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Read and complete.

Match the adjectives in bold in the texts in [Activity 2](#) to their definitions.

- 1 to feel anxious or stressed about something.
- 2 to feel positive about your own abilities, qualities and ideas.
- 3 to feel shy or ashamed.
- 4 to feel unhappy because something was not as good as you expected.
- 5 to feel happy because nothing is worrying you.