

8) Feelings and emotions

A Feelings

Word	Example	Meaning
anxious	<i>He was anxious before he went into hospital.</i>	worried and afraid
calm	<i>My boss keeps calm in any situation.</i>	quiet and not excited or afraid
delighted	<i>My parents were delighted when I told them I was getting married.</i>	very pleased or happy
disappointed	<i>Jess was very disappointed when she failed the exam.</i>	sad because what you wanted did not happen
embarrassed	<i>I sometimes feel a bit embarrassed when I make stupid mistakes in English.</i>	shy, worried or uncomfortable about what other people think of you
frightened	<i>I was frightened when the plane took off.</i>	SYNS afraid, scared
furious	<i>Dad was furious when I lost his key.</i>	very angry
miserable	<i>You look miserable. What's wrong?</i>	unhappy and depressed SYN fed up inf
pleased	<i>I was pleased everyone enjoyed the party.</i>	happy about a particular situation SYN glad
relaxed	<i>I usually feel relaxed after a holiday.</i>	calm and not worried
upset	<i>Sarah was upset because no one spoke to her on the first day of the course.</i>	sad and angry because of sth that has happened

SPOTLIGHT *alone, on your own, lonely*

If you are **alone** or **on your own**, you are not with other people. If you are **lonely**, you are unhappy because you are not with other people.

- *Why are you sitting here on your own? Where are the others?*
- *Sarah was upset because nobody spoke to her. She felt very lonely.*

1 Positive or negative feelings? Write P or N.

► frightened	N	4 embarrassed	8 disappointed
1 anxious	5 lonely	9 upset
2 furious	6 delighted	10 pleased
3 relaxed	7 calm	11 miserable

2 Write synonyms for these words and phrases.

► quiet and not excited	calm	4 on your own
1 worried	5 on your own and unhappy
2 fed up	6 calm and not worried
3 scared	7 very angry

3 ABOUT YOU How would 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 about it.
2 Your boyfriend/girlfriend is away and hasn't phoned or texted you.	I'd be
3 Your lovely old dog has just died.	I'd be
4 A man walks up to you in the street and puts a knife in front of your face.	I'd be
5 You're on holiday, but you can't go out because you've got a bad cold.	I'd be
6 It's Friday evening and you have a free weekend ahead of you.	I'd be
7 You thought it would rain, but it was sunny for your lunch in the garden.	I'd be
8 You are going somewhere by plane and you don't like flying.	I'd be
9 You didn't get a job you wanted.	I'd be



B How emotional are you?

YOU AND YOUR EMOTIONS

Are you like this?

a) I'm an emotional person and I like to show my feelings .	Yes/No
b) I don't often get stressed .	Yes/No
c) I feel guilty if I upset people.	Yes/No
d) I think I get jealous quite easily.	Yes/No
e) I get annoyed when people get things wrong .	Yes/No
f) I get nervous before big occasions .	Yes/No
g) My mood doesn't change much.	Yes/No

GLOSSARY

emotional	having strong feelings, and often showing them emotion <i>n</i>
show your feelings	express what you feel openly
stressed	OPP hide your feelings feeling worried because of problems in your life
guilty	If you feel guilty , you feel bad and sorry that you have done sth that you know is wrong.
upset	make sb unhappy or angry upset <i>adj</i>
jealous	1 angry or sad because you are afraid of losing sb's love 2 angry or sad because you want what another person has
annoyed	a little angry
get sth wrong	make a mistake
nervous	worried or afraid, often in a particular event or situation
occasion	a special event, ceremony, etc, e.g. a race, a wedding
mood	the way you feel at a particular time: <i>be in a good/bad mood</i>

SPOTLIGHT **get**

In the structure **get** + adjective, **get** means 'become'.

- **I get annoyed/stressed/jealous, etc.**
- **I get angry/upset when people don't listen to me.**

4 True or false? Write T or F.

- If you're *in a bad mood*, you're not happy.
- 1 If you *hide your feelings*, people can see you're very emotional.
- 2 If you do something wrong to somebody else, you may feel **guilty** about it.
- 3 If you're in a good mood, you're **annoyed**.
- 4 If you're **nervous**, you're feeling a bit worried or afraid.
- 5 If you're **jealous** of another person, it's because you like them.
- 6 If you're very **emotional**, you might shout or cry.
- 7 If you're **stressed**, you feel excited about something.
- 8 A big **occasion** is when something important happens.

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5 Complete the sentences with the correct word.

- I get a bit **nervous** if I have to speak in front of a lot of people.
- 1 I feel very if I eat a whole bar of chocolate at once.
- 2 I'm feeling at the moment because I have a lot of exams.
- 3 I sometimes my parents when I don't tell them what I'm doing or I don't spend time with them. They can get quite with me.
- 4 The day you get married is a very big in your life.
- 5 I'm often in a bad if I haven't slept very well the night before.
- 6 I don't show my in front of my parents.
- 7 I get a bit if my friends have a lot more money than me.
- 8 I get very when I have to say goodbye to friends who I won't see for a long time.

6 **ABOUT YOU** Complete the right-hand column in the questionnaire above, or ask another student. Then look at Exercise 5 again. Are the sentences true for you? Do you agree with them?

TEST YOURSELF