Lesson 31- Human feelings- Vocabulary (part 1)



Exercise 1

<https://quizlet.com/152843214/feelings-15-oxford-3-flash-cards/>

Exercise 2

Are you the kind of person who bottles up their emotions ? Or do you wear your heart on your sleeve? As a journalist, I’m aware that if you disclose too much about yourself, you could make yourself rather vulnerable. And if I’m honest, as a man I feel a bit uneasy when people their pour out their innermost thoughts to me. My own instinct is to be quite guarded and not give away too much about how I feel. On the other hand, psychologists say it’s unhealthy to suppress your feelings. It can lead to severe anxiety and depression if you don’t learn how to release your pent-up emotions.

Exercise 3

Replace the underlined word with a word that has a similar meaning

1. I felt uncomfortable when he talked about his marriage problems. uneasy
2. He wouldn’t disclose information if he thought it was secret reveal
3. I think it’s dangerous to bottle up your feelings suppress
4. It’s a difficult time for him and he’s very weak and easily hurt vulnerable
5. She’s a bit cautious if you ask about her private life guarded
6. He’s happy to tell anyone his most personal and private thoughts innermost

Exercise 4

Complete the dialogues by repeating what the speaker says in a different way

1. I should think she was gobsmacked. -She was – absolutely stunned
2. Did he get very angry?- Yes, I’m afraid he lost his temper
3. Had he given up hope of being rescued?- Yes. It was an act of desperation
4. Was he terribly upset? –Yes, he was absolutely hearbroken
5. He must’ve gone mad. –He did. He hit the roof
6. I bet they were over the moon. – Yes, they were absolutely esctatic
7. She was really emotional, wasn’t she? – Yes, she was in tears
8. Were the children overexcited?- Yes, they were hysterical

Exercise 5

Complete the sentences

1. I knew he would be upset and I’m afraid I didn’t have the heart to tell him.
2. She took part in the dancing competition, but you could tell her heart wasn’t in it
3. The wedding date was meant to be a secret, but I’m afraid he gave it up
4. Maxine’s problem is that she wears her heart on her sleeve, whereas the Gavin’s the opposite: he has all these pent-up emotions which he can’t express.
5. I should consider this more carefully, but my heart says it’s the right thing to do.