

Collocations: Relationships & Social Life

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What do you think makes a strong friendship?
2. What do you think makes someone have a healthy social life?

DEFINITION MATCHING

Part 1. Match each word to its correct definition. Can you guess any before looking at the options?

Trust

Friendships

Boundaries

Connections

Conflicts

Empathy

A bond

Quality time

1. _____ the ability to understand and share another person's feelings
2. _____ difficulties or disagreements between people
3. _____ the time spent giving someone your full attention and care
4. _____ close relationships you have with other people
5. _____ limits you set to protect your wellbeing in relationships
6. _____ a feeling of closeness or attachment between people
7. _____ a sense of reliability in someone's words or actions
8. _____ feelings or links you have with others, often through shared experiences

COLLOCATION MATCHING

Part 1. Match the verbs with the correct nouns to form a collocation.

Trust

Friendships

Boundaries

Connections

Conflicts

Empathy

A bond

Quality time

1. maintain _____

2. form _____

3. resolve _____

4. show _____

5. strengthen _____

6. set _____

7. spend _____

8. build _____



SENTENCE GAP-FILL

Part 1. Complete the sentences using the correct collocations.

Maintain friendships

Form connections

Resolve conflicts

Show empathy

Strengthen a bond

Set boundaries

Spend quality time

Build trust

1. A good leader must _____ with their team to earn respect.
2. It's healthy to _____ by having honest conversations.
3. Successful couples know how to _____ when necessary.
4. Networking events help people _____ in their industry.
5. She always tries to _____ by listening carefully.
6. Taking regular trips together can _____ between family members.
7. In busy lives, we should make time to _____ with loved ones.
8. Effective communication helps _____ peacefully.

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target collocations so that the meaning stays the same.

1. She decided what behaviour was acceptable in her relationship.
2. Regular team-building exercises make co-workers feel closer.
3. They worked hard to earn each other's confidence.
4. When misunderstandings arise, they talk until they're settled.
5. He always tries to understand how others feel.
6. Each weekend, they go hiking together as a family.
7. They quickly became friends when they met at the conference.
8. He stays in contact with university friends every month.

TENSE CHALLENGE

Part 1. Use the correct form of the collocation in brackets to complete each sentence.

1. Over the years, they _____ through honest feedback. (build trust)
2. If you _____, you'll find it easier to refuse requests. (set boundaries)
3. We _____ our _____ since we started weekly coffee catch-ups. (maintain friendships)
4. By next month, I _____ with my new colleagues. (form connections)
5. Spending time together doing meaningful activities is a great way of _____ between friends or family members. (strengthen a bond)
6. He _____ every evening to understand his partner's point of view. (show empathy)
7. When tensions rose, they managed to _____ the _____ quickly. (resolve conflicts)
8. Families _____ together for generations through shared traditions. (spend quality time)

SPEAKING

Part 1. Answer the questions using the target collocations.

1. How do you **build trust** in a new team or group?
2. What do you do to **maintain friendships** when you're busy?
3. When is it necessary to **set boundaries** in a relationship?
4. Where do you find it easiest to **form connections** with others?
5. How should people **resolve conflicts** at work or at home?
6. Can you describe a time you **showed empathy** to someone in need?
7. What activities help **strengthen a bond** between friends or family?
8. How do you like to **spend quality time** with your closest people?

