

Chatterbox #71 – The dentist

Transcript

Harp: Hello everyone. This is Harp.

Maura: And Maura.

Harp: And we're here at Culips English Learning Podcast, bringing you another episode.

Maura: And if you're not on Facebook, you should be! And then you can leave comments and messages for us there and we can respond.

Harp: And remember, as per usual, you should check out our website, Culips.com, that's C-U-L-I-P-S.com, because there you can become a member. When you're a member, you have access to the Learning Materials. Each Learning Materials contains a complete transcript, a detailed explanation, and even a quiz for each of our episodes.

Maura: Now, today's episode is a Chatterbox episode. And that's where Harp and I get to chat. And we chat about all kinds of subjects, including cultural things.

Harp: Or we interview people, sometimes we talk about things in the news, things that are going on. We like to chat.

Maura: So, today we're gonna talk about a subject that a lot of people might not like.

Harp: That's true. We're gonna talk about the dentist.

Maura: Yes, the dentist. A lot of people hate going to the dentist.

Harp: Yeah. Because often, the dentist causes pain.

Maura: Yes. And it's not a really pleasant experience to sit there with your mouth open for a really long time.

Harp: Exactly. So in this episode, we're gonna start with talking about regular **checkups** and maintaining wonderful, beautiful teeth.

Maura: And how it's done in Canada. Then we're going to give you some expressions that have to do with teeth.

Harp: Exactly. And then we're gonna talk about some childhood memories and experiences with the dentist.

Maura: Mhmm. I think that's when it's the most scary—when you're a kid.

- Harp: Definitely.
- Maura: OK. So first let's start by talking about going to the dentist and how people do it and what happens there, in Canada.
- Harp: Maura, how often do you go to the dentist?
- Maura: I was hoping you weren't gonna ask, Harp. When I was younger, I used to go often. But I don't have insurance, and so I don't go very often.
- Harp: When was the last time you went to the dentist, Maura?
- Maura: The last time I went to the dentist, I think, was about a year and a half ago.
- Harp: OK. Not too bad then.
- Maura: No, it's not so bad. But I think there was a period where I didn't go for about 5 years.
- Harp: Yeah, because if you don't have insurance, it's very expensive to go to the dentist in Canada.
- Maura: Yeah. It can be pretty expensive. That is to say, if you have just a little **checkup** and you're teeth are fine, it's not so bad, but if you have **a cavity** or any problem at all, then the cost goes up significantly.
- Harp: Yeah. I remember being a kid and I would go twice a year for sure. But as soon as I got older, I didn't go all the time. Especially when I didn't have insurance.
- Maura: Yeah. Students who are in university in Canada have student insurance through their university, so you can still go to the dentist. But after that, depends what kind of job you get. Some job don't have insurance, so you might not go to the dentist as much, or you pay a lot.
- Harp: Yeah. Now I have medical and dental insurance with my company, so I'm back to going twice a year again.
- Maura: Oh, wow. It actually reminds me that I should make another appointment soon. But I'm afraid I have **a cavity**.
- Harp: That's actually where I came up with the idea for this episode; because I just scheduled my next appointment to see my dentist.
- Maura: Do you have **a cavity**?
- Harp: Nope. I think I don't, or I hope I don't, but it's just a regular **checkup**.

- Maura: You know, for a while, I was really proud because I didn't have any **cavities** for a long time. Even in my 20s, I didn't have **a cavity**. So, when I was a kid, I actually did get a couple **cavities**, but it was in my **baby teeth**. So, after they fell out, I actually had no **cavities**, but now I do have a small one. Teeth are an important thing to take care of. Do you take care of your teeth?
- Harp: I do. But sometimes I get lazy and I don't floss my teeth every day.
- Maura: I think most people don't floss their teeth ever.
- Harp: That's true. Like, I brush my teeth in the morning and at night before I go to sleep, but I would say I floss my teeth maybe twice a week.
- Maura: I would still say that's more than most people. It's only in the past year or so that I've gotten in the habit of flossing regularly and I really like it, but it's a hard habit to get into.
- Harp: Yeah. It's because I usually floss at night, and then I'm so tired that I think "Oh, I'll do it tomorrow."
- Maura: Yeah, exactly. And you were mentioning something else to me recently about tea, because Harp and I are both tea drinkers.
- Harp: I love drinking tea, but I drink three or four cups of tea a day, and I'm definitely starting to notice that my teeth are looking more and more yellow.
- Maura: Are you sure you're not just paranoid?
- Harp: I don't know. But I think they're going more yellow, so I spoke with my dentist the last time and he suggested that I drink my tea using a straw.
- Maura: But that doesn't sound good.
- Harp: I tried it today, actually, for the first time, and it was horrible.
- Maura: Well, you said you have about three cups a day. Did you drink all three cups with a straw, or just once?
- Harp: I **got so fed up** after the second cup; I just didn't have my third cup of tea.
- Maura: Oh! Well, that could be all right too.
- Harp: I know. It's just that tea is so delicious and drinking with a straw is not fun at all **when it comes to** tea.

