

'Cause I'm Alright

a song by Alan Smith Robertson

<https://youtu.be/8WmTVDhefyA>

Listen to the song. Fill in the gaps with either “for” or “since”

I'm not living in denial
_____ you dumped me I've been fine

I haven't thought about you _____ days,
_____ we broke up I've already met someone else,
and I've only followed you home once to make sure you were safe

I haven't missed you _____ you left
I haven't missed your soft caress

I haven't knocked on your door then run away
_____ that night last May
when I nearly drank myself to death, but I'm OK

_____ the last eight months I've been a rock
I've felt no pain _____ we broke up

I haven't felt this free _____ years
I'm free to drink a thousand beers

I haven't been getting obsessed or hostile,
I only wished that you were dead for a short while

Although I've been calling you up _____ weeks now
It's not because I miss your voice or I feel down

I haven't been crying myself to sleep at night
When I said I loved you, you know it was all lies
I'm only writing this song... 'cause I'm alright

Now listen to the song to check your answers

Write phrases that are true for you

- I haven't _____ for days
- I haven't _____ since last May
- For the last eight months I've _____
- I haven't _____ for years
- I've been _____ for weeks
- Since _____ I have _____

From memory, put the verbs into the correct present perfect form (simple or continuous)
Then listen to check

I'm not living in denial Since you dumped me I _____ fine	be
I _____ about you for days, since we broke up I _____ already _____ someone else, and I _____ only _____ you home once to make sure you were safe	think meet follow
I _____ you since you left I _____ your soft caress	miss miss
I _____ on your door then run away since that night last May when I nearly drank myself to death, but I'm OK	knock
For the last eight months I _____ a rock I _____ no pain since we broke up	be feel
I _____ this free for years I'm free to drink a thousand beers	feel
I _____ obsessed or hostile, I only wished that you were dead for a short while	get
Although I _____ you up for weeks now It's not because I miss your voice or I feel down	call
I _____ myself to sleep at night When I said I loved you, you know it was all lies I'm only writing this song... 'cause I'm alright	cry

Post-listening activities

- The song ends with the line “*I'm only writing this song... 'cause I'm alright*”. Is the narrator of this song **really** alright? How do you know?
- A lot of the things that he says are lies. Can you rewrite some lines to make them true?
- Listen to the song “I'm not in love” by 10cc. What do these two songs have in common?

'Cause I'm Alright

a song by Alan Smith Robertson,
designed to practice the present perfect simple & continuous, with “for” & “since”

<https://youtu.be/8WmTVDhefyA>

Teacher's answer sheet. Length: approximately 30 - 35 minutes

Listen to the song. Fill in the gaps with either “for” or “since”

I'm not living in denial
since you dumped me I've been fine

I haven't thought about you **for** days,
since we broke up I've already met someone else,
and I've only followed you home once to make sure you were safe

I haven't missed you **since** you left
I haven't missed your soft caress

I haven't knocked on your door then run away
since that night last May
when I nearly drank myself to death, but I'm OK

for the last eight months I've been a rock
I've felt no pain **since** we broke up

I haven't felt this free **for** years
I'm free to drink a thousand beers

I haven't been getting obsessed or hostile,
I only wished that you were dead for a short while

Although I've been calling you up **for** weeks now
It's not because I miss your voice or I feel down

I haven't been crying myself to sleep at night
When I said I loved you, you know it was all lies
I'm only writing this song... 'cause I'm alright

Now listen to the song to check your answers

Write phrases that are true for you (*example answers*)

- I haven't **been on facebook** for days
- I haven't **been to the hairdresser's to cut my hair** since last May
- For the last eight months **I've been studying (I've studied) very hard for my exams**
- I haven't **been to the dentist's** for years
- I've been **thinking about where to go for my next holiday** for weeks
- Since **I started studying English** I have **been able to understand my favourite songs**

From memory, put the verbs into the correct present perfect form (simple or continuous)
Then listen to check

I'm not living in denial Since you dumped me I 've been fine	be
I haven't thought about you for days, since we broke up I 've already met someone else, and I 've only followed you home once to make sure you were safe	think meet follow
I haven't missed you since you left I haven't missed your soft caress	miss miss
I haven't knocked on your door then run away since that night last May when I nearly drank myself to death, but I'm OK	knock
for the last eight months I 've been a rock I 've felt no pain since we broke up	be feel
I haven't felt this free for years I'm free to drink a thousand beers	feel
I haven't been getting obsessed or hostile, I only wished that you were dead for a short while	get
Although I 've been calling you up for weeks now It's not because I miss your voice or I feel down	call
I haven't been crying myself to sleep at night When I said I loved you, you know it was all lies I'm only writing this song... 'cause I'm alright	cry

Post-listening activities

- The song ends with the line “*I'm only writing this song... 'cause I'm alright*”. Is the narrator of this song **really** alright? How do you know?
*Obviously he is **not** alright; he follows his ex-girlfriend home (he stalks her), and he drinks. He **says** that he's fine, that he doesn't miss her and that he hasn't thought about her for days, but he calls her on the telephone and he even wished that she was dead! In the first line he says “I'm not living in denial” but obviously he is and we can imagine that a lot of the things that he says are actually lies.*
- A lot of the things that he says are lies. Can you rewrite some lines to make them true?
*For example: he **is** living in denial, he **has** missed her since she left, he **is not** OK, for the last eight months he **hasn't** been a rock, he **has** been in pain since they broke up, he **has** been getting obsessed, he **has** been crying himself to sleep... etc.*
- Listen to the song “I'm not in love” by 10cc. What do these two songs have in common?
Both songs are about a man who is still in love with his ex-girlfriend, and is even a bit obsessed with her, even though he denies it.