

## Language help

We use **emotion** and **feeling(s)** for something which someone feels strongly about, e.g. love, hate or anger. **Emotions** are part of our character, e.g. *Timo is a very **emotional** person.* [shows his feelings easily] **Feeling** is often plural, e.g. *She doesn't like talking about her **feelings**.*

Well, obviously I'm very **proud**<sup>1</sup> of my son's success, but I'm a bit **disappointed**<sup>2</sup> that the local paper hasn't shown more interest in the story.

<sup>1</sup> feeling good because you (or someone you know) has done something well

<sup>2</sup> unhappy because someone or something was not as good as you hoped, or because something did not happen

We were **curious**<sup>5</sup> to see what all the noise was about, but I felt **anxious**<sup>6</sup> when I saw how angry the men were, and really **scared**<sup>7</sup> when they started coming towards us.

<sup>5</sup> wanting to know or learn about something

<sup>6</sup> worried

<sup>7</sup> afraid; *syn* frightened

The politicians seem **confused**<sup>3</sup> about what to do, so I'm not **hopeful**<sup>4</sup> that things will improve.

<sup>3</sup> not able to think clearly or understand something

<sup>4</sup> feeling positive about a future situation

I think Tom ended the relationship because his girlfriend was getting **jealous**<sup>8</sup>, but now he's quite **upset**<sup>9</sup>.

<sup>8</sup> unhappy and angry because someone you love seems too interested in another person

<sup>9</sup> unhappy because something unpleasant has happened

## Language help

adjective	noun	adjective	noun
proud	<b>pride</b>	disappointed	<b>disappointment</b>
jealous	<b>jealousy</b>	confused	<b>confusion</b>
curious	<b>curiosity</b>	anxious	<b>anxiety</b>

## The effect of the weather on our feelings

Why do people say they feel more cheerful [happy] when the sun shines, and miserable [unhappy] when it's raining? Why do some people suffer from SAD (seasonal affective disorder), which makes them feel depressed [unhappy, often for a long time, and without hope for the future] during long dark winters? Can the weather really affect our mood [the way we feel at a particular time], or is it just in our imaginations?

## The effect of colour on our emotions

**Colour**

can have an **effect** on our mood, but how do specific colours relate to our emotions?

**RED** can make us feel **energetic**<sup>1</sup>, but it can also indicate **anger**<sup>2</sup>. **PINK** though, is softer and more about maternal love and **caring for**<sup>3</sup> people. **GREEN** is associated with nature and is good for people suffering from **stress**<sup>4</sup>. **BLUE** is relaxing and helps us to be **creative**<sup>5</sup>, but too much dark blue can make us depressed.

<sup>1</sup> wanting to be busy and doing a lot of things

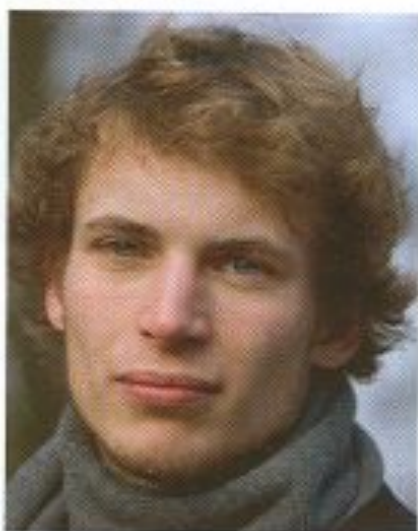
<sup>2</sup> being angry

<sup>3</sup> looking after someone, especially someone young or old

<sup>4</sup> feelings of worry caused by difficult situations such as problems at work

<sup>5</sup> good at thinking of new ideas or using our imagination

## Relatives\*



“My father died when I was nine, and so my mother was a **widow**<sup>1</sup> with four young children. She **remarried** five years later, so now I have a **stepfather**. As he is not my real father, I call him by his first name, which is Dieter. I've got an **elder**<sup>2</sup> brother called Thomas and two younger sisters, Anya and Claudia, who are **twins**<sup>3</sup>. We're a **close family**<sup>4</sup>.

My mother is an **only child**<sup>5</sup>, but I've got two uncles on my father's side. One is married with two children, and the other is married with three children, so **altogether** I have five **cousins**. I **get on well with**<sup>6</sup> Uncle Rolf, and he always tells me I'm his favourite **nephew**. Of his **nieces**, I think he likes Anya best.