- Maura: No. But your story makes me think of another point, which is that there is really a trend for people to have white teeth. You're not the first person that I've heard that's worried about this. You can get bleaching done at the dentist or you can buy different products at **the drugstore** to help whiten your teeth.
- Harp: Yeah, it's definitely an obsession. I think it's now because we take a lot more pictures and we can see pictures online that we can see when our teeth are looking a bit yellow.
- Maura: I also think people are just more and more focused on how they look.
- Harp: That's true.
- Maura: Yup. That's pretty much what going to the dentist is like and a little bit about what we feel about it.
- Harp: Yeah. And actually, I have one more thing that I don't really do for my teeth that I'm supposed to and I'm sure my dentist is going to say something next week.
- Maura: What's that?
- Harp: Well, when I sleep, I **grind my teeth**, so I clench my teeth, and my teeth rub together and I'm supposed to wear a mouth guard every night. So it's this plastic piece that I wear on my bottom teeth and it's been fitted for my mouth. I'm supposed to wear my mouth guard every night but I don't wear it all the time.
- Maura: Yup. Sometimes I clench my teeth at night too, and I know because when I wake up in the morning my teeth hurt.
- Harp: Yeah, I know. That's when I usually when I wear my mouth guard, the next night.
- Maura: The next night, when's it's too late. OK, now let's look at a couple expressions that have to do with teeth.
- Harp: The first one is **to have a sweet tooth**.
- Maura: Right. **To have a sweet tooth**. And if a person **has a sweet tooth**, this means that they love to eat sweet and sugary foods.
- Harp: I definitely **have a sweet tooth**.
- Maura: Me too.
- Harp: I think this is why I always had **cavities**, because I love sweet, sugary food.

- Maura: Yeah. I love desserts. So, if someone **has a sweet tooth**, it means that they like sweet foods. It really doesn't have anything to do with teeth; it just means they have a taste for things that have a lot of sugar in them.
- Harp: Yeah. I really love sweet food—brownies and chocolate cake and cookies. Anything sweet, I love.
- Maura: Yeah, pretty much anything sweet. But you know, now that the weather's getting nicer, my ultimate favourite sweet food is ice cream.
- Harp: Yup. I know that for sure about you.
- Maura: You know, in the winter, I **quit cold turkey**, but in the summer I think I have ice cream almost **every other day**.
- Harp: That's awesome.
- Maura: You know what? It's actually my dad's fault, because my dad also **has a sweet tooth**, so I think that's why. He just **rubbed off on me** when I was growing up and we always had ice cream around.
- Harp: I love it. Blame it on your dad.
- Maura: Yup. All right, now, there's another expression that we thought that we'd mention about teeth, but this one isn't so sweet as eating desserts.
- Harp: No. The next expression is **it's like pulling teeth**.
- Maura: Right. So to say that something **is like pulling teeth** means that it was very difficult and the person didn't want to do it.
- Harp: Yeah. So if you imagine pulling your healthy, strong teeth, it's difficult and it's not something you would wanna do.
- Maura: Exactly. It makes sense. I don't want someone to pull out my teeth.
- Harp: No, me neither.
- Maura: This expression can really be used any time you're trying to get someone to do something that they don't want to do.
- Harp: Yeah. For example, my best friend really wants to exercise but every time I try to get her to exercise, **it's like pulling teeth** because she hates exercising.
- Maura: Right. So of course, it's difficult, you have to try to convince her, and then she doesn't want to do it anyway.

