

Putting words together...



- ▶ If you are **in a good mood**, you are feeling happy and if you are **in a bad mood**, you are feeling angry.
- ▶ If you **start crying**, you begin to cry and if you **start laughing**, you begin to laugh.
- ▶ If you **look happy/sad**, etc. or **seem happy/sad**, etc., your face or your actions make other people think you are happy/sad, etc.
- ▶ If you **feel excited/angry**, etc. you are excited/angry, etc.
- ▶ If someone or something **makes you happy/angry/furious**, etc., they cause you to feel that way.
- ▶ If you **show your feelings**, you let other people know what emotions you are feeling and if you **hide your feelings**, you do not.

Exercise 4

Listen and read, then use the words from the box to complete the dialogues.

show mood makes disappointed good excited seem okay

Alex: Are you ¹ okay, John?

John: Yeah, I'm all right. Why do you ask?

Alex: Well, you ² _____ a bit upset. Are you in a bad ³ _____ after losing the football match yesterday?

John: I guess I am. I'm really ⁴ _____ that we lost because I really wanted to win that match and I thought we played well.



Suzi: It was nice to see your sister looking so happy this morning, Megan. Why was she in such a ⁵ _____ mood?

Megan: She had an email from her boyfriend. That always ⁶ _____ her happy.

Suzi: Is she upset that he decided to study in London?

Megan: Well, she doesn't ⁷ _____ her feelings much, but it must be hard for her. He's coming home for the summer, though, and she's very ⁸ _____ about that.

Asking about someone's mood

To ask someone if they are upset, say:

- ▶ *Are you okay?* or *Are you all right?*

To reply that you are not upset, say:

- ▶ *Yes, I'm okay, thanks.* or *Yes, I'm all right, thanks.*

Exercise 5

Match the things that have happened (1–6) with the emotions (a–f).

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| 1 Last year I won \$20,000 in a competition. | a I seemed calm, but I felt really nervous inside. |
| 2 I remember that day last summer. It was the day before my holiday. | b I was so disappointed that I started crying. |
| 3 It was the day before my final exam. | c I felt so excited, thinking about the next day, that I couldn't sleep. |
| 4 My friend sent me a really funny email. | d I was absolutely amazed – I couldn't stop smiling. |
| 5 I failed my driving test. | e I was absolutely furious with him and I didn't try to hide my feelings. |
| 6 My boyfriend forgot my birthday. | f I started laughing when I read it. |

Use the words you've learned...

Describe a situation in which you showed or hid your feelings.