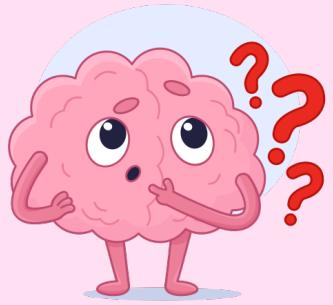
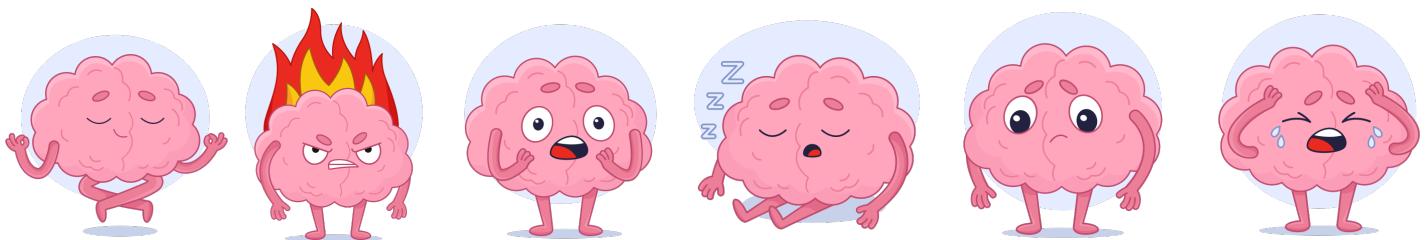


# Understanding your Emotions



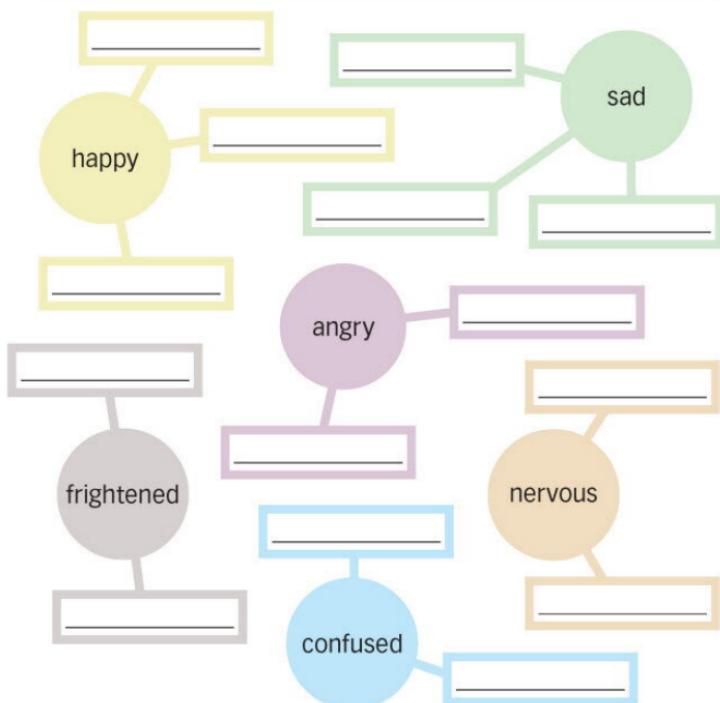
*“Your emotions are the slaves to your thoughts,  
and you are the slave to your emotions.”*

1. Read the quote above. Do you agree? Why (not)?
2. Look at the pictures below. Which emotions can you see?
3. What can cause these emotions?



Complete the mind map with the adjectives in the box.

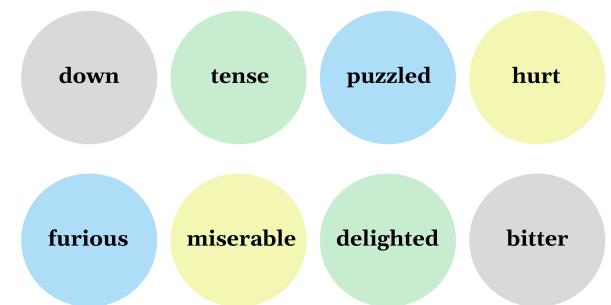
anxious bitter delighted disoriented down  
furious hurt miserable petrified puzzled relieved  
satisfied tense terrified



Complete the sentences with some of the adjectives from the mind map.

