1. Her phone is broken. She is …………………………
2. His food is bad. He is …………………………….
3. She has run up a big hill on a hot day. She is ………………………. and ……………………..
4. He has toothache. He is in …………………………..
5. She has a birthday today. She is …………………

**List of Emotions and Definitions**

**Also pairing nouns and adjectives**

**Fear frightened**

**Grouping words?**

**And also some cloze exercises.**

**Her phone was broken and she was ………….**

**Enjoyment**  
Enjoyment is thought to be the only basic positive emotion. It may include other positive emotional experiences such as:

* pleasure
* joy
* [**happiness**](https://www.berkeleywellbeing.com/happiness-definition.html)
* amusement
* pride
* awe
* excitement
* ecstasy

**Sadness**  
Sadness is a low-activation (low-energy) negative emotion that we often feel in response to things like [**rejection**](https://www.berkeleywellbeing.com/rejection.html) or loss. A list of [**sadness**](https://www.berkeleywellbeing.com/feeling-sad.html) related emotions include:

* [**lonely**](https://www.berkeleywellbeing.com/10-ways-to-beat-loneliness.html)
* unhappy
* hopeless
* gloomy
* miserable

**Fear**  
Fear is a high-activation, avoidance-motivated negative emotion that we tend to feel in response to threats. Here's a fear-related emotion list:

* [**worried**](https://www.berkeleywellbeing.com/stop-worrying.html)
* nervous
* anxious
* scared
* panicked
* [**stressed**](https://www.berkeleywellbeing.com/stress-management.html)

**Anger**  
Like fear, anger is a high-activation negative emotion. But unlike fear, it is an approach-motivated emotion. When we feel anger we want to approach the object of our anger rather than run away from it. Here is a list of anger-related emotions:

* annoyed
* frustrated
* bitter
* infuriated
* mad
* insulted
* vengeful

**Disgust**  
Disgust is an avoidance-motivated emotion. There is something that we don't want to be around or experience, and we desire to move away. Here are some disgust-related words:

* ​dislike
* revulsion
* nauseated
* aversion
* offended
* horrified