- Harp: Exactly.
- Maura: So, the two expressions that we mentioned were **to have a sweet tooth**, which means you like sweet, sugary foods, and to say that something **is like pulling teeth**, which means it's difficult and a person doesn't want to do it.
- Harp: Yes. Let's move on to our third section, Maura. Our childhood experiences and memories.
- Maura: It's funny, because earlier I said that a lot of people hate the dentist, but I think that when you're a kid is when you really don't like it the most. A lot of kids are nervous and even afraid of the dentist.
- Harp: Yup. I don't think I was afraid of the dentist, but I definitely did not want to go when I was younger.
- Maura: Yeah, me neither.
- Harp: When I was a kid, if I thought about going to the dentist, I thought "Oh, it's gonna hurt." Because remember, I had **cavities** all the time, so I would have to get the needle. My mouth would have to be frozen. It just hurts. It's not fun.
- Maura: Right. And I think that's part of what makes it not enjoyable, because you're always wondering if you're going to have **a cavity** and if you're going to be caused more pain.
- Harp: No, definitely. The only thing that would make going to the dentist sort of fun is that they would always give you a toy.
- Maura: Right. They would give you a toy at the end.
- Harp: Yeah. After you survived.
- Maura: Right. So, after you have your appointment and the dentist does their cleaning and maybe they take X-rays and they soak your teeth in fluoride. After that's all done, then the receptionist usually has a little box of toys and you can choose one.
- Harp: Yup. I remember I always chose the same thing. They had these rings, and I remember I always felt like a princess when I got one of those rings.
- Maura: That's cute. I also remember that they usually give you a toothbrush and dental floss and all of that stuff to help remind you that you should take care of your teeth.
- Harp: My dentist still gives me a toothbrush every time I go.

- Maura: That's true. It is nice, isn't it?
- Harp: It is nice.
- Maura: And it's something that students learn about in school, especially when you're young and in elementary school. You might have someone who comes to speak to your class about how to take care of your teeth. I still have the image in my mind of these really big plastic teeth and a really big toothbrush and someone would come and show you how you're supposed to brush. You're supposed to start at **the gum line** and brush down. But I think I still don't do that.
- Harp: Me neither. But I definitely have the same memory, so they must have done it all across Canada.
- Maura: Yup. And they also would show you how to floss. So they would use the dental floss and put it up in between your teeth and show you how to take care of your teeth.
- Harp: Yeah. I remember that for sure.
- Maura: I also remember as a kid hating just to brush my teeth. So I would go upstairs after my mom reminded me to brush my teeth and I would put the toothbrush in my mouth and brush my teeth for maybe about 10 seconds.
- Harp: It's funny how kids don't like things like this. I love brushing my teeth now, but, yeah, I remember being a kid and not wanting to brush my teeth. "Mom, can't I just go to sleep without brushing my teeth? Just once? I'm tired." But no.
- Maura: It's funny thinking back now, because it was such a simple little thing to do, but we didn't like it.
- Harp: No. We definitely did not.
- Maura: You know, as we've been talking and going through this episode, I feel like my teeth are dirty and I just want to go brush them and go home and floss.
- Harp: I was thinking the same thing.
- Maura: You know, when they have that fuzzy feeling, maybe after you've had too many teas?
- Harp: Yeah. I definitely know what you mean.
- Maura: OK. So, I think we better end this episode so Harp and I can go brush our teeth.

- Harp: I think that sounds like a good idea.
- Maura: OK. So, first we talked about regular **checkups** at the dentist and a little bit about what going to dentist is like in Canada.
- Harp: Then we gave you a couple of expressions related to teeth.
- Maura: And then we shared some of our own childhood experiences.
- Harp: Yes. And remember, check out our website, Culips.com, that's C-U-L-I-P-S.com.
- Maura: And also you can say hi on Facebook.
- Harp: And I would really like to hear about your stories of going to the dentist when you were a young kid.
- Maura: Do you have any funny stories, or do you have horror stories?
- Harp: That's it for us today. Bye everyone.
- Maura: Bye.

Detailed Explanation

A checkup

A **checkup** is a regular visit you make with a doctor just to make sure that everything is OK. This noun is related to the verb *to check*, which is to look at something to make certain of an idea or belief.

For example, you can check your bank account to make sure there's enough money in it to go shopping. Or you can check your lottery ticket to see if you've won anything.

So, when you go to the doctor or dentist to have a **checkup**, you are there to make sure that everything in your body and with your health is OK.

