. —
- 3 The book would be worthwhile reading for adults as well as teenagers. —
- 4 The book explains things in a realistic and simple way. —
- 5 The advice given in the book is inconsistent. —
- 6 The book deals with a potentially boring topic in a light-hearted way. —
- 7 The book would have the same effect on the reader as teen fiction. —
- 8 The book does not appreciate the seriousness of some issues. —

5 Answer the questions.

- 1 Do you think it's true that teenagers these days are busy and stressed? Why / Why not?

- 2 What issues do teenagers have to deal with?

- 3 Why do you think teenagers read self-help books?

- 4 Have you ever read a self-help book? Why / Why not?

- 5 Which of the three self-help books in the article would you most like to read? Why?

MORE SIMILAR WORDS

6 Look back at your Student's Book on page 13 and write down the four similar words.

7 Complete the sentences with the words from the box.

antipathy apathy empathy sympathy

- 1 I felt a great deal of _____ for Jo when she failed her driving test again. I failed mine six times!
- 2 I'm afraid I'll have no _____ for you if you fail. You knew you had an exam this morning and you still stayed out late last night!
- 3 If educators don't find a way to reduce _____ in students, more young people will drop out of school before getting qualifications.
- 4 Despite the deep _____ between them, the two sides have managed to negotiate an agreement.

8 Write sentences of your own, using each of the similar words in exercise 7.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

GRAMMAR

Expressing purpose & reason & result

- 1 Complete the sentences with the words from the box. You can use some expressions more than once.

in order (not) to so as (not) to so that to

- He's looking for a part time job _____ save up some money _____ he can go travelling.
- We had to get up really early _____ get to the airport on time.
- He exercises regularly _____ put on weight.
- We turned down the television _____ we didn't wake the baby.
- I'm going to leave now _____ get stuck in a traffic jam.

- 2 The words in these sentences are jumbled. What is the correct order?



- the room / felt / we / because of / the heat / very uncomfortable / in _____
- go climbing / we / didn't / due to / awful / the / weather _____
- the bus fare / is / expensive / to school / I / always / walk / the fact that / owing to _____
- really upset / the fact that / I / the exam / due to / didn't pass / my parents / were _____
- hard work / she became / as a result of / so successful / and determination _____
- the teacher / my behaviour / me / in / kept / after class / on account of _____

- 3 Rewrite the sentences using the words in brackets.

- She put make-up on because she wanted to look older. (so that)

- I've stopped eating bread and pasta because I want to lose weight. (so as to)

- I carried the knife carefully because I didn't want to cut myself. (in order that)

- We took some blankets and we kept warm. (due to the fact that)

- I put my hand up to get the teacher's attention. (so that)

- 4 Circle the correct word or phrase in each sentence.

- The floods **with the result that / resulted in / meaning that** serious damage to the property.
- All flights have been cancelled, **meaning that / resulting in / such that** we won't be able to go on holiday.
- It was **such a / such hot / so hot** that I had to stay indoors all day.
- Too much stress often **meaning that / leads to / due to** physical illness.
- She is **such / such that / so** a shy person that she tends to avoid social situations.

- 5 Complete the sentences in your own way using the words in brackets.

- _____ that he lost his job. (so)
- _____ film, that I went to see it five times! (such)
- _____ the party being cancelled. (led to)
- _____ lots of arguments in our house. (gives rise to)
- Rainforests are being cut down _____. (with the result that)

EXTRA CHALLENGE

It is commonly accepted that setting goals for yourself will lead to success. Complete the personal goals form below with ideas about your goals in life.

Personal goals

Career

What level would you like to reach in your career? What do you want to achieve?



Physical

Are there any athletic goals that you want to achieve? What steps are you going to take to achieve this?



Fun

How do you want to enjoy yourself?

Education

Is there any knowledge you want to acquire in particular? What information and skills will you need to have in order to achieve your other goals?



Giving back

Do you want to make the world a better place? If so, how?

Artistic

Do you want to achieve any artistic goals? What are they?

WEBQUEST

Go online and find the answers to the questions.

- 1 What is the full title of Felix Dennis' book 'How to get rich ...'?

- 2 Who is the most successful Olympic athlete to date?

- 3 Which famous basketball player was actually cut from his high school team?

- 4 Finish the quotation by Graham Hughes. 'I also wanted to show that the world is not some big, scary place, but in fact is full of people who ...'

- 5 What are Fauja Singh's nicknames?

- 6 Who wrote the poem which begins 'I wandered lonely as a cloud ...'?

CARTOON



INTERACTION

Discussing careers


1 Answer the questions. Can you remember how to express yourself?

What do you say ...

- 1 to ask for information about something?

- 2 to explain how you started doing something?

- 3 to give advice?

2  Complete the dialogue between Gina (G) and Mr Lemon (ML). Listen and check your answers.

G: Mr Lemon, do you mind if I ask you a few questions about how you got started?

