Emotions and moods

VOCABULARY PRACTICE

INTERMEDIATE | B1-B2

Name: _____ **Date:** _____

1 Match each emotional state with its meaning.

1 frustrated	____	a worried and unable to relax
2 relieved	____	b thankful for help or kindness
3 embarrassed	____	c upset because something did not meet expectations
4 grateful	____	d annoyed because progress is difficult or blocked
5 jealous	____	e ashamed or uncomfortable in a social situation
6 disappointed	____	f peaceful and satisfied with what you have
7 anxious	____	g unhappy because someone has something you want
8 content	____	h relaxed because a worry or difficulty has ended

2 Complete the emotion collocations.

deeply | express | overcome | sense | strong | temper | under | with

1 a _____ of relief

2 feel overwhelmed _____ emotion

3 _____ one's feelings

4 lose one's _____

5 _____ disappointed

6 _____ anxiety

7 a _____ emotional reaction

8 be _____ pressure

3 Correct one mistake in each sentence.

1 I felt very frustration with the delay. _____

2 She was grateful about their support. _____

3 The news made him to feel relieved. _____

4 He is embarrassing about his mistake. _____

5 I was disappointing by the result. _____

6 She became anxiously before the interview. _____

7 His mood improved after talk to a friend. _____

8 Jealous can damage a friendship. _____

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4 Complete the account with words from the box.

anxious | content | disappointed | embarrassed | frustrated | grateful | jealous | relieved

Mia felt **1** _____ before presenting her project. When the screen failed, she became **2** _____ and slightly **3** _____. A classmate fixed it, and Mia was deeply **4** _____ for the help. She felt **5** _____ when the presentation ended successfully. Although she was briefly **6** _____ that another group received a higher mark, she was not **7** _____ of them. By the evening, she felt calm and **8** _____.

5 Read the text and answer the questions briefly.

Why naming emotions helps

People sometimes describe themselves as simply fine or bad, even when their emotional state is more complex. Choosing a precise label, such as disappointed, lonely or frustrated, can make an experience easier to understand. It may also reveal what caused the feeling and what response would be helpful. Naming an emotion does not make it disappear, but it can create a small pause between the feeling and an impulsive reaction.

1 How do people sometimes describe their state? _____

2 What kind of label can improve understanding? _____

3 What may the label reveal? _____

4 Does naming an emotion remove it? _____

5 What can naming an emotion create? _____

6 What kind of reaction may then be avoided? _____

6 Rewrite using the word in capitals.

1 She was thankful for their help. **GRATEFUL** _____

2 When the test ended, his worry disappeared. **RELIEVED** _

3 The repeated errors annoyed me. **FRUSTRATED** _____

4 He was satisfied with the simple result. **CONTENT** _____

OVER TO YOU

Write a **100-120 word** account of an emotionally difficult situation and how it was managed.

[ ] Use at least ten target expressions. [ ] Explain causes and reactions. [ ] Use precise emotion words.

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ANSWER KEY

1 Emotional states

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

2 Emotion collocations

1 **sense** 2 **with** 3 **express** 4 **temper** 5 **deeply** 6 **overcome** 7 **strong** 8 **under**

3 Corrections

1 felt **frustrated** 2 grateful **for** 3 made him feel 4 is **embarrassed**
5 was **disappointed** 6 became **anxious** 7 after **talking** 8 **Jealousy** can damage

4 Emotional account

1 **anxious** 2 **frustrated** 3 **embarrassed** 4 **grateful** 5 **relieved** 6 **disappointed** 7 **jealous** 8 **content**

5 Reading - suggested answers

1 As fine or bad. 2 A precise emotion label. 3 The cause and a helpful response. 4 No.
5 A pause between feeling and reaction. 6 An impulsive reaction.

6 Rewriting - possible answers

1 She was **grateful** for their help. 2 He felt **relieved** when the test ended. 3 I felt **frustrated** by the errors. 4 He was **content** with the result.

Over to you: Answers will vary. Check emotional precision, causal links and management strategies.