8 Feelings and emotions

A Feelings

Word	Example	Meaning
anxious	*He was **anxious** before he went into hospital.*	worried and afraid
calm	*My boss keeps **calm** in any situation.*	quiet and not excited or afraid
delighted	*My parents were **delighted** when I told them I was getting married.*	very pleased or happy
disappointed	*Jess was very **disappointed** when she failed the exam.*	sad because what you wanted did not happen
embarrassed	*I sometimes feel a bit **embarrassed** when I make stupid mistakes in English.*	shy, worried or uncomfortable about what other people think of you
frightened	*I was **frightened** when the plane took off.*	SYNS **afraid, scared**
furious	*Dad was **furious** when I lost his key.*	very angry
miserable	*You look **miserable.** What's wrong?*	unhappy and depressed SYN **fed up** *inf*
pleased	*I was **pleased** everyone enjoyed the party.*	happy about a particular situation SYN **glad**
relaxed	*I usually feel **relaxed** after a holiday.*	calm and not worried
upset	*Sarah was **upset** because no one spoke to her on the first day of the course.*	sad and angry because of sth that has happened

SPOTLIGHT *alone, on your own, lonely*

If you are **alone** or **on your own**, you are not with other people. If you are **lonely**, you are unhappy because you are not with other people.

- *Why are you sitting here **on your own**? Where are the others?*
- *Sarah was upset because nobody spoke to her. She felt very **lonely**.*

1 Positive or negative feelings? Write *P* or *N*.

▶ frightened N
1 anxious .....
2 furious .....
3 relaxed .....
4 embarrassed .....
5 lonely .....
6 delighted .....
7 calm .....
8 disappointed .....
9 upset .....
10 pleased .....
11 miserable .....

2 Write synonyms for these words and phrases.

▶ quiet and not excited calm
1 worried .....
2 fed up .....
3 scared .....
4 on your own .....
5 on your own and unhappy .....
6 calm and not worried .....
7 very angry .....

3 ABOUT YOU How would you feel in these situations? Write your answers using words from the table, or ask another student.

▶ Someone hits your car because they were driving badly. I'd be furious .
1 You've just passed an important exam. I'd be ..... about it.
2 Your boyfriend/girlfriend is away and hasn't phoned or texted you. I'd be ..... .
3 Your lovely old dog has just died. I'd be ..... .
4 A man walks up to you in the street and puts a knife in front of your face. I'd be ..... .
5 You're on holiday, but you can't go out because you've got a bad cold. I'd be ..... .
6 It's Friday evening and you have a free weekend ahead of you. I'd be ..... .
7 You thought it would rain, but it was sunny for your lunch in the garden. I'd be ..... .
8 You are going somewhere by plane and you don't like flying. I'd be ..... .
9 You didn't get a job you wanted. I'd be ..... .

LIVEWORKSHEETS

B How emotional are you?

YOU AND YOUR **EMOTIONS**

	Are you like this?
a) I'm an **emotional** person and I like to **show my feelings.**	Yes/No
b) I don't often **get stressed.**	Yes/No
c) I feel **guilty** if I **upset** people.	Yes/No
d) I think I get **jealous** quite easily.	Yes/No
e) I get **annoyed** when people **get things wrong.**	Yes/No
f) I get **nervous** before big **occasions.**	Yes/No
g) My **mood** doesn't change much.	Yes/No

GLOSSARY

emotional	having strong feelings, and often showing them **emotion** *n*
show your feelings	express what you feel openly OPP **hide your feelings**
stressed	feeling worried because of problems in your life
guilty	If you feel **guilty**, you feel bad and sorry that you have done sth that you know is wrong.
upset	make sb unhappy or angry **upset** *adj*
jealous	**1** angry or sad because you are afraid of losing sb's love **2** angry or sad because you want what another person has
annoyed	a little angry
get sth wrong	make a mistake
nervous	worried or afraid, often in a particular event or situation
occasion	a special event, ceremony, etc, e.g. a race, a wedding
mood	the way you feel at a particular time: ***be in a good/bad mood***

SPOTLIGHT *get*

In the structure **get** + adjective, **get** means 'become'.
- *I **get** annoyed/stressed/jealous*, etc.
- *I **get** angry/upset when people don't listen to me.*

4 True or false? Write *T* or *F*.

▶ If you're *in a bad mood*, you're not happy. T
1 If you *hide your feelings*, people can see you're very emotional. .....
2 If you do something wrong to somebody else, you may feel *guilty* about it. .....
3 If you're in a good mood, you're *annoyed*. .....
4 If you're *nervous*, you're feeling a bit worried or afraid. .....
5 If you're *jealous* of another person, it's because you like them. .....
6 If you're very *emotional*, you might shout or cry. .....
7 If you're *stressed*, you feel excited about something. .....
8 A big *occasion* is when something important happens. .....

5 Complete the sentences with the correct word.

▶ I get a bit nervous if I have to speak in front of a lot of people.
1 I feel very ..... if I eat a whole bar of chocolate at once.
2 I'm feeling ..... at the moment because I have a lot of exams.
3 I sometimes ..... my parents when I don't tell them what I'm doing or I don't spend time with them. They can get quite ..... with me.
4 The day you get married is a very big ..... in your life.
5 I'm often in a bad ..... if I haven't slept very well the night before.
6 I don't show my ..... in front of my parents.
7 I get a bit ..... if my friends have a lot more money than me.
8 I get very ..... when I have to say goodbye to friends who I won't see for a long time.

6 ABOUT YOU **Complete the right-hand column in the questionnaire above, or ask another student. Then look at Exercise 5 again. Are the sentences true for you? Do you agree with them?**

TEST YOURSELF

LIVEWORKSHEETS