

Moods and Emotions

- 1 a. Look at the list of adjectives below. Which are positive/negative?



- depressed • cheerful • generous • stressed
- frustrated • calm • glad • relaxed • joyful
- aggressive • happy • lonely • worried • angry
- nervous • sad • excited • furious • shy • tense
- lazy • optimistic • proud • terrible • funny

- b. Rewrite the following sentences as many times as you can using the adjectives in the list to replace the words in bold.

- 1 Jack is in a **good/bad** mood today.
- 2 Maria feels/is feeling **sad/happy** today.

Physical Sensations

- 2 a. Match the feelings to the physical sensations, then make sentences, as in the example.

Feelings	Physical sensations
angry	butterflies in the stomach
frightened	heart pounding
excited	sweaty palms
hungry	rush of adrenaline
stressed	stomach rumbling
nervous	red face

I was so angry my face was red.

- b. What feeling does someone in your country express when they:
- clench their fist • frown
 - drum their fingers • lick their lips
 - raise their eyebrows • wrinkle their nose?

In my country people clench their fist to show they are angry.

Expressing feelings

- 3 a. Cross out the words in the box which don't go with the verb 'feel'.

FEEL

- fear • lonely • astonished
- stressed • sick • irritable • alive
- angry • offended • frustrated • hungry
- better • panic • strong • healthy
- obsessive

- b. When do you usually feel like that? Discuss.

A: *I always feel stressed when I have to take an exam. What about you?*

B: *I feel stressed when I go to the dentist's.*

- 4 a. Listen to five people talking about different situations. Match each speaker to the way they feel.

- A They're dreading a visit from their cousin. Speaker 1
- B They're looking forward to their friend coming. Speaker 2
- C They find student life fascinating. Speaker 3
- D They miss their friend. Speaker 4
- E They like having friends over for dinner. Speaker 5

- b. In pairs, use verbs/phrases from the statements above to talk about the times you experience similar feelings.

A: *When do you dread something?*

B: *On school days, I dread waking up in the morning.*

Extreme Adjectives

- 5 In pairs, use the adjectives from the list to act out short exchanges.

- furious • overjoyed • exhausted • delighted
- appalling • filthy • heartbroken • fantastic
- huge • delicious • terrified

A: *You must be tired.*

B: *Tired! I'm exhausted!*

- 1 You must be pleased.
- 2 You must have been scared.
- 3 You look angry.
- 4 The food was bad.
- 5 She seems happy with her exam results.
- 6 Sarah seemed upset.



- 6 Underline the correct form of the adjective.

- 1 The music in that restaurant was quite relaxed/relaxing.
- 2 I was very pleased/pleasing that you decided to join us.
- 3 The children were very depressed/depressing when the field trip was cancelled.
- 4 I find horror films quite terrified/terrifying.

5. How **surprising/surprised** he's not home yet!
6. They were very **excited/exciting** when their team won the football match.

Idioms and fixed phrases

7 a. What character qualities are these animals associated with? Look at the pictures and complete the idioms.

- 1 as brave as a(n) *lion*
- 2 as wise as a(n)
- 3 as stubborn as a(n)
- 4 as cunning as a(n)
- 5 as quiet as a(n)
- 6 as sick as a(n)
- 7 as proud as a(n)
- 8 as slow as a(n)

b. Now match the adjectives from above with their opposites below.

- flexible • straightforward • modest
- foolish • quick • cowardly • noisy • healthy

c. How would you describe the people below using the idioms from Ex. 7a?

Someone who

- takes a long time to do something
- is intelligent and well informed
- has no fear and is ready to face danger
- does things behind people's backs
- is very arrogant

Words often confused

8 Underline the correct item.

- 1 Since I've moved out, I do miss/lose my parents.
- 2 He could feel his anger growing/heating.
- 3 It feels strange/strangely to be here.
- 4 I felt as/like a child again.
- 5 He finds it difficult to express/tell his feelings.
- 6 She is trying to hide her true/authentic feelings.
- 7 She always wants to please/enjoy other people.
- 8 I'm sorry I've injured/hurt your feelings.

Phrasal Verbs Appendix 2

9 a. Fill in **up** or **down** to complete the sentences. Then, explain the phrasal verbs in bold.

- 1 She's been quite depressed recently. This holiday will really **cheer** her
- 2 **Calm**! Things aren't as bad as they seem!
- 3 Things are **easing** a bit at work. I won't have to work so late from now on.
- 4 I don't like watching sad films. They always **get** me
- 5 You have been so stressed lately; you must relax and **loosen** a bit or you will get ill.
- 6 Bob really **let** me I was counting on him to complete the project on time.
- 7 **Open** a bit and tell me how you feel.
- 8 It's been such a tiring day, let's go to the cinema and **wind**

b. Use phrasal verbs from above to decide what you would say to someone who:

- 1 you are relying on
- 2 looks depressed
- 3 won't tell you what is wrong
- 4 seems to be overworking

Prepositions Appendix 1

10 Fill in: **for, at, of, in, about, to, by, with**. Then make sentences.

- 1 afraid sth;
- 2 amused sth;
- 3 angry sb;
- 4 annoyed sb sth;
- 5 anxious sth;
- 6 ashamed sb;
- 7 bored sth/sb;
- 8 brilliant sth;
- 9 close sb;
- 10 delighted sth;
- 11 disappointed sth/sb;
- 12 excited sth;
- 13 faithful sb;
- 14 friendly sb;
- 15 frightened sth;
- 16 furious sb sth;
- 17 grateful sb sth; 18 jealous sb;
- 19 nervous sth; 20 pleased sb;
- 21 proud sth; 22 rude sb;
- 23 sensitive sth; 24 upset sth



to phone Mr Wilson either. I don't know how I'm going to manage it all. Not to mention, I need to pick up Jason from the airport tonight and the car's still in the garage. It's an absolute nightmare!

