ESLFLASHCARDS

Personality and Emotion Adjectives

Choose one of the words from the list below to finish each definition. Check the box next to the word after you use it.

panicky	self-assured	serene	open-minded	empathetic
supportive	bitter	complacent	accepting	mindful
grouchy	optimistic	cynical	skeptical	jaded
overwhelmed	resilient	distraught	sanguine	critically self-reflective

1. A _____ person is somebody who is able to withstand or recover quickly from difficult conditions.
2. A _____ person is somebody who is deeply upset or agitated.
3. A _____ person is somebody who is inundated with emotions that are too strong for them to manage.
4. A _____ person is somebody who is lacking enthusiasm after experiencing too much negativity surrounding them.
5. A _____ person is somebody who stays positive in an apparently bad situation.
6. A _____ person is somebody who isn't easily convinced and has doubts about things.
7. A _____ person is somebody who believes that people are motivated by self-interest and they are distrustful of human sincerity or integrity.
8. An _____ person is somebody who is hopeful and confident about the future.
9. A _____ person is somebody who has a smug or uncritical satisfaction with their own achievements.
10. A _____ person is somebody who is angry, hurt, or resentful because of bad experiences or a sense of unjust treatment from the world.
11. A _____ person is somebody who provides encouragement or emotional help.
12. An _____ person is somebody who understands and shares the feelings of others, kind of like walking in their shoes.
13. A _____ person is somebody who is calm, peaceful, untroubled and tranquil.
14. A _____ person is somebody who is highly confident in their own abilities, talent and/or character.
15. A _____ person is somebody who has feelings characterized by uncontrollable fear or anxiety, usually due to time running out as they try to deal with their problem.
16. A _____ person is somebody who is irritable, bad-tempered, grumpy and complaining.

17. A _____ person is somebody who looks inside themselves and considers their mistakes and what they could have done better to get a more-desired result.

18. A _____ person is somebody who consciously focuses their awareness on the present moment, especially as part of a therapeutic or meditative strategy.

19. A _____ person is somebody who is tolerant of or submissive to something unpleasant or undesired.

20. An _____ person is somebody who is non-judgmental, unprejudiced and willing to consider new ideas.