

Feelings and emotions

1 Match what the people say to what they are feeling.

I have NOTHING to do. e

- 1 I forgot my boyfriend's birthday! ____
- 2 I watched a horror film last night. ____
- 3 I'm doing exams all this week. ____
- 4 I walked into my house and everyone was there to celebrate my birthday! ____
- 5 I'm having a nice hot bath. ____
- 6 My friend is eating ice cream with tomato sauce. ____

- | | |
|---------------------------|--------------|
| a excitement and surprise | e boredom |
| b embarrassment | f relaxation |
| c stress and worry | g disgust |
| d fear | |

2 Complete the sentences with the -ed or -ing adjective form of the words in brackets.

People who talk all the time are annoying (annoyance).

- 1 All my friends are away this weekend; I'm so ____ (boredom).
- 2 In some countries people eat snake. I think it's ____ (disgust).
- 3 Marina forgot her words in the play, so she was really ____ (embarrassment).
- 4 My brother is ____ (excitement); he graduated!
- 5 Reading a good book in bed is ____ (relaxation).

3 Complete the sentences with the correct form of the words (noun or adjective).

Mum is angry (anger) with me because I came home late last night.

- 1 My sister doesn't understand my ____ (annoy) at her borrowing my clothes without asking me first.
- 2 That was definitely the most ____ (bore) film I've ever seen!
- 3 Some people get a feeling of ____ (disgust) at the thought of eating insects. I certainly do!
- 4 Have you got a ____ (frighten) of spiders?
- 5 It's always ____ (stress) when you have exams.
- 6 Dad found it ____ (surprise) that I had cooked dinner for the family.
- 7 Geraldine is ____ (worry) that her friend will get in trouble.
- 8 He felt great ____ (embarrass) when he couldn't answer the teacher's easy question.

Music, mood and health

4 Complete the words in the dialogues.

- A What do you usually do when you're in a bad mood?
- B I go to the gym and work out.
- 1 A Why did you t_____ the music o_____?
- B Because it was so loud that I couldn't hear myself think!
- 2 A When I'm out jogging, I listen to loud music.
- B Me too! And if I want to go fast, I listen to hip hop. It s_____ u_____ my running.
- 3 A Hey, don't be sad. Shall I play some music?
- That might c_____ you u_____.
- B Sure. Let's listen to Drake's new song.
- 4 A Heather! T_____ d_____ that music. Now!
- B Sorry, Mum.
- 5 A You've been very busy this week, Dan.
- B I know, but at the weekend I'll be able to s_____ d_____ and relax.

5 Choose the correct words.

Hey Wendy,
How are your exams going? I was feeling really stressed last week because I couldn't seem to **distract** / **concentrate** / **reduce** on my revision, but I've (1) **calmed down** / **sped up** / **turned off** a little now and I feel more relaxed.

It's all thanks to a music company called focus@will. It's got a music streaming site like Spotify or Pandora, but the music is different. It's not the kind of music that you want to turn (2) **up** / **down** / **off** and (3) **affect** / **speed up** / **sing along** to. It's music that (4) **cheers up** / **increases** / **slows down** your ability to focus.

It's hard to explain, but the music (5) **increases** / **affects** / **reduces** your brain and stops things from (6) **distracting** / **concentrating** / **improving** you. I've been using it for about three days now and my ability to study has really (7) **reduced** / **improved** / **turned down**.

You should go online and listen to it so you'll understand what I'm talking about.

See you at the weekend,
Stephen