

# I can describe my feelings

## A Feelings



Word	Example	Meaning
<b>thrilled</b>	<i>He was <b>thrilled</b> to win and he <b>kissed</b> the cup.</i>	very happy and excited. SYN <b>delighted</b> .
<b>furious</b>	<i>I lost his keys: he was <b>absolutely furious</b>.</i>	very angry.
<b>astonished</b>	<i>I was <b>astonished</b> to hear he was married.</i>	very surprised. SYN <b>amazed</b> .
<b>heartbroken</b>	<i>She was <b>heartbroken</b> when her father died.</i>	very sad and emotionally upset.
<b>terrified</b>	<i>I was <b>terrified</b> when the plane took off.</i>	very frightened. SYN <b>scared stiff</b> INF.
<b>miserable</b>	<i>You look <b>very miserable</b>. What's wrong?</i>	unhappy and depressed. SYN <b>fed up</b> INF.
<b>proud</b>	<i>I felt <b>very proud</b> when my book was published.</i>	pleased about sth you or other people have done.
<b>jealous</b>	<i>My boyfriend is <b>jealous</b> when I'm with other boys. I've always been <b>jealous</b> of Tom; everyone likes him.</i>	1 angry or sad because you're afraid of losing sb's love. 2 angry or sad because sb has sth you don't have. SYN <b>envious</b> .
<b>anxious</b>	<i>He was <b>anxious</b> before he went into hospital.</i>	worried and afraid.
<b>upset</b>	<i>Sally was <b>very upset</b> because no one spoke to her.</i>	sad and angry because of sth that has happened.

### 1 Complete the words and phrases.

► amazed	4 thr_____
1 anx_____	5 _____broken
2 fur_____	6 scared _____
3 ast_____	7 ki_____

### 2 Write synonyms for these words and phrases.

► worried	anxious	2 fed up	4 astonished
1 thrilled		3 scared stiff	5 envious

### 3 ABOUT YOU How might 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 \_\_\_\_\_.
- 2 Your best friend has bought a car that you would love to have. \_\_\_\_\_.
- 3 Your lovely old dog has just died. \_\_\_\_\_.
- 4 A man walks up to you in the street and holds a knife to your face. \_\_\_\_\_.
- 5 You're on holiday but you can't go out because you've got a bad cold. \_\_\_\_\_.
- 6 You see someone you don't know kissing your boyfriend/girlfriend. \_\_\_\_\_.
- 7 You have been chosen to make a speech at an important event. \_\_\_\_\_.
- 8 You are going somewhere by plane and you don't like flying. \_\_\_\_\_.

### spotlight **absolutely** and **very**

Use **absolutely** before extreme adjectives, e.g. *furious, astonished, heartbroken, terrified*.

Use **very** before degree adjectives, e.g. *miserable, jealous, anxious, upset*.

*I was **absolutely** amazed. (NOT **very** amazed.)  
They were **very** proud. (NOT **absolutely** proud.)*

## B How emotional are you?

ABOUT YOU

### YOU AND YOUR EMOTIONS

- a I'm an emotional person and I like to show my feelings.
- b I think I'm quite **sensitive**, so I try not to upset other people.
- c I'm sensitive about my appearance.
- d When I'm in a bad mood, I sometimes **hurt** people's feelings.
- e In general, I think I'm quite a **mood** person.
- f When people have personal problems, I think I'm usually very **sympathetic** and supportive.

Are you like this?

Yes/No

Yes/No

Yes/No

Yes/No

Yes/No

Yes/No

#### spotlight **sensitive**

**Sensitive** has two meanings:

1 a positive meaning: 'able to understand people's feelings and problems' (e.g. sentence (b) above). OPP **insensitive**.

2 a more negative meaning: 'easily upset' (e.g. sentence (c) above).

#### Glossary

**emotional** having strong feelings, and often showing them. **emotion** N.

**show your feelings** express your feelings openly, or **hide your feelings**.

**upset sb** make sb unhappy.

**be in a bad mood** feel angry or unhappy at a particular time. OPP **be in a good mood**.

**hurt sb's feelings** say sth that makes sb unhappy.

**mood** If you are **mood**, you often change and become angry or unhappy for no obvious reason.

**sympathetic** kind and showing you understand sb's problems (**sympathetic** doesn't mean 'friendly' or 'nice' in English).

**supportive** giving help to sb who has a problem.

#### 5 Circle the correct answer.

► Try not to hurt upset his feelings.

- 1 Sarah's not very emotional, and tends to show/hide her feelings.
- 2 You can talk to Gary easily about your problems; he's very sympathetic/mood.
- 3 Be careful what you say to Susan because she's very sympathetic/sensitive.
- 4 You never know what Karen will be like because she's so mood/supportive.
- 5 Brian is the most emotional/insensitive man I know; he upsets everyone.
- 6 Love, anger, and fear are all emotions/moods.

#### 6 Complete the sentences with a suitable word.

► Caroline is very sensitive. She seems to know when someone has a problem.

- 1 Keep away from Elton – he's in a bad mood today.
- 2 He hurts his parents because he was so rude to them.
- 3 My children cooked all my meals when I was ill. They were very sympathetic.
- 4 I broke my leg and it was really painful, but my friends weren't very sympathetic.
- 5 I'm in a really good mood today. I think it's the fantastic weather.
- 6 Paul tends to upset people and hurts their feelings.