

1. Match the words with the meanings

1. to bottle up your feelings
2. the last straw
3. to hit the roof
4. bad blood
5. grumpy
6. irritating
7. to be fed up with

a. to become extremely angry
b. annoying
c. resentment or ill feeling
d. the last in a series of unpleasant events that finally makes you feel that you cannot continue to accept a bad situation
e. to be unable to tolerate something anymore
f. easily annoyed or complaining
g. to refuse to talk about things that make them angry or worried.

2. Complete the following text with the correct words from the previous activity.

When Anger Builds Up

Everyone gets angry from time to time, but people deal with anger in very different ways. Some people express their feelings immediately, while others tend to (1) _____. Although this may help them avoid an argument in the short term, keeping everything inside can eventually make them even more frustrated.

Take Daniel, for example. He had been having a difficult week at work. His colleagues had been making several small mistakes, his manager had given him extra work, and one particularly (2) _____ colleague kept interrupting him during meetings. By Friday morning, Daniel was already feeling (3) _____ and didn't feel like talking to anyone.

Unfortunately, things got worse. His manager asked him to redo a report that he had spent hours preparing. Daniel tried to stay calm, but when he discovered that the original version had been deleted by someone else, that was (4) _____. He completely lost his temper and (5) _____ in front of his colleagues.

Afterwards, Daniel regretted his reaction. He realised that he had been bottling up his feelings for weeks instead of communicating his frustrations. He also noticed that there was some (6) _____ between him and one of his colleagues because of several disagreements they had never properly discussed.

Daniel eventually understood that managing anger doesn't mean pretending that everything is fine. Sometimes, talking about problems before they become overwhelming can prevent a minor irritation from turning into a major conflict.

LIVEWORKSHEETS