

## 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 **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 **heartbroken**
5. He must've gone mad. –He did. He hit **the roof**
6. I bet they were over the moon. – Yes, they were absolutely **ecstatic**
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.