

3 Choose the correct adjectives to complete the sentences.

- 1 We felt **upbeat** / **humiliated** after losing the match against our biggest rivals 10–0!
- 2 My mum says she feels **frustrated** / **anxious** in her job because she can't achieve what she wants.
- 3 I was **irritated** / **thrilled** by Sara's constant questions about my private life.
- 4 There was a positive, **furious** / **upbeat** feeling after the head teacher's speech.
- 5 Amy is **envious** / **disillusioned** of my new coat and she wishes that she had bought it first!
- 6 Harry has bad memories of his childhood and he is very **hysterical** / **bitter** about it.

4 Match the adjectives with the definitions.

bitter disappointed disillusioned exasperated
hysterical stressed

- 1 Feeling irritated and angry about a situation that you can't do anything about. _____
- 2 Unhappy because something or someone wasn't as good as you expected. _____
- 3 Feeling extremely worried and nervous about something, especially something you are expected to do. _____
- 4 Unable to control your feelings because of extreme fear or excitement. _____
- 5 Feeling unhappy because you discover the truth about someone or something. _____
- 6 Feeling or showing anger, hurt or resentment because of bad experiences or treatment. _____