

## 31 . Positive feelings

### Good feelings

1. a sense of achievement
2. a sense of purpose
3. a shiver down the spine
4. a burst of energy
5. a surge of adrenaline
6. a state of euphoria
7. a sigh of relief
8. sheer bliss \*

\* bliss is an abstract concept so it doesn't take the indefinite article

### Other ways to express joy , excitement or pleasure

1. my heart leapt
2. to derive pleasure from [....]
3. to have a lifelong ambition ( i.e. goal )
4. dreams , fantasies , wishes come true
5. to jump for joy
6. to take great delight in [...] \*
7. to have high hopes
8. to be dead keen to become [..]
9. to find happiness
10. to live up to ( one's expectations)
11. to have / express a profound admiration for [...]

\* zero article

### Lucky situations

1. to be cautiously optimistic about [ situation]
2. pure luck
3. to get the recognition one's deserves
4. to work to one's advantage \*

\* about a situation or circumstances that benefit someone