Feelings

defuse (rozładować), discharge (rozładować) , get rid of (pozbyć się)

lose temper/keep cold blood

put at ease

over the moon /on top of the world

in high spirits/ in low spirits

cautious (ostrożny), petrified (przerażony), ecstatic (w dobrym nastroju), amazed , depressed , cheerful, miserable (nieszczęsliwy), puzzled (skonsternowany), exhausted ,disgusted, ashamed , confident , outraged (wkurzony), mischievous (złośliwy), annoyed, suspicious (podejrzliwy), frustrated

I came back from my trip fully…exhausted……………………

Children of my friend are …ecstatic……………………and energetic, beaming with energy

I usually come back from work …exhausted…………………….and legless

I was …amazed……………………… at his achievement .He exceeded everyone’s expectations

When he offered me his car for half the price I was …puzzled…………………I didn’t know what to say

I am …annoyed……………………..because of that dreadful weather

My sister is a bit …frustrated……………………because of the current political situation

I was …disgusted…………………………..by the way he chomped and slurped

We were …ecstatic…………………when we won European Championships

My daughter is so …confident……………….I am convinced that she will achieve incredible success

Stop being so …mischievous…………………………Stop offending and hurting other people on purpose

I am …ashamed………………………..of myself . I made fool of myself in front of everybody

I am …suspicious…………………….. when clients delay with their invoices

I lost my temper and became …outraged……………………….when he broke my valuable vase

Whenever I meet someone new I feel a bit uneasy and …cautious……………….

Nowadays we have to be …cautious…………………as there are plenty of dangers waiting just around the corner

I feel so …ashamed……………………I let down my friends and my family

Before every exam I feel …petrified……………………….My body is stiff and , my hands tremble and my voice becomes shaky