Answers

Confidence

1. **(01:28-02:21)** What does Bear Grylls say about school culture, and how does that differ from real life?
   School celebrates the children who are academic, sporty, good-looking or cool. Bear Grylls says that this is the 'currency' of school, but not necessarily the currency of life. He states that life celebrates more those who are kind and do their best.

2. **(02:21-02:53)** What did Bear Grylls enjoy doing as a child?
   He enjoyed climbing with his dad and going on mini-adventures with his dad.

3. **(02:53-03:21)** What did Bear Grylls' dad say was the key to life, and what attitude should someone adopt?
   Find something you really love, be kind to people along the way, be resilient, have that dogged never-give-up attitude.

4. **(03:39-04:37)** According both the interviewer and Bear Grylls, what is a common misconception about confidence, and what does Bear Grylls say that confidence is?
   The interviewer says that people believe that confidence is an overt external expression of self-assurance, to which Bear Grylls agrees and claims that the misconception is that confidence is an attitude whereby you feel 'unstoppable' and think 'I can do everything'. Bear Grylls says that confidence is the ability to put your head down and do your best, to keep going when you fail. He says that it is 'the quiet stuff' (and earlier in the recording he said that 'confidence is quiet') and the honesty to say 'this is a struggle but let's go'.

Imposter syndrome

5. **(07:54-08:25)** Why does the interviewer ask Bear Grylls about 'imposter syndrome'? Can you get all the adjectives that the interviewer uses here?
   He asks the question because the world has an image of him as being an 'unbelievable, mountain-scaling, fearless adventurer', but he is giving a very different impression in the interview, because he is talking about having a lack of confidence.

6. **(08:25-09:24)** How has Bear Grylls' imposter syndrome changed as his career has progressed, and what explanation does he give for this?
   He had more confidence in his skills at the beginning, because as his career has gone on he has found himself more and more surrounded by better people, better climbers, better skydivers, better survival guys, people who are better-looking, stronger all because they have built up a crew of heroes.

Answers

7. **(09:59-10:18)** What was the main difference between Bear Grylls' first show and conventional TV survival shows?

   TV shows never show the mistakes, and when they put action to music it always looks cool, whereas in Bear Grylls' first show they showed a lot of the mistakes, the slips and the stumbles etc.

8. **(10:18-10:38)** What was the main premise of the show?

   The premise was that the producers drop Bear Grylls in difficult places, and he shows us how to get out of there.

   BONUS QUESTON: (10:38-11:00) What are the exact words that Bear Grylls uses in these 22 seconds?

   [see page 5 for a mini-transcript and accent guide]

9. **(11:00-11:42)** What does Bear Grylls describe as his strengths?

   He knows what he loves, and he knows the weapons that serve him best. He is dogged and determined, and he is the most resilient person alive when the difficult moments arrive. When the big moments arrive, he can be front and centre.

Chasing bigger challenges

10. **(23:25-24:09)** What does Bear Grylls say about chasing bigger challenges?

    He says that he doesn't need to keep chasing bigger challenges, and that he doesn't gain fulfilment from chasing bigger and better challenges. He does the bigger things to keep the 'inside muscle honed', meaning to satisfy some desire to achieve, but it is not always about bigger and better.

11. **(24:09-24:21)** What piece of wisdom did Bear Grylls read recently, and what are his thoughts on it?

    Half of life is achieving your goals and half of life is being happy to enjoy it. He says that being happy to enjoy it is the harder one to do.

12. **(24:21-24:53)** What does Bear Grylls say about the goals that he still has?

    He still has goals and challenges, but they don't need to 'trump' the ones that he has already achieved, meaning that they don't need to be better than the goals he has already achieved.

Answer to Bonus Question and Guide to Some Features of a Received Pronunciation Accent

"Received Pronunciation" is considered to be the standard accent for Standard British English. It is considered to be the most prestigious form of British English. You may have also heard the terms Oxford English, BBC English or Queen's English, although these terms are often inaccurate as Oxford has its own variations on the English accent, and the BBC now encourages a range of accents among its presenters. Due to the fact that Received Pronunciation is the accent most commonly regarded as a standard British accent, there are not so many features which you may find surprising. However, there are some features below which are worth noting:

Transcript of the video (10:38-11:00)

Key - Some differences between the London accent and a standard British English accent:

Yellow Text	**'r' sounds before consonants or at the end of the sentence are not pronounced** Received Pronunciation is a 'non-rhotic' accent, which means that 'r' sounds are only pronounced before vowels. This is the same in many British English accents, but not US accents.
Red text	**'t' replaced by a 'glottal stop'** This occurs in many southern and central accents of the UK. When a 't' is at the end of a word or followed by a consonant, it sounds like it is simply deleted. However, it is replaced by a hard stop called a 'glottal stop', which can cause a lot of difficulties for listeners to understand. Many speakers also replae a 't' with a 'glottal stop' in the middle of the word as well, although Bear Grylls only does this on the end of the word. Also, you will notice in the transcript below that he doesn't do this every time.
Small text	'filler' words such as 'are / to / a / can / of / for / from' are reduced to very quick sounds which are hard to hear. Each of these words contains some form of 'schwa' sound, which is a kind of lazy 'uh' sound. This occurs in all accents, including US accents. This lazy 'uh' sound is in fact the most common vowel sound in both British and American English. It is used also in formal and professional settings, and it is in fact essential to maintain the natural rhythm of the English language. You can see it a lot in the text below.
Grey text	The real transcript of the video

I. $_{wz}$ my wife $_{th}$. said, well why don'. you go $_{n}$ try it, you know, $_{n}$ I'd just left $_{the}$ military,
It was my wife that said, well why don't you go and try it, you know, and I'd just left the military,

we'd jus go. married, we $_{we}$ kind$_{e}$ starting out $_{n}$ she $_{wz}$ smart she said go $_{n}$ try i....
we'd just got married, we were kinda starting out and she was smart she said go and try it...

$_{n}$ actually i.'s never fel. like making $_{e}$ perfect thing, I think $_{the}$ magic $_{at}$ tha. time i. $_{was\ the}$ firs
And actually it's never felt like making a perfect thing, I think the magic at that time it was the first

show $_{the}$. came along $_{the}$. let all $_{the}$ mud be on $_{the}$ lens, $_{the}$ rain on $_{the}$ lens, $_{and\ the}$ trips $_{and\ the}$
show that came along that let all the mud be on the lens, the rain on the lens, and the trips and the

stumbles $_{and}$ you saw $_{the}$ cameraman's hand...$_{n}$ kinda...ther $_{wz\ e}$ sud$_{e}$ ...interactivity...
stumbles and you saw the cameraman's hand...and kinda...there was a sorta interactivity...