



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 | 5 tense |
| 2 astonished | | 6 ecstatic |
| 3 exasperated | | 7 bewildered |
| 4 livid | | 8 devastated |

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

- I'm completely _____ about my exam results – I never thought I'd do so well!
- He has no idea how he got home last night. He feels completely _____.
- She was absolutely _____ when she found out he had cheated in the exam again.
- She felt very _____ as she waited for her job interview.
- He's _____ that someone will find out his secret.
- 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.

- ☐ Being aware of your own emotions.
- ☐ Being able to reason and problem-solve.
- ☐ Being able to manage your emotions.
- ☐ Being able to feel and show empathy.
- ☐ Being able to remember information.
- ☐ Being able to motivate yourself.
- ☐ Being able to deal with conflict.
- ☐ Being able to manipulate people's emotions.
- ☐ 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.

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

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

- Which aspects of emotional intelligence do you think you are strongest at?
- 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.

- 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.
- 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.