



ALL IN THE MIND-3

A. Match the words with their definitions

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| 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

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|---------------------|---|
| 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

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| 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. <u>feeling happy</u> and <u>comfortable</u> because nothing is <u>worrying</u> you |
| 6.stress(n): | f.worried and nervous |
| 7.stress(v): | g. making you feel worried and nervous |
| 8.stressful(adj): | h. to <u>feel worried</u> and <u>nervous</u> |
| 9.stressed(adj): | i. <u>great worry caused</u> by a <u>difficult situation</u> , or something that causes this condition |