ML: Of course not.

G: Ok. What ¹ _____ you the ² _____ to open your own language school?

ML: Some colleagues from my old school were opening a language school and asked me to join them. We started off with just a few students and the school grew. Now we're a chain, so I suppose you could say we started at the ³ _____ of the ⁴ _____ and worked our ⁵ _____ up.

G: What do you think is the ⁶ _____ of doing ⁷ _____ in this industry?

ML: I think it's really ⁸ _____ ⁹ _____ have passion for what you're doing. To be a language school owner, ¹⁰ _____ ¹¹ _____ you have experience as a teacher. That really helps you to identify with your staff. ¹² _____ going into this business without being fully prepared.

3 Read the dialogue and circle T (true) or F (false).

Luke: Mum, how long have you been in the police force?

Mum: Would you believe it's 20 years now! I started as a Constable and worked really hard to finally become Chief Inspector.

Luke: What is the hardest thing about your job?

Mum: Probably the time I have to spend away from you guys. It's also quite male dominated, so you have to make sure you are pretty tough to join as a woman if you want to climb the ladder.

Luke: What would you say to someone who wants to join the police?

Mum: I'd say, take my advice and get life experience before you join. They are looking for maturity, common sense and good people skills. Qualifications are fine, but

it's really important to experience going up through the ranks if you want respect from your colleagues.

Luke: OK, that's it. Thanks, Mum.

- 1 Luke's mum was promoted to Chief Inspector quite quickly. T / F
- 2 According to Luke's mum, it is difficult for women to be successful in the police force. T / F
- 3 She recommends going directly into the police force after school. T / F
- 4 Colleagues will respect you if you start at the bottom. T / F

4 Complete the dialogue with the interviewer (Int).



Int: Could you tell me what led you to a career in the film industry?

You: (Explain that you were lucky to be in a performance when a well-known director was looking for new talent at your university.)

1 _____
Int: A lucky break! You've been in every one of his films since then. How can someone be successful as a professional actor?

You: (Say it's essential to have a positive mindset, always keep your feet on the ground and never give up.)

2 _____
Int: What kind of training and representation would you recommend?


You: (Recommend studying at a good drama school and having a good agent.)

3 _____
Int: What's the hardest thing about the industry?
You: (Say that criticism is one of the hardest things to deal with. Suggest not reading reviews in newspapers.)

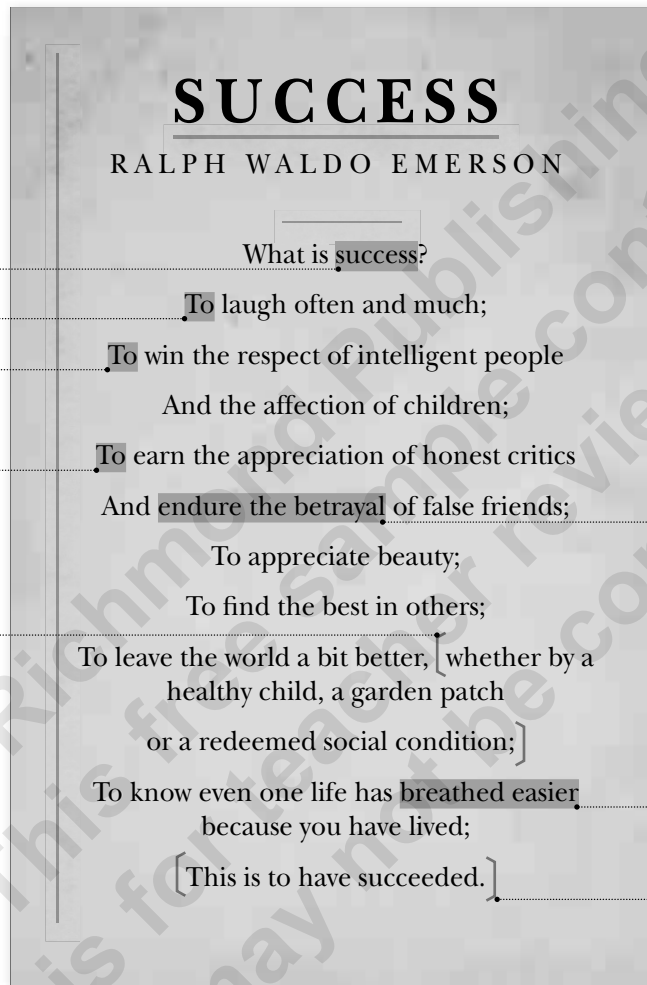
4 _____
Int: What advice would you offer an aspiring actor?
You: (Offer some advice.)

5 _____

YOUR TURN TO SPEAK

5  Revise the *Express yourself* box on page 16 of your Student's Book. Then listen to the people and respond.

A poem



Poems are often about abstract concepts.