Unlike the verb, *to check*, the word **checkup** is a noun and is usually only used when talking about doctor's appointments.

A cavity

A **cavity** is a tiny hole in your tooth that can appear when you do not clean your teeth properly or when you eat too much sugar or anything else that makes teeth less strong.

Some people get **cavities** very easily just because their teeth are naturally softer or less resistant to things that weaken teeth like sugar.

Sometimes a **cavity** can hurt, because the hole has opened up or exposed some nerves. A **cavity** always gets bigger over time unless you get the **cavity** fixed by a dentist, which usually means they have to drill into your tooth and then fill the hole with something to make it so that there is no hole in your tooth anymore. This drilling sometimes hurts, so the dentist will give you a needle that has a medication that makes your teeth and gums numb so that you can't feel anything. Usually, the dentist will fill the **cavity** with a material that is very hard like porcelain or even gold.

The word **cavity** is another word for hole or empty space, but usually people only use it to talk about teeth. In this episode, Harp talks about always getting **cavities** as a kid, but Maura did not. This could be because Harp's teeth are just different than Maura's, and they get **cavities** easier. Or maybe she ate more sugar than Maura.

A baby tooth

A **baby tooth** is another term for a primary tooth. **Baby teeth** are the first teeth that kids have when they are very young. These teeth eventually fall out and are replaced by adult teeth, which are bigger and stronger than **baby teeth**. Sometimes this process hurts.

In North America, many kids get a visit from the Tooth Fairy when they lose a **baby tooth**. The Tooth Fairy is a traditional legend, like Santa Claus or the Easter Bunny. When kids lose a tooth, they are supposed to leave the tooth underneath their pillow. Just like Santa

Claus and the Easter Bunny, the Tooth Fairy leaves a present while the kids are asleep. Most often, it is money, left under the pillow where the tooth used to be. It is said that the Tooth Fairy takes the tooth and leaves some money in its place.

In this episode, Maura talks about getting cavities in her **baby teeth**. As we talked about earlier in this detailed explanation, cavities usually have to be filled by the dentist. But Maura's cavities were in her **baby teeth**, which were soon going to fall out anyways, so she didn't have to get them filled. If a cavity gets really bad in a **baby tooth**, the dentist will most often pull it out instead of filling it.

To get fed up

In this episode, Harp talks about trying to drink her tea through a straw so that the tea does not damage her teeth. When Maura asks her if it was a problem, Harp says that she **got so fed up** by her second cup of tea that she didn't drink her third cup.

We can see by what Harp says that **fed up** must have something to do with being frustrated. Harp didn't have her third cup because drinking tea through a straw is frustrating or unpleasant. Harp **got fed up** with drinking through a straw, so she stopped drinking.

To get fed up means to get frustrated or annoyed and want to stop doing something. For examples, you could **get fed up** with your math homework because you can't understand a problem.

You might get frustrated and annoyed with your new puppy because she is not being very good, but you usually wouldn't **get fed up** with her, because **fed up** would mean that you want to stop training her or give her away because of this frustration.

Being **fed up** means you've reached a point in your frustration where you want to stop doing what you're doing or give up whatever it is that is frustrating you.

When it comes to

When it comes to means "in reference to," "when talking about," or "in regard to." For example, if you are talking about school and classes with a friend, you could tell him that **when it comes to** math, you are not very good.

In this episode, we hear about how much Harp hates drinking her tea with a straw, which she tried doing to try to prevent damage to her teeth. She tells Maura, "Drinking with a straw is not fun at all **when it comes to** tea." What Harp is saying, is that in reference to, or when talking about tea, it is no fun to drink it with a straw. She might not mind drinking other beverages this way though. By using the phrase **when it comes to tea**, Harp is saying that her statement about drinking with a straw only applies to tea.

A drugstore

A **drugstore**, or **drug store**, is another name for a pharmacy, which is a store where you go to pick up the medication that a doctor has prescribed for you.

At a **drugstore**, there is usually a counter and a pharmacist, who is the person who gets the medication that you need and puts it into a bottle for you.

Prescription medications are drugs that you can only buy if your doctor has written you a prescription. This is usually because these medicines are very powerful and can be dangerous if not taken correctly. **Drugstores** also have medicines that you do not need a prescription to buy, such as aspirin or Tylenol. These are called over-the-counter medications, because you can buy them without a prescription, just by walking into the **drugstore** and asking for them.

