

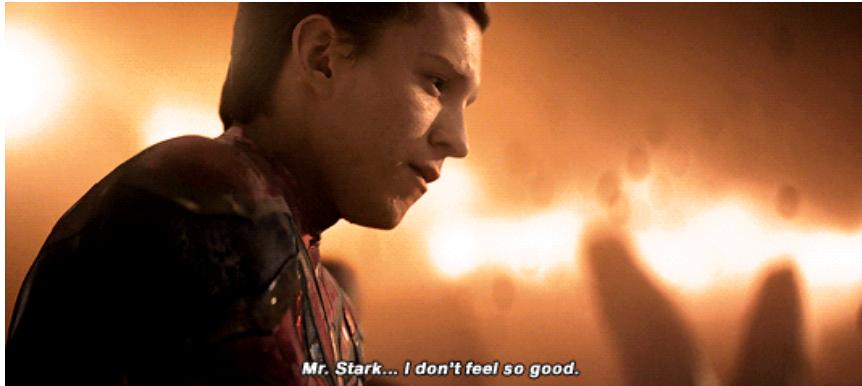


LESSON 7:

EXPRESS

FEELINGS

Sentence Structure



- I am + [adj] / I am not + [adj]
- I feel + [adj] / I don't feel + [adj]
- makes/made me feel
- I have been / it's been

- It's been a day/week/month.
- To be honest, I feel
- I've been in mood all day.
- Thanks for asking, but I really don't want to talk about it right now.

Other people

- He/she + is/was
- He/she + looks/seems
- He/she + looked/seemed
- He/she + has been

More than just



1. alive / fantastic / wonderful / amazing
2. comfortable / relaxed / calm
3. pleased / satisfied / content
4. encouraged / motivated / inspired
5. thankful / grateful / fortunate / lucky / blessed
6. secure / stable
7. flattered
8. surprised / shocked / thrilled



9. bad / terrible / awful

10. disappointed

11. annoyed / irritated

12. embarrassed / shy

13. depressed / bitter

14. sulky / moody

15. jealous / envy



1. Enjoyment

People generally like to feel happy, calm, and good. You might express these feelings by smiling, laughing, or indulging yourself.

You might feel enjoyment when:

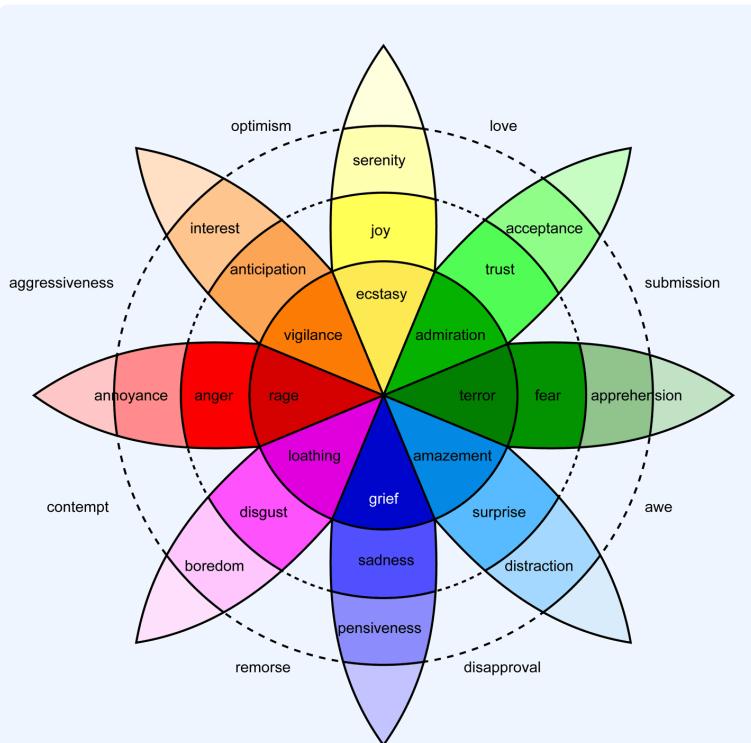
- You feel close and connected to people you care about.
- You feel safe and secure.
- You're doing something that triggers sensory pleasure.
- You're absorbed in an activity.
- You feel relaxed and at peace.

How to talk about it

Some words you can use to describe different kinds of enjoyment include:

- happiness
- love
- relief
- contentment
- amusement
- joy
- pride
- excitement
- peace
- satisfaction

From Plutchik's Wheel of Emotions:



For more vocabulary learning:

