

Daily Life - Cheer Up (C0135)

A: Ok... I'll talk to you later. Bye

B: Carrie, are you ok? You seem a bit down.

A: I just got off the phone with my boyfriend. He is always getting upset and losing his temper over nothing. It's so hard to talk to him at times.

B: Maybe it's just that he is stressed out from work or something. He does have a pretty nerve wracking job you know.

A: Yeah but, he is always in a really foul mood. I try to find out what's bothering him or get him to talk about his day but, he always shuts down and brushes me off.

B: Men are like that you know. They can feel nervous, anxious or on edge and the only way they can express it is by trying to hide it through aggressiveness.

A: I guess you are right. What do you think I should do? He wasn't always this grouchy you know...

B: Talk to him, try to cheer him up when he is down and if that doesn't work, I say get rid of him and get a new one!

A: You are something else you know that?

Key Vocabulary

down	<i>Adjective</i>	sad or unhappy
stress out	<i>principle</i> <i>verb, past</i> <i>simple</i>	to feel very worried or anxious
nerve wrack- ing	<i>Adjective</i>	causing a person to feel very nervous

brush me off	<i>principle</i> <i>verb,</i> <i>present</i> <i>simple</i>	refuse to talk about something with someone
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cheer up	<i>principle</i> <i>verb, infinitive</i>	to make (someone) happier
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Supplementary Vocabulary

down in the dumps	<i>phrase</i>	feeling sad, not happy
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have the blues	<i>phrase</i>	having sad feelings or emotions
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rattled	<i>principle</i> <i>verb, past</i> <i>simple</i>	to fluster, unnerve
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grinds my gears	<i>phrase</i>	makes me angry, upsets me
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pissed off	<i>phrase</i>	upset, very angry
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