Last week was emotionally exhausting for me. On Monday, I worked until late and got up very early the next day, so by the evening I was completely (1) _____. At work, everyone seemed stressed, and the atmosphere felt (2) _____ all the time.

On Wednesday, my manager criticised my presentation. He said he wasn't (3) _____ by a small mistake, but I could tell he was disappointed. I felt really (4) _____ about it and couldn't stop thinking about what I had done wrong.

Things got worse on Friday when I heard some bad news about a close family member. When I met my friend later that day, I was (5) _____ and couldn't hide how upset I was. I'd been feeling quite (6) _____ all week, so I really needed some good news.

Luckily, the weekend was much better. I went to see a film I didn't expect to enjoy, but I was (7) _____ by how good it was. On Sunday morning, I woke up feeling relaxed and (8) _____ for the first time in days. By then, I was no longer (9) _____ with everything and finally felt ready to start a new week.