

Out of your comfort zone

1. Fill in the gaps

Afraid relaxed disappointed satisfied confused joyful

Example 1) He is always **joyful** and like to make people happy.

- 2) I was a little with that result.
- 3) Do not be to show yourself and your skills.
- 4) I am very with how quickly and efficiently received test result.
- 5) For the first few days, he was and scared.
- 6) This weekend I was really and enjoyed the winter.

3. Substitute words by new ones

Afraid relaxed disappointed satisfied confused joyful

Example. 1) He has married a wonderful woman and is quite **happy**. → **joyful**

- 2) I am deeply upset in this individual.
- 3) Do not be scared to show yourself and your skills.
- 4) Classes take place in a comfortable mode.
- 5) Are you pleased with the new arrangement?
- 6) He didn't understand how to do this exercise and it made him disorientated.

5. Choose the correct word

Example. 1) At my new school, I was *afraid* / *satisfied* of being alone.

- 2) When my teacher explains something in Maths, I am always *joyful* / *confused*.
- 3) I was *afraid* / *relaxed* of riding a bike when I was a child.
- 4) Reading comics makes me *relaxed* / *disappointed*.
- 5) Her parents are *joyful* / *confused* because she has a promotion.
- 6) Children are *satisfied* / *relaxed* when their parents buy sweets for them.