Drugstores also usually also carry personal hygiene items such as shampoo and toothpaste. Two popular **drugstores** in Canada are Shoppers Drug Mart and Jean Coutu.

In some English-speaking countries, like the UK, they use the phrase *the chemist* instead of **the drugstore**, but this sounds a little strange to North Americans.

To grind your teeth

Some people **grind their teeth** when they sleep. This means that they rub their teeth together. People often don't even realize they do it until someone else hears it and tells them, or they have a sore jaw in the morning.

Grinding your teeth is pretty common, but it can be bad for your teeth because you are slowly scraping them down and you can remove some layers of your teeth that are supposed to protect them.

In this episode, Harp talks about how she **grinds her teeth** at night so badly that she is supposed to wear a special mouth guard to protect her teeth. A mouth guard is a soft plastic piece, usually moulded to the shape of your teeth, that you can wear in your mouth at night. Professional boxers wear something similar when they fight, to protect their teeth in case they get hit in the mouth.

Maura then talks about how she clenches her teeth at night and doesn't realize it until the next day when her jaw is sore. Clenching your teeth is a bit different than **grinding your teeth**. Clenching means that you hold your teeth together very, very tightly using the muscles in your jaw. **Grinding** means that you rub your teeth together while you're sleep. **Grinding** usually only happens when you sleep, but clenching can happen in the daytime or nighttime.

Clenching your teeth is usually caused by stress or worry. You've probably noticed a time when you are very stressed out or anxious, like before a test, that you clench your teeth.

Grinding your teeth in your sleep does not necessarily mean you are stressed out, and it sometimes happens for no real reason.

To have a sweet tooth

In this episode, Maura talks about the fact that she **has a sweet tooth** for ice cream in the summer. What she is saying is that she craves sugary things in the summer, especially ice cream.

To have a sweet tooth means to really like sweet and sugary things and that you often crave or want them. Some people do not **have a sweet tooth**, preferring savoury things like garlic and bread over sweet things like candy and ice cream.

To have a sweet tooth is a funny expression because, as Harp and Maura discuss in this episode, sweet and sugary things are bad for your teeth. It is also funny because it seems like it means that only one tooth craves sugar while the rest do not.

Even though **having a sweet tooth** doesn't mean that you have only one tooth that craves sugar, for some reason we never say *to have sweet teeth* in English. You can only use this phrase in the singular, using *tooth* and not *teeth*.

To quit cold turkey

To quit cold turkey is one of those English expressions that just doesn't really make much sense. There are a number of guesses at why this phrase is used and what cold turkey has to do with quitting or stopping something, but these are only guesses.

To quit cold turkey means to give something up, or quit something, suddenly and immediately without lessening it gradually or giving it up slowly.

Usually, this expression is used when somebody quits an addiction quickly. It is most often used to describe when someone stops smoking cigarettes very suddenly, without first reducing the number of times they smoke slowly over time.

In this episode, Maura uses the phrase casually and lightly to talk about how she gives up ice cream in the winter. Even though eating ice cream is not really an addiction, we can see by what Maura says that the phrase **to quit cold turkey** can be used quite casually as well.

Every other day

Every other day is a casual and common way of saying every second day. If you think of the days of a week as beginning on a Monday, we could say that Tuesday, Thursday, and Saturday of that week are **every other day**.

If you take English lessons every second day, meaning once every two days, you can say that you take the lessons **every other day**.

In this episode, Maura talks about how often she eats ice cream in the summer. She says that she eats ice cream **every other day**. What Maura means is that she eats ice cream about once every two days. We can see here that Maura is not using the expression too literally, because she probably doesn't eat the ice cream on schedule exactly once every two days.

Sometimes this expression is used lightly to mean very often but not every day or not regularly and on a schedule. For example, if you very often go to a bookstore after school, but not every single day, you can casually tell someone that you go **every other day**, which would tell the other person that you go very often but not daily.

To rub off on someone

In this episode, Maura talks about how her dad's sweet tooth **rubbed off on her**. What she means is that her dad's sweet tooth influenced or affected her and caused her to have her own sweet tooth.

In everyday life, when an object rubs off onto something else, like your nail polish rubbing off onto your essay, it means that the thing that has rubbed off has affected the other object and changed it because of its own characteristics or qualities. You could even say that the nail polish has become part of the paper.

