

8 Feelings and emotions

A Feelings

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



TEST YOURSELF

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 OPP hide your feelings
stressed	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: be in a good/bad mood

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.

T

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