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# The one

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**Watch the video. Make notes as you watch.**

▶ 1. What is Pippa worried about?

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▶ 2. What does 'the one' mean?

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▶ 3. Why is looking for 'the one' not a good idea?

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▶ 4. What could you ask yourself to find out if your partner is right for you?

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▶ 5. What do you think is the most important thing to do to find out if the other person is right for you?

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