This is how the phrase **to rub off on someone** is used as well. Maura's dad's sweet tooth is a characteristic or quality of his. This characteristic **rubbed off on Maura** because being around him eating ice cream made her eat ice cream as well, and then she developed her own sweet tooth because she would always crave it after that.

To rub off on someone means that someone adopts a habit or characteristic from someone else that was not originally their habit, meaning that they didn't have it before being around that person.

Maura probably wasn't born with an ice cream craving. It was from being around her dad that she adopted the sweet tooth. It is because of this new habit she picked up from her dad that we can say that her dad **rubbed off on her**.

Like pulling teeth

In this episode, Harp tells Maura that getting her best friend to exercise **is like pulling teeth**. **Like pulling teeth** is a common expression used when you are trying to explain how difficult or hard it is to get someone to do something. It is used to mean difficulty because of how difficult it is to actually pull out a tooth, especially if the person doesn't want you too! There are even cartoons of dentists struggling to pull out teeth with construction tools!

Generally speaking, this expression is only used when you are trying to get other people to do something that they do not want to do. You wouldn't use it to talk about getting yourself to do something, or getting an object to do something.

Here's an example with the expression **like pulling teeth**:

George: I've been trying to convince my sister to eat healthy foods like salads. She always comes home from the grocery store with junk food.

Mary: Has she been listening to you?

George: No. She hates the taste of fruits and vegetables. So getting her to eat healthy **is like pulling teeth**.

The gum line

The gum line is where your teeth meet your gums. Taking care of your **gum line** is a very important part of taking care of your teeth, but is often neglected or overlooked.

The gum line collects a lot of plaque and bits of food that can create cavities and problems under **the gum line**.

Brushing your teeth can actually push the plaque and food further under **the gum line**. This is why dentists always tell you to start at **the gum line** and brush away from it, like Harp and Maura discuss in this episode.

A good way to get all the gunk out of your **gum line** is to floss. Even people who brush very well and very regularly can still get cavities if they do not floss.

Quiz

1. Which of the following describes someone who likes sugary desserts?

- a) They have sweet tooth.
- b) They have a sweet tooth.
- c) They have a sweet mouth.
- d) They have a sugary tooth.

2. What process does a dentist normally perform on a cavity?

- a) They give you painkillers, then insert a tube into the cavity, then fill it with liquid.
- b) They put you to sleep, then tie a strong thread around the tooth, then pull it out.
- c) They put a device in your mouth to keep it open, then drill off the tooth, then attach a false tooth to the root.
- d) They freeze or numb your mouth, then drill the tooth, then fill it with a hard substance like gold.

3. What does the Tooth Fairy do?

- a) She takes fallen-out baby teeth from under pillows and leaves presents in their place.
- b) She visits dentist offices while children are having cavities filled and entertains them.
- c) She comes to the homes of sleeping children and removes their baby teeth from their mouths while they sleep.
- d) She prepares your mouth for a cavity filling before they begin to drill.

4. What is the proper way to brush?

- a) Press hard and brush in wide circles.
- b) Only brush the tops of the teeth and leave the rest for flossing.
- c) Begin at the gum line and brush away from it.
- d) Aggressively brush back and forth for about four minutes.

5. Besides actually pulling a tooth out, what does the expression *like pulling teeth* mean?

- a) trying to study for an exam the night before
- b) having difficulty convincing someone to do something that they don't want to do
- c) being an influence on someone else
- d) trying to study harder and concentrate better

6. What are you doing if you grind your teeth?

- a) not flossing properly
- b) brushing too hard
- c) drilling them in preparation for cavity filling
- d) rubbing them together while you sleep

7. What does *every other day* mean?

- a) every Sunday
- b) days that don't have much sunlight
- c) every second day or once every two days
- d) days you are not in school or work

8. What does it mean when someone rubs off on you?

- a) They only floss every second day.
- b) Their habits or characteristics make you avoid them.
- c) They bother you or annoy you.
- d) They influence you to pick up a habit you didn't have before.

9. What does quitting cold turkey mean?

- a) stopping something you are doing by going to find something to eat
- b) suddenly or abruptly stopping a habit without lessening it slowly
- c) avoiding something by associating it with a food you do not like
- d) quitting your job by just walking out and not letting anyone know

Answers:

1.b 2.d 3.a 4.c 5.b 6.d 7.c 8.d 9.b