

7 I can describe my feelings

A Feelings



Word	Example	Meaning
thrilled	He was thrilled to win and he kissed ¹ the cup.	very happy and excited. SYN delighted .
furious	I lost his keys: he was absolutely furious .	very angry.
astonished	I was astonished to hear he was married.	very surprised. SYN amazed .
heartbroken	She was heartbroken when her father died.	very sad and emotionally upset.
terrified	I was terrified when the plane took off.	very frightened. SYN scared stiff INF.
miserable	You look very miserable . What's wrong?	unhappy and depressed. SYN fed up INF.
proud	I felt very proud when my book was published.	pleased about sth you or other people have done.
jealous	My boyfriend is jealous when I'm with other boys. I've always been jealous of Tom; everyone likes him.	1 angry or sad because you're afraid of losing sb's love. 2 angry or sad because sb has sth you don't have. SYN envious .
anxious	He was anxious before he went into hospital.	worried and afraid.
upset	Sally was very upset because no one spoke to her.	sad and angry because of sth that has happened.

1 Complete the words and phrases.

- ▶ amazed _____ 4 thr _____
 1 anx _____ 5 _____ broken
 2 fur _____ 6 scared _____
 3 ast _____ 7 ki _____

spotlight **absolutely and very**

Use **absolutely** before extreme adjectives, e.g. *furious, astonished, heartbroken, terrified*.

Use **very** before degree adjectives, e.g. *miserable, jealous, anxious, upset*.

I was **absolutely** amazed. (NOT **very** amazed.)

They were **very** proud. (NOT **absolutely** proud.)

2 Write synonyms for these words and phrases.

- ▶ worried anxious 2 fed up _____ 4 astonished _____
 1 thrilled _____ 3 scared stiff _____ 5 envious _____

3 ABOUT YOU How might you feel in these situations? Write your answers using words from the table, or ask another student.

- ▶ Someone hits your car because they were driving badly. I'd be furious.
 1 You've just passed an important exam. I'd be _____.
 2 Your best friend has bought a car that you would love to have. _____.
 3 Your lovely old dog has just died. _____.
 4 A man walks up to you in the street and holds a knife to your face. _____.
 5 You're on holiday but you can't go out because you've got a bad cold. _____.
 6 You see someone you don't know kissing your boyfriend/girlfriend. _____.
 7 You have been chosen to make a speech at an important event. _____.
 8 You are going somewhere by plane and you don't like flying. _____.

4 Test yourself. Cover the meanings and look at the words. What are the meanings?

B How emotional are you?

ABOUT YOU

YOU AND YOUR EMOTIONS

- a I'm an **emotional** person and I like to show my feelings.
- b I think I'm quite **sensitive**, so I try not to **upset** other people.
- c I'm **sensitive** about my appearance.
- d When I'm in a **bad mood**, I sometimes **hurt** people's feelings.
- e In general, I think I'm quite a **moody** person.
- f When people have personal problems, I think I'm usually very **sympathetic** and **supportive**.

Are you like this?

Yes/No

Yes/No

Yes/No

Yes/No

Yes/No

Yes/No

spotlight **sensitive**

Sensitive has two meanings:

1 a positive meaning: 'able to understand people's feelings and problems' (e.g. sentence (b) above). **OPP insensitive.**

2 a more negative meaning: 'easily upset' (e.g. sentence (c) above).

Glossary

emotional having strong feelings, and often showing them. **emotion** n.

show your feelings express your feelings openly.

OPP hide your feelings.

upset sb make sb unhappy.

be in a bad mood feel angry or unhappy at a particular time. **OPP be in a good mood.**

hurt sb's feelings say sth that makes sb unhappy.

moody If you are **moody**, you often change and become angry or unhappy for no obvious reason.

sympathetic kind and showing you understand sb's problems (**sympathetic** doesn't mean 'friendly' or 'nice' in English).

supportive giving help to sb who has a problem.

5 Circle the correct answer.

- ▶ Try not to hurt / upset his feelings.
- 1 Sarah's not very emotional, and tends to show / hide her feelings.
- 2 You can talk to Gary easily about your problems; he's very sympathetic / moody.
- 3 Be careful what you say to Susan because she's very sympathetic / sensitive.
- 4 You never know what Karen will be like because she's so moody / supportive.
- 5 Brian is the most emotional / insensitive man I know; he upsets everyone.
- 6 Love, anger, and fear are all emotions / moods.

6 Complete the sentences with a suitable word.

- ▶ Caroline is very sensitive. She seems to know when someone has a problem.
- 1 Keep away from Elton – he's in a bad _____ today.
- 2 He _____ his parents because he was so rude to them.
- 3 My children cooked all my meals when I was ill. They were very _____.
- 4 I broke my leg and it was really painful, but my friends weren't very _____.
- 5 I'm _____ a really good mood today. I think it's the fantastic weather.
- 6 Paul tends to upset people and _____ their feelings.

7 ABOUT YOU Complete the right-hand column in the questionnaire, or ask another student.