

a Read sentences 1–8 below. Which phrases are about:

- a feeling strong emotions?
- b expressing your emotions?
- c controlling your emotions?

- 1 I don't mind a little honest criticism - I've got a pretty **thick skin**.
- 2 It really **drives me up the wall** when people leave all the windows open.
- 3 I often want to scream at people, but I usually decide to **bite my tongue**.
- 4 Nasty online comments really **get under my skin**. Sometimes I think about them for days.
- 5 If I'm angry, I **let off steam** by kicking a tree rather than **lashing out** at other people.
- 6 I sometimes **bottle up** my emotions and **put a brave face on** things, but in the end it makes me more stressed.
- 7 I didn't want to **make a scene**, but I needed to **get something off my chest**. I knew he was lying to me.
- 8 Whenever I'm feeling annoyed, I try to remember to **take a step back** and look at the bigger picture. It really helps me to **put things into perspective**.