18 Feelings

A Strong feelings

Word/Phrase	Example	Meaning
ecstatic	*I was **ecstatic** about getting the new job.*	very happy, excited and enthusiastic SYN **delighted, over the moon** *inf*
thrilled	*Lou was **thrilled** to win the competition.*	very excited and pleased
joy	*It's always a **joy** to see the children.*	sb/sth that gives you great pleasure **joyful** *adj*
astonished	*I was **astonished** when they gave me the prize.*	very surprised about sth you did not expect SYN **astounded**
shocked	*I was **shocked** to hear she was so ill.*	surprised and upset **shock** *n, v*
in tears	*She was **in tears** by the time we got to the hospital.*	crying; **tear** a drop of water coming from your eye
devastated	*I was **devastated** when she left me.*	very upset SYN **heartbroken**
desperate	*Alone, without food or money, Janie was **desperate**.*	having little hope and ready to do anything to change a terrible situation **desperation** *n*
ashamed	*He stole the money, but felt very **ashamed** of himself afterwards.*	guilty or embarrassed that you have done sth wrong **shame** *n*
disgusted	*We were **disgusted** by the way the children were treated. It was awful.*	very angry and upset about sth you do not like or agree with **disgust** *n*

1 Are these positive or negative? Write *P, N* or *P/N*.

1 ecstatic .....
2 disgust .....
3 shock .....
4 over the moon .....
5 shame .....
6 delighted .....
7 desperation .....
8 joy .....
9 astonished .....
10 in tears .....
11 thrilled .....
12 heartbroken .....

2 Circle the correct word(s) in italics. Sometimes both answers are correct.

1 I was ***ashamed / astounded*** when I heard that I'd come top in the exam.
2 Our daughter passed her driving test and we were ***over the moon / devastated***.
3 My cat was killed in front of me by a driver; I was ***heartbroken / joyful***.
4 There were cats on the table in the hotel kitchen. I was ***thrilled / disgusted***.
5 Our team won the championship and we were all ***desperate / ecstatic***.
6 The news about the flood was terribly sad: my sister was ***in tears / delighted***.
7 My son was born on New Year's Day, and my family were ***delighted / shocked***.
8 My brother has been missing for a week now and my dad and I are ***ashamed / desperate***.

3 Complete the dialogues using vocabulary from the table.

1 I think she was very surprised at the news. ~ She was – absolutely _____.
2 Mac's lost 20 kg because of his illness. ~ Yes, I was _____ when I saw him.
3 Did he think he wouldn't be rescued? ~ Yes. He was _____.
4 Was he terribly upset about the results? ~ Yes, he was absolutely _____.
5 That boy cheated in his exams. ~ He should be very _____ of himself.
6 I bet they were over the moon. ~ Yes, they were absolutely _____.
7 She was really emotional about losing her job. ~ Yes, she was in _____.
8 The hotel bedroom was really dirty. ~ Yes, I was _____ when I saw it.



LIVEWORKSHEETS

B Expressing your emotions

ARE YOU the kind of person who **bottles up your emotions**? Do you find it difficult to **handle intense** feelings, or do you just **suppress** them? Do you feel that if you **reveal** too much about yourself, you could make yourself rather **vulnerable**. **Psychologists** say that suppressing your emotions over a long period of time is often ineffective and can **worsen** the situation. It can even lead to **severe anxiety** and **depression** at a later stage.

GLOSSARY

bottle sth up	stop yourself showing negative emotions or feelings especially over a long time: ***bottle up your emotions/feelings***
handle	deal with sth/sb: ***handle stress / your emotions***
intense	very strong, very great
suppress	stop yourself from having or expressing a feeling/emotion
reveal	make sth known to sb SYN **disclose** *formal*
vulnerable	weak and easily hurt, physically or emotionally
worsen	become or make sth worse than before
severe	extremely bad or serious
anxiety	the state of feeling nervous or worried that sth bad is going to happen **anxious** *adj*
depression	a medical condition in which sb feels very sad and anxious for a long time **depressed** *adj*

SPOTLIGHT *psychology and related words*

Psychology is the study of the mind and how it affects people's behaviour. A person who is trained in psychology is a **psychologist**. **Psychological** problems relate to the way somebody's mind works, e.g. some pain can be psychological rather than physical.

4 Underline the main stress on these words. Use the APP to help you.

reveal	vulnerable	anxiety	worsen
severe	disclose	psychological	intense
anxious	psychology	psychologist	suppress

5 Replace the underlined word(s) with a word that has the same meaning.

1 I did a course in <u>the study of the mind and behaviour</u> at university. .....
2 He wouldn't <u>disclose</u> information if he thought it was secret. .....
3 It's a difficult time for him and he's <u>weak and easily hurt</u>. .....
4 Things have <u>got a lot worse</u> since the elections. .....
5 Donna has been suffering from <u>a very serious</u> depression. .....
6 I don't think Steven is <u>dealing with</u> the stress of school very well. .....
7 She has <u>very strong</u> feelings about Alastair; it's a love/hate relationship. .....
8 Last year I suffered from a period of <u>worry and nervousness</u>. .....

6 Complete the questions.

1 Do top sports people tend to _____ stress well or badly?
2 Is it good for powerful people to show they are _____ and have weaknesses?
3 Can you think of any problems that _____ are currently studying?
4 Are there times when it's good to _____ your emotions and stay silent?
5 How can people deal with _____ feelings of loneliness?
6 Are there any professions where you think people suffer a lot from _____ ?
7 What's the best thing to do if you're feeling very _____ about something?
8 If you _____ your emotions, do you think it affects your physical health?
9 Do you _____ your anxieties or deeper emotions to a friend or a family member?
10 Have you ever studied _____ at school or university? Would you like to?

7 ABOUT YOU **Write your answers to Exercise 6, or ask another student.**

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TEST YOURSELF

LIVEWORKSHEETS