

Vocabulary Unit 4

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