What is success?

To laugh often and much;

To win the respect of intelligent people

And the affection of children;

To earn the appreciation of honest critics

And endure the betrayal of false friends;

To appreciate beauty;

To find the best in others;

To leave the world a bit better, whether by a healthy child, a garden patch

or a redeemed social condition;

To know even one life has breathed easier because you have lived;

(This is to have succeeded.)

Use repetition to give rhythm to the poem.

You can use formal language in poems.

[] Separate sentences onto different lines to keep the correct rhythm.

Poems often refer to senses and feelings.

The ending of the poem often refers to the main theme.

Tips for writing English

We use combinations of adjectives and nouns which require the reader to think imaginatively, e.g.

honest critics

false friends

a redeemed social condition


We use repeated patterns of language in order to give a sense of rhythm, e.g.

the respect of intelligent people ... the affection of children

LISTENING

Listening for gist, detail, opinion, attitude, agreement, purpose, etc.

Look again at page 122 of your Student's Book. Read *About the exam* and the *Tip*. Then do the task below.

 You will hear three different extracts. For questions 1–6, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One

You hear two friends discussing a TV documentary.

- 1 Which aspect of the documentary do the friends disagree about?
 - A how informative it was
 - B how believable it was
 - C how well it was presented
- 2 In the woman's opinion, what change needs to take place first?
 - A individuals taking greater responsibility for their own actions
 - B food manufacturers changing their ingredients
 - C supermarkets questioning the food they stock

Extract Two

You hear two colleagues talking about a meeting they attended.

- 3 The two speakers both believe that the motive behind the new policy is
 - A to produce financial benefits for the company.
 - B to improve the work-life balance of employees.
 - C to attract new employees to the company.
- 4 What is the woman's main concern about the policy?
 - A It will result in an increased workload for employees.
 - B Less conscientious employees will take advantage of the policy.
 - C It will play on employees' fears and insecurities.

Extract Three

You will hear a man and a woman discussing a play.

- 5 What does the man think about the play?
 - A It has received undeserved praise.
 - B It has an unconvincing storyline.
 - C The quality of the acting was generally impressive.
- 6 What is the woman's attitude towards professional theatre critics?
 - A She distrusts the profession.
 - B She is irritated by how they shape public opinion.
 - C She feels they are under threat from the internet.

LISTENING

Conversation and Lecture

Look again at page 123 of your Student's Book. Read *About the test* and the *Tip*. Then do the task below.

1  Listen to part of a lecture about success. Take notes.

2 Now get ready to answer the questions. You may use your notes.

1 **What is the lecture mainly about?**

- A how to be successful in business
- B the IQ you need to get a good job
- C the topic for this semester
- D how students are feeling

2 **There are two answers for the next question.**

Choose two answers.

According to the text, what does success look like to some people?

- A being important in the world of work
- B being smart and having good exam results
- C being focused at school
- D enjoying life and having good personal relationships

3  Listen again to part of the lecture. Then answer the question.

What does the professor mean when she says: "What's the point?"

- A There is no reason to do something.
- B There is an object she is examining.
- C She's talking and pointing to something.
- D She knows it's the right thing to do.

4 **What does the professor say about IQ and EQ?**

- A a high IQ will lead to better career prospects
- B schools have always focused on EQ more
- C a higher EQ will improve your chances at work
- D IQ plays a greater role than EQ in your relationships

5 **What does the professor imply when she says:**

"If a colleague gets very upset about something at work, you can't look it up online to see how best to deal with it"?

- A It's important to know how to respond to emotions.
- B Her work colleagues aren't happy with their jobs.
- C If there's something you don't know, look it up on the internet.
- D If you have a job, you have to learn how to cope.

6 **What does the professor ask the students to do?**

- A give emotional advice to one another
- B focus on their friends
- C log on when they're feeling truthful
- D be honest about their feelings

Vocabulary Bank

Starter

architect
author
challenge
competitor
cook
economist
employee
employer
exhaustion
experience
goal
journey
jungle
lawyer
navigated
pianist
trainer
vendor
writer

UNIT 1

actually
booming
currently
disappointing
flourishing
hanging on
in decline
in demand
ineffective

momentarily
presently
profitable
slipping
struggling
thriving
triumphant

UNIT 2

affluenza
apathetic
banoffee pie
bored
breathalyze
brunch
chugger
de/unfriend
disinterested
electrocute
emoticon
fortnight
Frankenfood
indifferent
intercom
labradoodle
lol
me time
motel
pixel
selfie
sitcom
smog

spork
street food
workaholic

UNIT 3

affability
affable
avert
avoid
cautious
cautiousness
communicative
communicativeness
demonstrative
demonstrativeness
effusive
effusiveness
escape
evade
generosity
generous
gregarious
gregariousness
introspection
introspective
modest
modesty
outgoing
reserve
reserved
restrained
restraint