

ESL95 Why Rituals are Good for Your Health

ANSWERS Practice with Reducing Dependent Clauses: Adjective (relative), Adverb (subordinate), and Noun ANSWERS

(For deeper explanation of the terms in this exercise, please refer to the ESL95 Sentence Structure Glossary.)

Reduce the clauses in the following sentences

Full Adjective Clauses

1. Women **bore the brunt of** this as, in a matter of months, we were forced to **ditch** our previous lifestyle and **observe** a strict Islamic attire, **covering our bodies and hair.**
(paragraph 1)
2. We **clung** to 3,500-year-old Zoroastrian ceremonies **corresponding to the seasons.**
(paragraph 2)
3. Rituals, **a series of actions performed in a specific way**, have been part of human existence for thousands of years. *(paragraph 3) * non-defining!*
4. Rituals, on the other hand, are “goal **demoted**,” **meaning that their actions have no instrumental connection to the outcome.** *(paragraph 3)*
5. While it’s not clear exactly how they help, rituals reduce **anxiety**, improve performance and confidence, and even work on people **not believing in them**, research shows.
(paragraph 5)
6. In a University of Toronto study, participants **performing a ritual** before completing a task **exhibited** less anxiety and **sensitivity** to personal failure than when they completed the task without first performing the ritual. *(paragraph 5)*

Full Adverb Clauses

1. **While not clear exactly how they help**, rituals reduce **anxiety**, improve performance and confidence, and even work on people who don’t believe in them, research shows.
(paragraph 5)
2. In Iran during the war, we found uses for rituals **when faced with food rations.**

Full Noun Clauses

1. Psychologist Hobson confirms *rituals aren't just a benefit to our mental health*—they're actually essential.(paragraph 10)
2. In the U.S., we don't have to worry about bombs and food rations, but we still have challenges to our security *affecting our mental and physical health.* (paragraph 17)