1. After the operation you may feel \_\_\_\_\_ for a short time
2. Don't look so \_\_\_\_\_ – it's perfectly simple.
3. People are naturally \_\_\_\_\_ about their exam results
4. I was \_\_\_\_\_ to see my old friends again.
5. She is absolutely \_\_\_\_\_ of snakes.
6. Irene seemed \_\_\_\_\_ to find out the truth.
7. My mom was absolutely \_\_\_\_\_ that I'd borrowed her car without asking.
8. He's been feeling very \_\_\_\_\_ since his wife went away.
9. He was tired, but too \_\_\_\_\_ to sleep.
10. She's \_\_\_\_\_ that her mother might find out her secret

Tell me about the time when you felt...



Most of us probably have, at least on one occasion, found it difficult to put our feelings into words. In our heightened emotional state, it's probably even more difficult, but those who have a little known condition called alexithymia means that it's near impossible. For people with this condition it means they can't experience, identify or express their emotions or read the emotions of others. For this reason, they have difficulty being in social situations and in romantic relationships. Roughly 10 per cent of the population have this condition, and it's thought to be more common in men. Derived from Greek, alexithymia translates as 'no words for feelings', and was first coined and defined by psychiatrist Peter Sifneos in the early-1970s.

Over the last 40 years, researchers have tried to find the central cause for alexithymia, but despite their efforts it's still not well understood. Some studies have suggested that genetic, environmental and brain injuries can lead to alexithymia. Children are more likely to have alexithymia if their parents have it; children don't have the ability to talk about their emotions when they're born – they have to learn it. Children who don't interact with others or those who have experienced a traumatic event are more likely to be on the alexithymia spectrum. Injuries to the anterior insula, buried deep within the brain, can increase the possibility of alexithymia.

## Read the text and answer the questions.

- What is alexithymia?
- What difficulties might alexithymia cause?
- How many people have alexithymia?
- What are the reasons of alexithymia?
- How difficult do you think it is to live with alexithymia?

**What else do you think might be challenging for people suffering from alexithymia?**

Watch the [video](#) and find out.

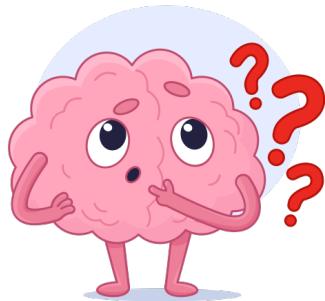


# Homework

Complete the sentences with words from the box.

delighted disorientated down petrified relieved tense

- She was relieved to hear that her journey wasn't going to be affected by the transport strikes.
- I felt \_\_\_\_\_ after I got back from my holiday, as I didn't have anything to look forward to.
- I woke up after a deep sleep on the train feeling totally \_\_\_\_\_. I didn't know where I was.
- He is slightly claustrophobic, so going in a lift makes him feel \_\_\_\_\_.
- I was absolutely \_\_\_\_\_ when the aeroplane started to drop suddenly. I thought I was going to die.
- I was \_\_\_\_\_ to be invited to go to Amsterdam with Sarah.



Replace the words in italics in the sentences with an adjective from the box with a similar meaning.

cross furious hurt miserable puzzled satisfied terrified

*satisfied*

- We weren't *happy* with the level of service we received at the hotel.
- Passengers were *very angry* after their train was delayed for three hours.
- I was *quite angry* with him for waking me up.
- The tourists were holding a map and looking *confused*, so I asked if I could help.
- Jack seemed *offended* that I hadn't invited him to come on holiday with me.
- My cousin is *very frightened* of snakes.
- My cold had gone on for over a week and was making me feel *unhappy*.



for more materials go to [@teachers\\_anonymous](#)