
EXPRESSING FEELINGS

Vocabulary

feeling – an emotion that you feel (for example, anger, happiness, etc.)

afraid (of) – feeling fear or being worried about something

apathy – the feeling of not being interested in something and not willing to make any effort to change or improve things

anxious (about something/for someone) – worried about something

amused (at/by) – to feel entertained so that you laugh or smile at something

angry (at/with/about/over) – to feel dislike because of something or someone, to feel annoyed

annoyed (at/with somebody; about/by something) – to feel slightly angry or irritated at someone

appalled (by/at) – feeling great shock or disgust at something or someone

astonished (by/at) – feeling great surprise

bored (with) – to feel tired and annoyed because you are uninterested in something

confused (about) – not able to think clearly or understand

curious (about) – wanting to know about something

delighted (with/by/at) – very pleased and happy

miserable – sad and without hope

determined – feeling very strongly that you will do something you decided to do

disappointed (at/with/about something; by/in somebody) – feeling sad and unhappy that something did not happen or did not happen in the way that you wanted or expected

excited (about/by/at) – happy, interested, or hopeful because something good has happened or will happen

exhausted – extremely tired, completely without energy

exhilarated – very happy and excited

grateful – feeling thankful for something

happy (about) – feeling pleased

hopeful (about) – full of hope, feeling that something you want is going to happen

modest – not being too proud or talking very much about your abilities, qualities or possessions

outraged (at/over) – a strong feeling of shock and anger

sad (about) – not happy, especially because something unpleasant has happened

satisfied (with) – feeling that something is as good as it should be, or that something has happened in the way that you want

shy – nervous and embarrassed about meeting and speaking to other people, especially people you do not know (if someone is **painfully shy**, they experience the aforementioned feelings to a greater extent)

serene – very calm or peaceful

silly – stupid in a childish or embarrassing way
sneaky – doing things in a secret and often dishonest or unfair way
surprised (at/by) – having a feeling of surprise
weepy – tending to cry a lot
awesome – extremely impressive, serious, or difficult so that you feel great respect, worry, or fear
insomnia – if you suffer from insomnia, you are not able to sleep
mood swings – an abrupt and unaccountable change of mood
nightmare – a very frightening dream
plot – the main events of a play, novel, film, or similar work, devised and presented by the writer as an interrelated sequence
challenging – testing one’s abilities or demanding
character – a person in a book, play, film
proper – appropriate or suitable
entertaining – providing amusement or enjoyment
play – a story that is written to be performed by actors, especially in a theater
self-development – the process of gradually becoming better
nerd – someone who seems very boring and unfashionable and is not good in social situations
insane – completely stupid or crazy, often in a way that is dangerous
furious – very angry
awkward – making you feel embarrassed so that you are not sure what to do or say

Verbs

to feel – to experience a particular physical feeling or emotion
to complain – to say that you are annoyed, not satisfied, or unhappy about something or someone
to doubt – a feeling of being not sure whether something is true or right
to suffer from something – to experience physical or mental pain
to go ahead – to continue
to try something on – to put on a piece of clothing to see if it fits you or if it suits you, especially in a shop
to hesitate – to pause before saying or doing something because you are nervous or not sure
to wander – to walk slowly across or around an area, usually without a clear direction or purpose
to look for something/someone – to try to find something that you have lost, or someone who is not where they should be
to apologize – to tell someone that you are sorry that you have done something wrong
to enrich – to improve the quality of something, especially by adding things to it

to dare – to be brave enough to do something that is risky or that you are afraid to do, used especially in questions or negative sentences

to appear – to start to be seen, to arrive, or to exist in a place, especially suddenly

to message – to send a message

to manage – to succeed in doing something difficult, especially after trying very hard

to go up to someone – to approach someone

to stutter – to speak with difficulty because you cannot stop yourself from repeating the first consonant of some words

Phrases

to feel blue – to feel sad or depressed

to feel low/down – to feel sad, to be in a bad mood

it has nothing to do with something/someone – it does not involve something or someone

to bother someone with one's problems – to annoy or cause problems for someone

you are freaking me out – you are making me feel extremely emotional and scared

I can't stand – I can't bear something, I don't like something

I don't feel like talking about it – I don't want to talk about it

to keep a secret – not to share some information with others

to take something to the grave – to never reveal a secret to one's death

to no avail – of no use or advantage

What's up? – an informal way of asking someone what's new or what is happening?

a reasonable price – a fair, good price

Oh my – an interjection expressing surprise, incredulity, or pleasure

to cause problems – to make difficulties

to have a crush on somebody – to have a strong feeling of romantic love for someone

to make a move – to take action

That's the spirit! – used as encouragement

Grammar Corner

We use indefinite pronouns 'some', 'any' when we cannot or do not need to specify an exact amount.

We use someone/somebody, anyone/anybody to denote people.

*e.g. Bella isn't **someone** who just gets mad and starts shouting.*

*Is there **anyone** who cares about me?*

We use *something*, *anything* to denote things and abstract ideas.
e.g. There's **something** weird about your behavior today.
Anything bothering you? I feel like **something** is off.

'Some' is generally used in positive sentences, while 'any' is used with negative sentences and questions.

