Every day of my life is full of feelings and emotions. I can't say that I'm a sensitive person, but there are a lot of events in my life that impress me somehow.

Every day I see people who I love. It's my family. But I also have to contact people who I don't like very much. I try to control my feelings, I feel _____  that. But I don't show it.

I try to be _____ 
and do things which make me feel so. For example, I listen to good music. I read books which help me to understand myself. I watch good movies.

I believe that emotions should be taken under control. You can't cry in front of the people even if you feel _____.



You can't laugh out loud even if there is something very funny. It's absolutely wrong to give up when something goes wrong. Everything passes, even bad things pass.

Sometimes I am _____  for the future. I try not to think about it, but sometimes it captures me and pushes me into depression. Is it normal to be _____  so much?

LIVEWORKSHEETS