

VOCABULARY

Feelings

A Chose the correct options to complete the text.



In touch with your FEELINGS?

A lot of the time, we do not have control over our emotions because they are instinctive reactions in response to a particular set of circumstances.

This is often useful – for example, when we are ¹**indifferent** / **disgusted** by the sight of something, such as rotten food, it may well mean that we should stay away from it to be safe. Some people, however, sometimes try to stay in control of their emotions. They may want to appear tough or ²**frustrated** / **resilient**. But sometimes these people can seem arrogant or ³**superior** / **hysterical**.

However, there are times when we need to be a little ⁴**humble** / **disgusted** and accept that it is not always in our power to control how we feel. We should accept that it is natural to be ⁵**devastated** / **humble** when something awful happens.

But we should still strive to be ⁶**grumpy** / **courageous** even when we are frightened and to deal with things in a calm manner. At times like these, it really is possible to control our emotions.

