

A How do you feel?

Language help

We use **emotion** and **feeling(s)** for something which someone feels strongly about, e.g. love, hate or anger. **Emotions** are part of our character, e.g. *Timo is a very emotional person.* [shows his feelings easily] **Feeling** is often plural, e.g. *She doesn't like talking about her feelings.*

I'm very **proud**¹ of my son's success, but I'm a bit **disappointed**² that the local paper hasn't shown more interest in the story.

¹ feeling good because you (or someone you know) has done something well

² unhappy because someone or something was not as good as you hoped.

The politicians seem **confused**³ about what to do, so I'm not **hopeful**⁴ that things will improve.

³ not able to think clearly or understand something
⁴ feeling positive about a future situation

We were **curious**⁵ to see what all the noise was about, but I felt **anxious**⁶ when I saw how angry the men were, and really **scared**⁷ when they started coming towards us.

⁵ wanting to know or learn about something

⁶ worried

⁷ afraid; syn **frightened**

I think Harry ended the relationship because his girlfriend was getting **jealous**⁸, but now he's quite **upset**⁹.

⁸ unhappy and angry because someone you love seems too interested in another person

⁹ unhappy because something unpleasant has happened

Language help

adjective	noun	adjective	noun
proud	pride	disappointed	disappointment
jealous	jealousy	confused	confusion
curious	curiosity	anxious	anxiety

B The effect of the weather on our feelings

Why do people say they feel more **cheerful** [happy] when the sun shines, and **miserable** [unhappy] when it's raining? Why do some people suffer from SAD (seasonal affective disorder), which makes them feel **depressed** [unhappy, often for a long time, and without hope for the future] during long dark winters? Can the weather really affect our **mood** [the way we feel at a particular time], or is it just in our imaginations?

C The effect of colour on our emotions

COLOUR can have an **effect** on our mood, but how do specific colours relate to our emotions?

RED can make us feel **energetic**¹, but it can also indicate **anger**².

GREEN is associated with nature and is good for people suffering from **stress**⁴.

PINK though, is softer and more about maternal love and **caring for**³ people.

BLUE is relaxing and helps us to be **creative**⁵, but too much dark blue can make us depressed.

¹ wanting to be busy and doing a lot of things

² being angry

³ looking after someone, especially someone young or old

⁴ feelings of worry caused by difficult situations such as problems at work

⁵ good at thinking of new ideas or using our imagination

Exercises

12.1 Cover the opposite page. Complete the tables.

adjective	noun
angry	<i>anger</i>
jealous	
confused	
	pride

adjective	noun
disappointed	
	curiosity
anxious	
	emotion

12.2 Find the best sentence ending on the right for each of the sentence beginnings on the left.

- | | | |
|------------------------------|-------------------------------------|---|
| 1 He was very anxious when | ☒ | a he heard his aunt had died. |
| 2 He was very jealous when | ☐ | b his father appeared on TV with the Prime Minister. |
| 3 He was very scared when | ☐ | c his 14-year-old daughter didn't get home until 2 am. |
| 4 He was very proud when | ☐ | d he saw the man coming towards him with a knife. |
| 5 He was very upset when | ☐ | e he was ill. |
| 6 He was very miserable when | ☐ | f his best friend went out with the girl he really liked. |

12.3 Match the words and faces.

anxious 1 scared cheerful upset confused depressed

1 2 3 4 5 6



12.4 Complete the sentences.

- My aunt had to care for her elderly mother for years.
- I can't tell whether Mia is happy or not; she never shows her
- I'm much more in the mornings. By the afternoon I feel tired.
- Weather has a big on the way I feel.
- He's been under a lot of recently because of the amount of work he has to do.
- Oliver's cheerful one minute and miserable the next; his changes all the time.
- It's been a depressing month, but I'm things will get better next month.
- I don't like walking home in the dark. I get very

12.5 Over to you

Answer the questions. If possible, compare your answers with someone else.

- Does colour or the weather have an effect on your emotions? How?
- Do you ever suffer from stress? Why?
- Does your mood change a lot from day to day? Why?
- Do you feel more energetic at certain times of the day? Why?