Emotions and moods

VOCABULARY PRACTICE

ADVANCED | C1

Name: _____ **Date:** _____

1 Match each advanced affective concept with its meaning.

1 affective valence	____	a relatively stable tendency towards certain emotional states
2 emotional granularity	____	b emotional response to one's own emotion
3 affect regulation	____	c evaluation that gives an event emotional significance
4 hedonic adaptation	____	d broad state of unease or dissatisfaction
5 dispositional affect	____	e prediction of one's future emotional response
6 meta-emotion	____	f positive or negative quality of an experience
7 affective forecasting	____	g return towards a typical level after positive or negative change
8 cognitive appraisal	____	h ability to identify emotions with specificity
9 emotional labour	____	i management of feeling or expression to meet role expectations
10 dysphoria	____	j processes used to influence emotional experience or expression

2 Complete the affective-science collocations.

adaptation | appraisal | forecasting | granularity | labour | regulation | state | valence

1 positive affective _____

2 cognitive _____

3 emotional _____

4 affective _____ error

5 hedonic _____

6 a dysphoric _____

7 affect _____ strategy

8 perform emotional _____

3 Choose the concept that best captures the distinction.

1 Distinguishing irritation from anger: *emotional granularity / valence*.

2 Feeling ashamed of being jealous: *meta-emotion / dispositional affect*.

3 Overestimating future disappointment: *affective forecasting / emotional labour*.

4 Returning to baseline after a promotion: *hedonic adaptation / cognitive appraisal*.

5 Displaying warmth despite irritation at work: *emotional labour / dysphoria*.

6 A stable tendency towards cheerfulness: *dispositional affect / affect regulation*.

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4 Complete the affective-science review with terms from the box.

affect regulation | affective forecasting | affective valence | cognitive appraisal | dispositional affect | dysphoria | emotional granularity | emotional labour | hedonic adaptation | meta-emotion

An event acquires emotional meaning through **1** _____, and its pleasant or unpleasant quality reflects **2** _____. People differ in **3** _____, their ability to label states precisely, as well as in **4** _____, a more stable emotional tendency. A feeling about another feeling is a **5** _____. Predictions about future reactions involve **6** _____, but **7** _____ may reduce the lasting impact of change. Persistent unease may be described as **8** _____. People use **9** _____ to influence experience, while occupations may require **10** _____ to manage displayed emotion.

5 Read the text and answer the questions concisely.

The limits of emotional prediction

People often predict that future events will affect them more intensely and for longer than they actually do. They focus on the event itself while overlooking everyday experiences, competing emotions and their own capacity to adapt. This forecasting bias can shape major decisions. Greater accuracy may come from considering several possible outcomes, recalling comparable experiences and distinguishing an immediate reaction from a lasting mood. Even then, predictions remain uncertain because circumstances and interpretations can change.

1 What do people often overestimate? _____

2 What do they focus on? _____

3 Which three factors may be overlooked? _____

4 What can forecasting bias influence? _____

5 What three practices may improve accuracy? _____

6 Why do predictions remain uncertain? _____

6 Paraphrase using the expression in capitals.

1 She labelled her feelings with great precision. **GRANULARITY** _

2 His view of the event shaped his response. **APPRAISAL** ____

3 The pleasure of the promotion gradually faded. **ADAPTATION** _

4 Her role required her to display calmness. **LABOUR** _____

OVER TO YOU

Write a **160-190 word** discussion of why emotions are difficult to predict or regulate. Address appraisal, context, adaptation and individual differences.

[ ] Use at least ten target terms or collocations. [ ] Distinguish state from tendency. [ ] Evaluate claims cautiously.

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ANSWER KEY

1 Advanced affective concepts

1 **f** 2 **h** 3 **j** 4 **g** 5 **a** 6 **b** 7 **e** 8 **c** 9 **i** 10 **d**

2 Affective-science collocations

1 **valence** 2 **appraisal** 3 **granularity** 4 **forecasting** 5 **adaptation** 6 **state** 7 **regulation** 8 **labour**

3 Conceptual distinctions

1 **emotional granularity** 2 **meta-emotion** 3 **affective forecasting**
4 **hedonic adaptation** 5 **emotional labour** 6 **dispositional affect**

4 Affective-science review

1 **cognitive appraisal** 2 **affective valence** 3 **emotional granularity** 4 **dispositional affect** 5 **meta-emotion**
6 **affective forecasting** 7 **hedonic adaptation** 8 **dysphoria** 9 **affect regulation** 10 **emotional labour**

5 Reading - suggested answers

1 Intensity and duration. 2 The future event itself. 3 Daily experiences, competing emotions and adaptation.
4 Major decisions. 5 Consider outcomes, recall similar events and separate reaction from mood. 6 Context and interpretation can change.

6 Paraphrasing - possible answers

1 She showed high emotional **granularity**. 2 His cognitive **appraisal** shaped the response. 3 This reflects hedonic **adaptation**.
4 She performed emotional **labour**.

Over to you: Answers will vary. Check conceptual precision, distinctions, evidence and cautious evaluation.