◆ Tapescript for Exercise 4a (p. 26)

Speaker 1

I can't wait for you to get here. We've got so many things to catch up on and there's so much I want to show you. I know you'll just love it here and there's plenty of things going on at this time of year.

Speaker 2

The best thing about student life for me is the freedom you have to do different things, not just on a daily basis at college, but also during the exceptionally long holidays you get. It's a time in your life when you're free from most forms of responsibility and there's just so much fun to be had.

Speaker 3

It was different when you lived nearby and could call round every day. I used to love dropping in to see you, too. I know you've only moved to the other side of the city and it's not as if we can't see each other at all, but it's difficult to get there without a car. I wish I could just pop over the road like before when I want a quick chat with a friend.

Speaker 4

My aunt's coming to stay with my five-year-old cousin for three weeks and guess who's expected to keep him entertained? He's really cute and I love him but I just know he'll drive me mad every day. He can't sit still for five minutes and he thinks I'm his big playmate.

Speaker 5

Having friends round for dinner is one of my favourite things. Selecting and preparing the food can be as much fun as the evening itself and for me there's really nothing better than just sitting around with people you know well in the comfort of your own home.

◆ Tapescript for Exercise 1b (p. 28)

Speaker 1

I have always found that bringing my patients together is very helpful. They realise that they are not alone and I think that it does wonders for their self confidence. They feel like they are helping others as well as themselves and they also gain hope from seeing how the other patients improve. Working in this way gives my patients a safe environment in which they can discuss their problems with others, and that, after all, is what therapy is all about.

Speaker 2

This type of therapy is based on the idea that people can visualise and create things from their thoughts and emotions. Patients who have problems putting their problems into words can often express themselves by painting or drawing. I find that it works especially well with children but it can be used with patients of any age. It is really a journey of self-discovery, as the patients relax and learn more about themselves from the pictures that they create.

Speaker 3

We live in a busy and stressful world and many of us have no time to think about how we feel. Avoiding our emotions though, only leads to bigger problems in the end. I think that the best thing I can do for my patients is to teach them how to relax and think about their lives. By letting themselves go and focusing on who they really are, my patients find that they feel more alive. This can help them deal with problems at work or at home and lets them really live life to the fullest.

Speaker 4

It may sound strange at first. Certainly when most people go to take in the latest blockbuster, they don't think of it as therapy. For many of my patients, though, it can lead to a real breakthrough. They find that they can really connect with the characters and plots and this can give them inspiration and hope when it comes to dealing with real life. Whatever problems my patients have, I find that I can almost always recommend something on the big screen that will help them to look at their life in a new way.

Speaker 5

The beauty of this form of therapy is that you can do it anywhere. On the way to work, in the gym, or at home. It can help us to relax, improve our mood and reduce stress. I call it the Mozart effect but of course the composer or performer doesn't really matter. The important thing is to find a piece that creates an emotional response in the patient. It's amazing what a great effect a simple, everyday activity like this can have.

◆ Tapescript for Exercise 2b (p. 28)

Presenter: ... and our next guest on *You and Your Pets* today is Roger Taylor, author of the best-selling book *Understanding Your Cat*. Welcome to our show, Roger.

Roger: Thanks, it's great to be here.

Presenter: First of all, how did you get into this field?

Roger: Well, when I was growing up, we always had cats at home, and when I started studying animal psychology it seemed like the natural thing to focus on. It's never boring. It's fascinating work. Everybody I speak to wants to be able to understand their pet better.

Presenter: Now, do you think we can really understand cats? I mean how can you ever know what is going on in their minds?

Roger: Well, I guess we can never be one hundred percent sure, but I think you would be surprised how many signals cats can send out.

Presenter: You mean with their body language?

Roger: Absolutely. But you have to be careful! If a cat moves its head, that just means it wants to look at you, or at something else. And it uses its paws to play and to wash itself. What you really have to look at is a cat's tail.

Presenter: And what about cats who sit with their tails wrapped around them?

Roger: Oh well that's good. It's usually a sign of a contented cat. If two cats are facing each other before a fight, though, this is a defensive position. The more aggressive cat will have its tail fluffed up and pointing down or straight out.

Presenter: Really? That's interesting. So what other body language do cats show?

Roger: Oh there are all sorts of things. If you can't tell what a cat is thinking from its tail then its ears will probably give it away.

Presenter: What do you mean?

Roger: Well again, if two cats are facing each other before a fight they will probably both growl and make frightening sounds, but if you really want to know what's going on then look at their ears.

Presenter: What should we be looking for there, then?

Roger: The defender's ears will lie down flat against its head for protection. The more aggressive cat will also flatten its ears but with a twist so that they are pointing slightly forward.

Presenter: What about times when they are not fighting?

Roger: Well if your cat is feeling confident or curious, its ears will be pointing upwards and slightly forward. This will let him hear as much as possible.

Presenter: So do you think cats can understand anything from our body language?

Roger: Oh I'm sure they can. Unlike dogs, who listen carefully to the tone of your voice, cats actually watch your eyes. One of the best tips I can give to your listeners is that when they see a cat looking at them