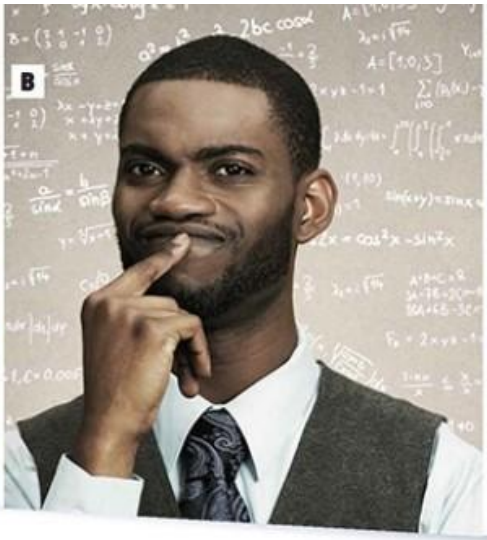






1E LISTENING AND VOCABULARY

1 **THINK BACK** **How good are you at identifying emotions? In pairs, look at the photos and discuss what emotions you think the people are feeling. Use the words from the box.**

annoyed confused frightened furious nervous sad surprised thrilled

2 **Match the adjectives below with their synonyms in Exercise 1. Which of the words have a stronger meaning than their synonyms?**

1 terrified *frightened*
2 astonished
3 exasperated
4 livid
5 tense
6 ecstatic
7 bewildered
8 devastated

3 **Complete the sentences with the adjectives from Exercise 2. Sometimes more than one answer is possible.**

1 I'm completely _____ about my exam results – I never thought I'd do so well!
2 He has no idea how he got home last night. He feels completely _____.
3 She was absolutely _____ when she found out he had cheated in the exam again.
4 She felt very _____ as she waited for her job interview.
5 He's _____ that someone will find out his secret.
6 Nothing is changing and he is becoming more and more _____ about the situation.

4 **In pairs, talk about occasions when you felt some of the emotions in Exercises 1 and 2. Give reasons for your answers.**

5 **What is emotional intelligence? Which of the ideas 1–9 do you think are related to this term? Discuss in pairs.**

1 ☐ Being aware of your own emotions.
2 ☐ Being able to reason and problem-solve.
3 ☐ Being able to manage your emotions.
4 ☐ Being able to feel and show empathy.
5 ☐ Being able to remember information.
6 ☐ Being able to motivate yourself.
7 ☐ Being able to deal with conflict.
8 ☐ Being able to manipulate people's emotions.
9 ☐ Being a good listener.

6 **1.10** **Listen to an interview and tick the ideas in Exercise 5 which the speakers described as being related to emotional intelligence.**

7 **1.10** **Listen again and complete the sentences with a word, a phrase or a number.**

1 One piece of research showed that people with high emotional intelligence earned $_____ more than those with a low EQ.
2 Emotional intelligence is not _____, which is different from IQ.
3 One way to become more self-aware is to write a _____.
4 We need to learn how to recognise our negative emotions in order to be able to _____ them.
5 Other people cannot make us feel a certain way; we are largely _____ for our own moods.
6 Body language, such as _____ can demonstrate that you are listening.
7 Active listening can also help you to avoid _____.

8 **SPEAKING** **In pairs, discuss the questions.**

1 Which aspects of emotional intelligence do you think you are strongest at?
2 How could you further improve your emotional intelligence? What could be the benefits?

9 **SPEAKING** **In groups, discuss the best way to approach the situations below. Think about how you could use self-awareness, manage your own emotions and listen to and empathise with the other person in the situation.**

1 A close friend has started hanging out with a different group of friends. You get the impression that they are avoiding you. You feel hurt, and quite confused about what's happening.
2 Your brother or sister seems quite depressed. They rarely come out of their room and when you try to talk to them they just grunt. You're getting a bit worried.

☐ I can identify specific information in a radio interview and talk about emotional intelligence.

LIVEWORKSHEETS