We use *neither ... nor ...* to connect two or more negative alternatives in a sentence.

e.g. **Neither** you **nor** your brother cared to check up on us.
Neither Ashley **nor** Kyle felt happy about moving out of their parents' house.

Real Life Situations

(P1 – Person 1, P2 – Person 2)

Mood Swings

P1: You seem a little blue today. What's the matter?

P2: I don't know why, but I feel down.

P1: Hmm, did you sleep well?

P2: Not really, but I doubt that this is the reason. I've been suffering from insomnia for the last few weeks.

P1: Insomnia? Did you see the doctor?

P2: No, I think it has nothing to do with any disease.

P1: What is it then?

P2: I'm not sure if I want to talk about it. You see, I have this constant feeling of apathy, anxiety... I get annoyed by everything so easily...

P1: Can't you just say what's wrong? I'm about to start getting worried.

P2: No, no, I don't want to complain or bother anyone with my problems.

P1: You're freaking me out!

P2: Don't scream at me! You know how weepy I am! I can't stand anyone talking to me like that.

P1: What? I'm confused! I didn't scream, I just expressed my concern.

P2: How sweet of you. And I feel miserable now. Okay, I don't feel like talking about it anymore.

P1: Hey, listen, if you don't tell me what's going on with you, I'll have to ask for help.

P2: Urgh, alright. I will tell you, but promise me that you'll keep my secret!

P1: I will take it to the grave.

P2: Okay. This might seem silly to you, but...

P1: Just tell it!

P2: Last month I went shopping and I saw the dress of my dreams. I tried it on and realized that it's perfect.

P1: Umm how is it connected with insomnia and your mood swings?

P2: Don't interrupt me, please. It is directly connected with my current psychological state.

P1: Okay, go ahead, I am sorry.

P2: So, after I tried that dress on, I didn't even hesitate about buying it but I forgot my wallet. So I decided to go home and return to the store. And you know what?

P1: When you returned to the store somebody had already bought it?

P2: Exactly! Can you imagine how shocked and disappointed I was when the store assistant told me that someone had bought it 15 minutes before. I can't eat, I can't sleep, I've been having nightmares where I'm wandering down the streets looking for my dress.

P1: Wow, that took a dark turn. But what's the problem? You can just look it up online.

P2: I have looked it up but to no avail. I hope my story won't be used as a plot idea for a movie.

Interesting and Amusing

P1: Hello, Susan!

P2: Hey, what's up?

P1: I'm going to be in a play!

P2: Wow, that's so cool! Congratulations! Are you excited about it?

P1: Surely, but it'll be challenging – my character is a very complicated person.

P2: Oh, sounds interesting!

P1: Interesting? That's not a proper word. Amusing? Entertaining? Maybe. Certainly not just "interesting".

P2: Oh sorry...

P1: You wanted to say "I apologize", didn't you?

P2: Huh?

P1: It is better to say "Pardon me?", my darling. I am trying to enrich my vocabulary and to speak more poetically since I have got a leading role in a play.

P2: You're confusing me with your weird vocabulary.

P1: Oh, don't be so modest, it's never too late to learn something new. You should work on your speech too, self-improvement is very important. I'll be very delighted to help you out. I think I can even give you private lessons. It'll cost you \$20 per hour.

P2: What? Are you serious? Why would anyone need these lessons on how to speak like a nerd!

P1: Stay serene, my friend. Don't get outraged. You should feel grateful that I'm offering you help at a reasonable price. Don't forget that I am a professional and a very determined one. I want to share my knowledge with you!

P2: Okay, if you want, I can speak your language... I feel appalled and extremely furious. How dare you ask money from your best friend? And you know what? Neither your play, nor your vocabulary interest me.

P1: Oh my! I never thought it would cause any issues. I'm deeply concerned.

P2: Stop it, you're doing it again!

P1: I think I've gone too far.

P2: You certainly have.

That's the Spirit!

P1: Hey, what are you doing here? I saw you from the window, you've been sitting here for like an hour.

P2: Oh, I'm waiting for Amy to walk out of the school building.

P1: Do you know when her classes are over?

P2: No, so I thought I'd wait here because I'll see her sooner or later.

P1: Hmm but what if she didn't go to school today? Why don't you message her and tell her that you are waiting for her here?

P2: I don't have her phone number.

P1: Hmm what about her instagram or something?

P2: No, neither social networks, nor phone number.

P1: Harry, you've had a crush on this girl for 6 months and you didn't even manage to get her contact information?

P2: I have never talked to her...

P1: Harry, but why? Why are you so painfully shy? Just go up to her and talk.

P2: You know how difficult it is to express feelings.

P1: I'm not telling you to tell her directly that you like her, but you need to make a move. Get her phone number, then ask her out. Easy.

P2: Not so easy for me. I can't even look at her. She is so beautiful, so smart, how can she like someone like me? I tried to say "hello" to her once, but I started stuttering.

P1: Oh, this must be awkward.

P2: Extremely.

P1: Listen, it is OK to be nervous because you like this girl a lot. You should understand that talking about your feelings and expressing them is natural, there is nothing to feel shy about.

P2: Maybe you're right. I don't want to be like this forever.

P1: That's the spirit! Look, isn't it Amy? Go ahead, say "hello" to her!