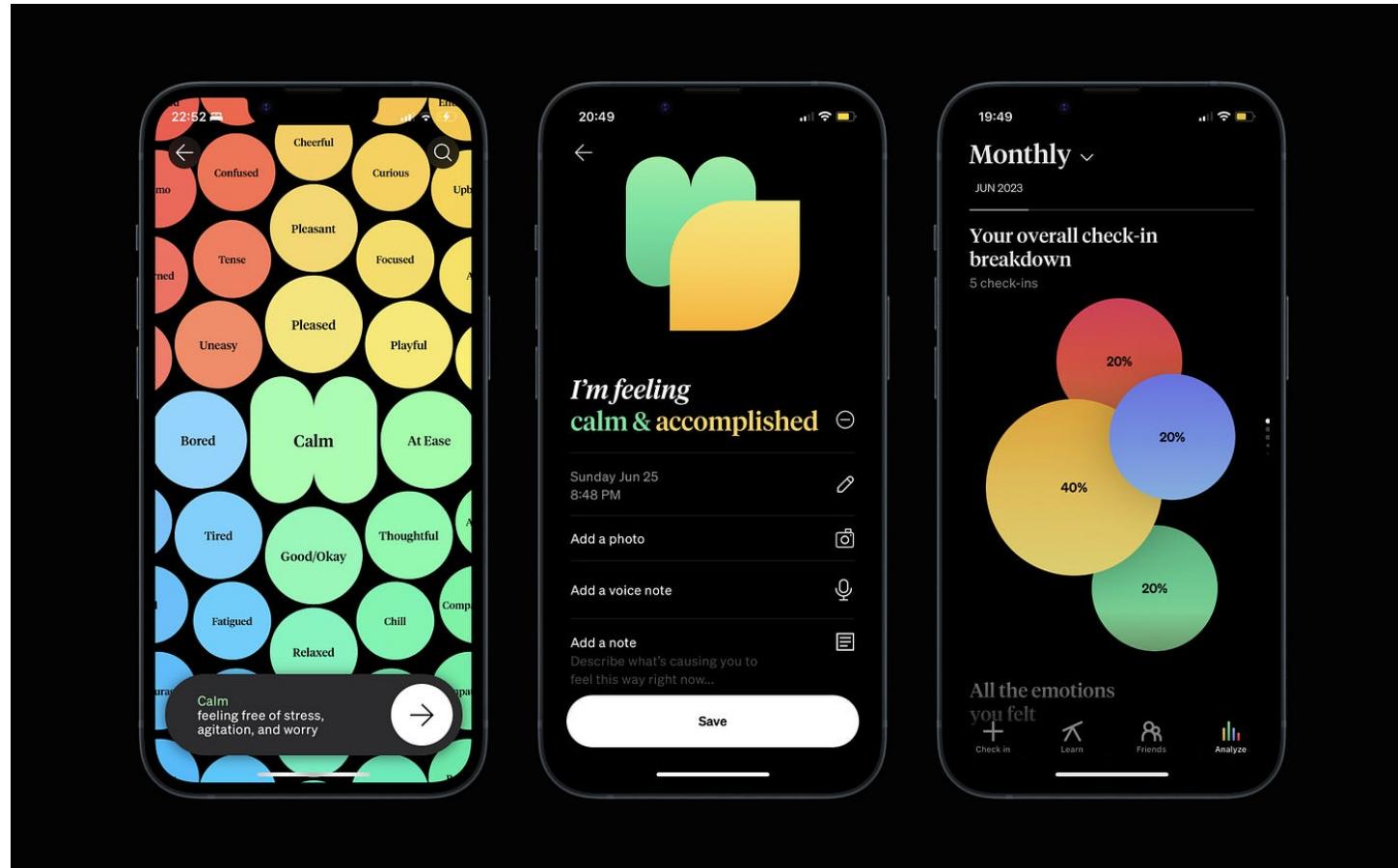
<https://www.healthline.com/health/list-of-emotions>

<https://www.goodgoodgood.co/articles/list-of-emotions>



Interesting App: **How We Feel**

<https://howwefeel.org/>



Some interesting idioms

- Pumped up
 - He's pumped up for his first half-marathon race this weekend.
- Fed up
 - I'm so fed up with ...
- Under the weather
 - John's feeling a bit under the weather tonight, so he won't be joining us for dinner.
- On cloud nine
 - When he finally proposed to her, she was on cloud nine.

- Head over hills
 - I'm head over hills in love.
- Butterflies in the stomach
 - I have a very important meeting tomorrow. I'm feeling butterflies in my stomach.
- Mixed feeling
 - I had mixed feelings about moving to another city.

I feel like

- [Phrase] I'm drowning / I'm gonna throw up
OR
- [v.ing] eating something sweet / going out for a walk

Notice these
when you listen to music



Interjections



- **Aww** (sorry, pity, disappoint, love, adore, sentimental)
- **Eww, Yuck, Ugh** (disgust)
- **Argh** (annoyed, angry)
- **Phew** (relief)
- **Shh** (keep silent!)
- **Yay** (happy, celebrate, yes!)
- **Ouch & Oww** (hurt)



- **Duh** (that's dumb)
- **Oh** (realize)
- **Ooh** (excite, wonder)
- **Wow** (amaze)
- **Woah** (surprise, hold, calm down)
- **Ta-da** (proud)
- **Gosh** (anger, surprise, worry)
- **Boo** (scare, disapprove)
- **Meh** (uninterested, indifferent)



Let's try

It's your first day at work
and it's not going well.



Let's try

It's your big day tomorrow.

