



SPEAKING 1

Choose the correct words to complete the text about contrastive stress.

Contrastive stress is a type of *sentence / word* stress. It stresses *lots / pairs* of words to emphasize the contrast, or the *similarity / difference*, between them. Sometimes we use contrastive stress when information has been misunderstood. It gives us a way to let the *speaker / listener* know which point they misunderstood, and also to draw their attention to the *correct / wrong* information. So, when we use contrastive stress, we stress more *than / only* one word. In his talk, Andy Puddicombe uses contrastive stress to help us understand what mindfulness is, and what it might *be / is* not.