Emotions and moods

VOCABULARY PRACTICE

UPPER-INTERMEDIATE | B2

Name: _____ **Date:** _____

1 Match each affective concept with its meaning.

1 ambivalence	____	a lingering sadness with a reflective quality
2 apprehension	____	b ability to recover from emotional difficulty
3 resentment	____	c simultaneous conflicting feelings
4 elation	____	d stimulus that provokes a strong emotional response
5 melancholy	____	e unease about something that may happen
6 emotional trigger	____	f process of influencing one's emotional state
7 mood regulation	____	g intense happiness and excitement
8 emotional resilience	____	h spread of emotion between people
9 emotional contagion	____	i bitterness caused by unfair treatment
10 self-conscious emotion	____	j emotion involving awareness of how others may judge us

2 Complete the affective collocations.

contagion | cope | evoke | mixed | regulate | resilience | suppress | trigger

1 experience _____ emotions

2 _____ a strong response

3 an emotional _____

4 _____ one's mood

5 emotional _____

6 _____ with disappointment

7 _____ an emotion

8 emotional _____ within a group

3 Choose the most precise term for the context.

1 She felt pleased and sad about leaving: *ambivalence / elation*.

2 He feared what the meeting might bring: *apprehension / melancholy*.

3 Unfair criticism caused lasting bitterness: *resentment / emotional contagion*.

4 The victory produced intense joy: *elation / self-conscious emotion*.

5 The team's anxiety spread to everyone: *emotional contagion / mood regulation*.

6 He recovered well after rejection: *emotional resilience / ambivalence*.

7 Embarrassment depends partly on social evaluation: *self-conscious emotion / trigger*.

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4 Complete the reflection with terms from the box.

ambivalence | apprehension | elation | emotional contagion | emotional resilience | emotional trigger | melancholy | mood regulation | resentment | self-conscious emotion

Starting a new job may create **1** _____: excitement can exist beside sadness about leaving. Before the first day, **2** _____ is common. A friendly welcome may produce **3** _____, while criticism can become an **4** _____. If it seems unfair, it may lead to **5** _____. Embarrassment is a **6** _____. A quiet sense of **7** _____ may follow the end of an important chapter. Good **8** _____ helps a person recover, while **9** _____ helps alter an unhelpful state. Within a team, **10** _____ can spread optimism or anxiety.

5 Read the text and answer the questions briefly.

Reappraising a situation

Emotional reactions depend partly on how an event is interpreted. A rapidly beating heart before a presentation might be labelled as fear, but it can also be viewed as the body preparing for a challenge. Cognitive reappraisal involves changing the meaning assigned to a situation rather than denying that it occurred. This strategy can reduce distress and support flexible action, although it is not equally useful in every context and should not replace action against genuine harm.

1 What partly shapes emotional reactions? _____

2 How might a racing heart be labelled? _____

3 What alternative interpretation is offered? _____

4 What does cognitive reappraisal change? _____

5 What two benefits can it provide? _____

6 When should it not replace action? _____

6 Rewrite using the expression in capitals.

1 She had conflicting feelings about the move. **AMBIVALENT** __

2 His bitterness remained after the decision. **RESENTMENT** _

3 The group's excitement spread rapidly. **CONTAGION** _____

4 She recovered emotionally after the setback. **RESILIENCE** _

OVER TO YOU

Write a **120-150 word** explanation of how someone can regulate a difficult emotion without denying it.

[ ] Use at least ten target terms. [ ] Explain appraisal and response. [ ] Avoid oversimplified claims.

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ANSWER KEY

1 Affective concepts

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

2 Affective collocations

1 **mixed** 2 **evoke** 3 **trigger** 4 **regulate** 5 **resilience** 6 **cope** 7 **suppress** 8 **contagion**

3 Precise terms

1 **ambivalence** 2 **apprehension** 3 **resentment** 4 **elation**
5 **emotional contagion** 6 **emotional resilience** 7 **self-conscious emotion**

4 Emotional reflection

1 **ambivalence** 2 **apprehension** 3 **elation** 4 **emotional trigger** 5 **resentment**
6 **self-conscious emotion** 7 **melancholy** 8 **emotional resilience** 9 **mood regulation** 10 **emotional contagion**

5 Reading - suggested answers

1 Interpretation of an event. 2 As fear. 3 Preparation for a challenge. 4 The meaning assigned to the situation.
5 Less distress and more flexible action. 6 When genuine harm requires action.

6 Rewriting - possible answers

1 She felt **ambivalent** about the move. 2 He felt **resentment** after the decision. 3 This was emotional **contagion**. 4 She showed emotional **resilience**.

Over to you: Answers will vary. Check nuance, regulation strategies and conceptual accuracy.