

Daily Life - What Mood Are You In? (C0362)

A: Are you ok? You seem a bit anxious.

B: Yeah I'm OK, I have been having a lot of mood swings lately. I think it has to do with the pills my doctor prescribed that are causing chaos on my hormones.

A: So you mean you feel ecstatic one minute and then blue the next?

B: Yeah, it's weird. For example just this morning I was feeling detached and lonely, even though there was really no reason to feel that way.

A: Well, maybe your mood will swing positively and you will feel confident, brave and hopeful!

B: I hope you are right.

Key Vocabulary

anxious	<i>A</i>	worried or nervous of what may happen
mood swing	<i>N</i>	rapid or successive change of your mood

ecstatic	<i>A</i>	feeling very excited or happy
blue	<i>A</i>	feeling sad, depressed
detached	<i>A</i>	feeling of showing lack of emotional involvement
lonely	<i>A</i>	sad from being apart from other people
confident	<i>A</i>	assurance: freedom from doubt
brave	<i>A</i>	Not feeling any fear

Supplementary Vocabulary

maniac depressive	<i>N</i>	suffering from a disorder characterized by alternating mania and depression
anxiety	<i>N</i>	An abnormal sense of fear, nervousness, and apprehension
self-esteem	<i>N</i>	Personal feelings or opinions of oneself

emotional	A	determined or actuated by emotion rather than reason
overwhelming	A	overpowering in effect or force