

I can describe my feelings

A Feelings



| Word | Example | Meaning |
|--------------------|---|---|
| thrilled | He was thrilled to win and he kissed ¹ the cup. | very happy and excited. SYN delighted . |
| furious | I lost his keys: he was absolutely furious . | very angry. |
| astonished | I was astonished to hear he was married. | very surprised. SYN amazed . |
| heartbroken | She was heartbroken when her father died. | very sad and emotionally upset. |
| terrified | I was terrified when the plane took off. | very frightened. SYN scared stiff INF. |
| miserable | You look very miserable . What's wrong? | unhappy and depressed. SYN fed up INF. |
| proud | I felt very proud when my book was published. | pleased about sth you or other people have done. |
| jealous | My boyfriend is jealous when I'm with other boys. I've always been jealous of Tom; everyone likes him. | 1 angry or sad because you're afraid of losing sb's love. 2 angry or sad because sb has sth you don't have. SYN envious . |
| anxious | He was anxious before he went into hospital. | worried and afraid. |
| upset | Sally was very upset because no one spoke to her. | sad and angry because of sth that has happened. |

1 Complete the words and phrases.

- ▶ amazed 4 thr.....
 1 anx..... 5broken
 2 fur..... 6 scared.....
 3 ast..... 7 ki.....

spotlight **absolutely** and **very**

Use **absolutely** before extreme adjectives, e.g. *furious, astonished, heartbroken, terrified*.
 Use **very** before degree adjectives, e.g. *miserable, jealous, anxious, upset*.
 I was **absolutely** amazed. (NOT **very** amazed.)
 They were **very** proud. (NOT **absolutely** proud.)

2 Write synonyms for these words and phrases.

- ▶ worried anxious 2 fed up 4 astonished
 1 thrilled 3 scared stiff 5 envious

3 ABOUT YOU How might you feel in these situations? Write your answers using words from the table, or ask another student.

- ▶ Someone hits your car because they were driving badly. I'd be furious.
 1 You've just passed an important exam. I'd be
 2 Your best friend has bought a car that you would love to have.
 3 Your lovely old dog has just died.
 4 A man walks up to you in the street and holds a knife to your face.
 5 You're on holiday but you can't go out because you've got a bad cold.
 6 You see someone you don't know kissing your boyfriend/girlfriend.
 7 You have been chosen to make a speech at an important event.
 8 You are going somewhere by plane and you don't like flying.

B How emotional are you?

ABOUT YOU

YOU AND YOUR EMOTIONS

- a I'm an emotional person and I like to show my feelings.
- b I think I'm quite **sensitive**, so I try not to **upset** other people.
- c I'm **sensitive** about my appearance.
- d When I'm in a **bad mood**, I sometimes **hurt** people's feelings.
- e In general, I think I'm quite a **moody** person.
- f When people have personal problems, I think I'm usually very **sympathetic** and **supportive**.

Are you like this?

Yes/No

Yes/No

Yes/No

Yes/No

Yes/No

Yes/No

spotlight *sensitive*

Sensitive has two meanings:

1 a positive meaning: 'able to understand people's feelings and problems' (e.g. sentence (b) above). **OPP insensitive**.

2 a more negative meaning: 'easily upset' (e.g. sentence (c) above).

Glossary

emotional having strong feelings, and often showing them. **emotion** n.

show your feelings express your feelings openly. **OPP hide your feelings**.

upset sb make sb unhappy.

be in a bad mood feel angry or unhappy at a particular time. **OPP be in a good mood**.

hurt sb's feelings say sth that makes sb unhappy.

moody If you are **moody**, you often change and become angry or unhappy for no obvious reason.

sympathetic kind and showing you understand sb's problems (**sympathetic** doesn't mean 'friendly' or 'nice' in English).

supportive giving help to sb who has a problem.

5 Circle the correct answer.

- ▶ Try not to hurt upset his feelings.
 - 1 Sarah's not very emotional, and tends to show/hide her feelings.
 - 2 You can talk to Gary easily about your problems; he's very sympathetic/moody.
 - 3 Be careful what you say to Susan because she's very sympathetic/sensitive.
 - 4 You never know what Karen will be like because she's so moody/supportive.
 - 5 Brian is the most emotional/insensitive man I know; he upsets everyone.
 - 6 Love, anger, and fear are all emotions/moods.

6 Complete the sentences with a suitable word.

- ▶ Caroline is very sensitive. She seems to know when someone has a problem.
 - 1 Keep away from Elton – he's in a bad _____ today.
 - 2 He _____ his parents because he was so rude to them.
 - 3 My children cooked all my meals when I was ill. They were very _____.
 - 4 I broke my leg and it was really painful, but my friends weren't very _____.
 - 5 I'm _____ a really good mood today. I think it's the fantastic weather.
 - 6 Paul tends to upset people and _____ their feelings.