

Read the text.

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What did you really do at the weekend?

The next time a friend or colleague tells you about their fantastic weekend, wait a moment before you start feeling jealous – maybe they are inventing it all!



A survey of 5000 adults in the UK has shown that **one person in four invents details about their weekend because they want to impress their friends**. When they are asked, ‘Did you have a good weekend?’ they don’t like to say that they just stayed at home and watched TV, because it sounds boring. So they invent the details. The most common lie that people told was ‘I went out on Saturday night’, when really they didn’t go anywhere. Other common lies were ‘I had a romantic meal’, ‘I went to a party’, and ‘I went away for the weekend’.



In fact, in the survey, 30% of people who answered the questions said that they spent their weekend sleeping or resting because they were so **tired** at the end of the week.

Another 30% said that they needed to work or study at the weekend. Psychologist Corinne Sweet says that people often don't tell the truth about their weekend 'because we don't want to feel that everyone else is having a better time than us, if we have had a boring weekend doing housework, paperwork, or just resting after a **tiring** week at work'. She also believes that networking sites such as Facebook and Twitter may be encouraging us to invent details about our social lives. 'People can create an illusion of who they want to be and the life they want to live,' says Corinne, 'and of course they want that life to seem exciting.'