

#5 FEELINGS_ COLLOCATIONS FOR IELTS



EMOTIONS ROLLER COASTER

Emotions are a bit like a roller coaster. One moment, **WOOOSH** they're **up!** You're feeling happy, excited and full of joy, though you want to laugh and jump up and giggle and high-five your friend. Then, the next moment, **WOOOSH** they're **back down**.

Check out the roller coaster below and see if you can chart on it times when you're **high** and **down**. Make notes about how you felt and what you did to deal with those feelings.

A TIME WHEN I FELT LOW...
A TIME WHEN I WAS UP...
A TIME WHEN I WAS DOWN...
A HIGH MOMENT FOR ME WAS...
HOW I DEALT WITH FEELING LOW...
HOW I FELT AT A HIGH POINT...

I experienced a **roller coaster of emotions** when my son was born (*many different emotions one after another*). During my wife's pregnancy, I was **ridiculously excited** about the prospect of becoming a dad. On the big day, I'd imagined that everything would go smoothly and we'd be **blissfully happy** – but there were complications during the delivery and my wife had to have emergency surgery while I waited in the reception area, **worried sick** (*very worried*).

As time went by, I got **increasingly anxious** because the doctors weren't telling me anything. After two hours I was **seething with anger** (*ready to explode with anger*), and I shouted at one of the nurses. Then the security guards came and escorted me out of the hospital.

My wife was **visibly disappointed** (*it was obvious that she was disappointed*) that I wasn't by her side when she woke up from surgery. She didn't say anything – she's not really one to **show her feelings**; she prefers to **bottle up her emotions** (*keep her emotions hidden inside her*) – but I knew I had let her down and I was **terribly sorry** that I had **lost my temper** (*lost control and shown anger*).

The months that followed were tough. My wife became **deeply depressed**, and I too was an **emotional wreck** (*a person who is very sad, confused, and upset*) as I tried to juggle the demands of work and family life. But now things are starting to turn around – I've been **pleasantly surprised** at the all help we've gotten from our friends and neighbors.

I'm just **immensely grateful** that my wife and son are healthy, and sometimes I'm **overwhelmed with emotion** as I reflect on how lucky we are (*when emotion is so strong that it's difficult to think or speak*).

PLEASE BE NOTED THAT USING COLLOCATIONS CORRECTLY CAN HELP YOU SPEAK ENGLISH FLUENTLY AND NATURALLY.

QUIZ: [Tick the correct answer to complete the collocations in the following sentences.](#)

1. At his mother's funeral, he was so incapacitated / overwhelmed / seething with emotion that he couldn't finish his speech.
2. I was deeply / pleasantly / significantly surprised by the excellent customer service - that company really cares about its customers.
3. I'm sorry I forgot / lost / wrecked my temper with you yesterday. It was a really stressful day at work.
4. Instead of confronting his issues, he bottles / guards / rolls up his emotions and tries to pretend everything's OK.
5. It's normal to go through a helicopter / roller coaster / ocean wave of emotions after the end of a long-term relationship.
6. My mother was worried bad / ill / sick when it passed midnight and my brother still hadn't come home.
7. The boss was pleasantly / sickly / visibly annoyed when the employees told him about the problems.
8. The fans were seething with anger / disappointment / temper when the team lost the game in the last 5 minutes.
9. We're badly / horribly / terribly sorry, but we won't be able to go to your graduation.
10. We're blissfully / immensely / largely grateful for all the help you've given us in this project.

The end!