Recently my brother Thomas got married. His wife's name is Sabine, so I now have a **sister-in-law**<sup>7</sup> as well.”

\* members of your family; *syn* relations

<sup>1</sup> a woman whose husband has died

<sup>2</sup> older

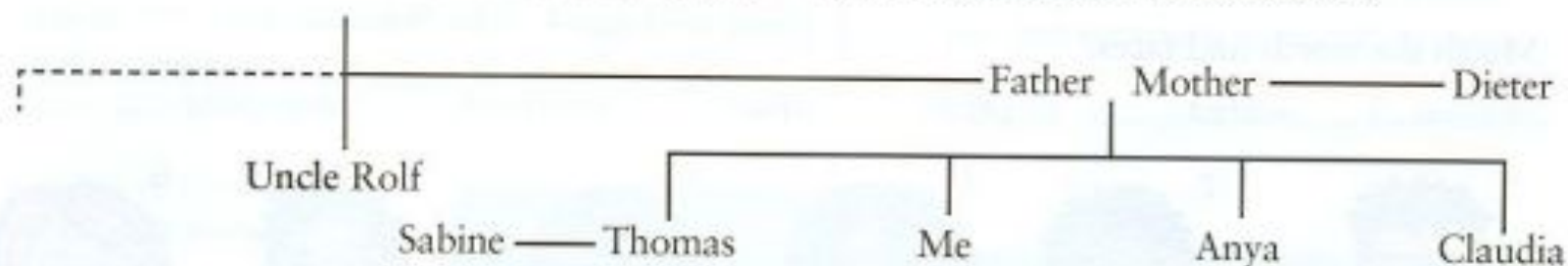
<sup>3</sup> two children born to one mother at the same time

<sup>4</sup> a family who like each other and stay together a lot

<sup>5</sup> without brothers or sisters

<sup>6</sup> have a good relationship with

<sup>7</sup> (also mother/brother/son-in-law, etc.)



Complete the sentences.

- 1 My aunt had to care..... for her elderly mother for years.
- 2 I can't tell whether Benita is happy or not; she never shows her .....
- 3 I'm much more ..... in the mornings. By the afternoon I feel tired.
- 4 Weather has a big ..... on the way I feel.
- 5 He's been under a lot of ..... recently because of the amount of work he has to do.
- 6 Brendan's cheerful one minute and miserable the next; his ..... changes all the time.
- 7 It's been a depressing month, but I'm ..... things will get better next month.
- 8 I don't like walking home in the dark. I get very .....

Rewrite the sentences without using the underlined words and phrases. Keep a similar meaning.

- |  |  |
|--|--|
| 1 My parents <u>are dead</u> now.                                | My parents <u>aren't alive now</u> ..... |
| 2 It was hard but <u>finally</u> I did it.                       | It was hard but .....                    |
| 3 She's <u>approximately</u> my age.                             | She's .....                              |
| 4 They're <u>almost</u> thirty now.                              | They're .....                            |
| 5 <u>I had to do what</u> my parents <u>wanted</u> .             | My parents were .....                    |
| 6 My parents <u>let me</u> stay up and watch TV.                 | I was .....                              |
| 7 My mum <u>looked after me</u> in Scotland.                     | I was .....                              |
| 8 I <u>was able</u> to pass my exams <u>but it wasn't easy</u> . | I .....                                  |
| 9 I <u>didn't go home until</u> late.                            | I .....                                  |
| 10 <u>I was allowed to</u> wear what I liked.                    | My parents .....                         |
| 11 I was happy <u>as a child</u> .                               | I had a happy .....                      |
| 12 My grandparents <u>don't work any more</u> .                  | My grandparents are .....                |

### Over to you

Answer the questions. If possible, ask a friend and write their answers.

- 1 Where were you brought up? .....
- 2 What do you particularly remember about your childhood? .....
- 3 Were your parents strict? What weren't you allowed to do when you were a child? .....
- 4 How late were you allowed to stay out when you were a teenager? .....

### Over to you

Answer the questions for you, then, if possible, ask a friend and write their answers.

- 1 Can you remember your first date? (When, and who with?)
- 2 Can you remember your first serious relationship? (Who was it with? Did you break up, or are you still with the same person?)
- 3 Whose was the last wedding you went to?
- 4 What was the last big celebration (other than a wedding) that you went to?