41 Pleasant and unpleasant feelings

A Happiness and unhappiness

You feel ...

content(ed) when you are satisfied with what you have. **Content** is not used before a noun. You can say 'She is content/contented' but only 'a contented person'.

He's very content with his life. He's always been a contented person.

grateful when someone has done something thoughtful for you. *Note:* You feel **thankful** if something bad that could have happened did not happen.

I'm really grateful to you for helping me with my project.

delighted when something has happened that gives you great pleasure, when you hear news of someone's good fortune, for instance.

I was delighted to hear you're getting married!

miserable when everything seems wrong in your life.

I felt miserable all day yesterday – maybe it was just the grey, cold weather.

discontented when your life is not giving you satisfaction.

She's very discontented with her job and is going to look for a new one.

fed up / sick and tired when you have had enough of something disagreeable.

I'm **fed up with** Amanda's rudeness, and **sick** (and tired) **of** her bad behaviour.

depressed when you are miserable over a long period of time. **Depression** is considered an illness in some severe cases.

I felt depressed after having ten job interviews and not getting a job.

confused when you cannot make sense of different conflicting feelings or ideas.

I feel so confused – last week she said she loved me passionately, this week she said we were just good friends.

B Excitement, upset, anger and anxiety

'I felt **inspired** after the concert. I've decided to take piano lessons.'
[stimulated to do something positive or creative]

'The argument I had with Gloria the other night really **upset** me.'
[made me feel unhappy]

'I was quite **enthusiastic** about my tennis lessons at first, but the teacher isn't very good and now I just feel **frustrated**.'
[enthusiastic: had very positive feelings] [frustrated: a feeling of being unable to do something you really want to do]

'She was so **thrilled** when she got a job with a TV company. She's always wanted to work in the media.'
[feeling when something extremely exciting and pleasing happens]

'I was so **nervous** before the exam, and then I felt **anxious** before the results came out, but I passed with a high grade.'
[nervous: feeling nervous is a bit like feeling excited but it is a negative feeling] [anxious: when you are afraid and uncertain about the future]

'I was **furious with** the waiter. The service was slow and he spilt coffee over my shirt.'
[extremely angry]

Language help

Really can be used with all the adjectives on this page. **Absolutely** goes only with the words describing extreme states, i.e. *delighted, fed up, sick and tired, thrilled, furious*. With these words **quite** means **absolutely**, but with the other less extreme words, **quite** means **rather**.

LIVEWORKSHEETS

Exercises

41.1 Read the remarks and then answer the questions.

Philip: 'I'm just not feeling very happy today. Everything seems to have gone wrong.'
Katie: 'I like my life and I have nothing to complain about.'
Pilar: 'I felt so good that nothing bad had happened. It could have been a disaster.'
Trevor: 'I've had enough of all the arguments and the bad atmosphere at work.'
Agnes: 'I felt very happy when I heard she had an interview for the job.'
Sarah: 'It was very kind of you to look after my cat when I was away. Thank you.'
Carlos: 'I've been so unhappy for a long time. I've been seeing a psychiatrist.'
Stefan: 'I just don't understand. Was that his wife or his daughter?'

Who feels ...	name	Who feels ...	name
1 fed up with something?	Trevor	5 miserable?	
2 depressed?		6 thankful?	
3 content?		7 confused?	
4 grateful?		8 delighted?	

41.2 Rewrite the words in bold using words from A and B opposite.

1 After watching the nature programme, I felt **stimulated** inspired to become a zoologist.
2 I always get a **feeling of negative excitement** ..... just before an exam.
3 I was **extremely angry** ..... when they refused to give me my money back.
4 I was very **excited and pleased** ..... to see my old school friend again after so long.
5 The news about Rory's illness really made me **feel unhappy** ..... .
6 At first, I was **full of positive feelings** ..... about the course, but it's just not very good.

41.3 Sort the adjectives into positive and negative feelings.

contented ~~sick and tired~~ anxious thrilled frustrated confused

positive	negative
	sick and tired

41.4 Fill the gaps using the adjectives in 41.3. Choose an appropriate adverb (***absolutely***, ***quite*** or ***a bit***) to go in front of the adjective. Sometimes, both are possible.

1 I was feeling (quite / absolutely) quite anxious ..... because she had not phoned to say she had arrived safely.
2 I am (quite / absolutely) ..... of her selfish behaviour. I've had enough!
3 It's all so complicated. I feel (a bit / quite) ..... . Can you help me?
4 I was (absolutely / a bit) ..... when I heard the wonderful news!
5 It made me feel (quite / a bit) ..... that I still couldn't play any songs after six weeks of guitar lessons.
6 You always seem so (absolutely / quite) ..... with life. How lucky you are!

41.5 **Over to you**

Choose six adjectives from this unit which describe feelings you have had recently and write sentences about when and why you felt that way.

LIVEWORKSHEETS