



## ALL IN THE MIND-3

### A. Match the words with their definitions

1.alter(v): a. the state of feeling very unhappy and without hope for the future  
2.anxiety(n): b.to change  
3.anxious(adj): c.making you feel unhappy and without hope for the future.  
4.cheerful(n): d. an uncomfortable feeling of nervousness or worry about something happening or likely to happen in the future  
5.confidence(n): e. unhappy and without hope  
6.confident(adj): f. to cause someone to feel unhappy and without hope  
7.depress(v): g. worried and nervous  
8.depressed(adj): h. being certain of your abilities or having trust in people, plans, or the future  
9.depressing(adj): i. the quality of being certain of your abilities or of having trust in people, plans, or the future  
10.depression(n): j. happy and positive

### B. Match the words with their meanings

1.encourage(v): a. to (cause someone to) become less active and more calm and happy  
2.encouraging(adj): b. to talk or behave in a way that gives someone confidence to do something  
3.encouragement(n): c. to become or to make something become smaller in size, amount, degree, importance, etc.  
4.increase(v): d. making you feel more confidence or hope  
5.mood(n): e. the strong influence of a group, especially of children, on members of that group to behave as everyone else does:  
6.optimism(n): f. words or behaviour that give someone confidence to do something  
7.optimistic(adj): g. hoping or believing that good things will happen in the future  
8.peer pressure(n): h. the quality of being full of hope and emphasizing the good parts of a situation, or a belief that something good will happen  
9.reduce(v): i. the way you feel at a particular time  
10.relax(v): j. to (make something) become larger in amount or size

### C. Match the words with their meanings

1.relaxation(n): a. belief and confidence in your own ability and value  
2.relaxed(adj): b. the feeling of being relaxed  
3.relaxing(adj): c. the belief that you can do things well and that other people respect you  
4.self-confidence(n): d. reducing tension or anxiety  
5.self-esteem(n): e. feeling happy and comfortable because nothing is worrying you  
6.stress(n): f.worried and nervous  
7.stress(v): g. making you feel worried and nervous  
8.stressful(adj): h. to feel worried and nervous  
9.stressed(adj): i. great worry caused by a difficult situation, or something that causes this condition

