

- a It was the most beautiful thing I'd ever seen.
- b I needed to get in touch, but I couldn't track her down.
- c My behaviour at the party was unforgivable.
- d It was the biggest game of the year, and we had played appallingly.
- e I was the only person at the party who was over 40.
- f My brother had money, friends and now a charming wife.
- g I couldn't concentrate on my book or TV or work.
- h There was a snake crawling across my foot.

- 1 ☐ I was absolutely **devastated**.
- 2 ☐ I felt very **frustrated**.
- 3 ☐ I was terribly **restless**.
- 4 ☐ I felt extremely **jealous**.
- 5 ☐ I felt a bit **insecure**.
- 6 ☐ I was totally **speechless**.
- 7 ☐ I feel so **ashamed**.
- 8 ☐ I felt absolutely **petrified**.