

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**¹ of my son's success, but I'm a bit **disappointed**² that the local paper hasn't shown more interest in the story.

¹ feeling good because you (or someone you know) has done something well

² unhappy because someone or something was not as good as you hoped, or because something did not happen

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

⁵ wanting to know or learn about something

⁶ worried

⁷ afraid; *syn* frightened

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

³ not able to think clearly or understand something

⁴ feeling positive about a future situation

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

⁸ unhappy and angry because someone you love seems too interested in another person

⁹ unhappy because something unpleasant has happened

Language help

| adjective | noun | adjective | noun |
|-----------|------------------|--------------|-----------------------|
| proud | pride | disappointed | disappointment |
| jealous | jealousy | confused | confusion |
| curious | curiosity | anxious | anxiety |

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

¹ wanting to be busy and doing a lot of things

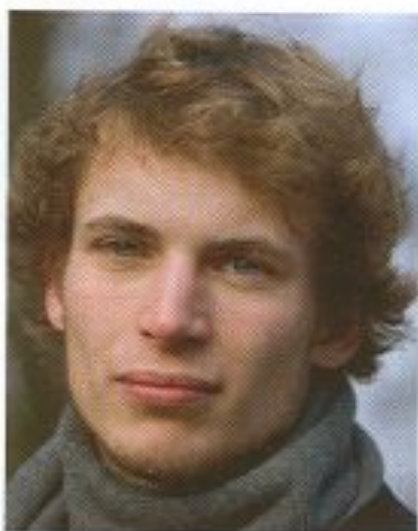
² being angry

³ looking after someone, especially someone young or old

⁴ feelings of worry caused by difficult situations such as problems at work

⁵ 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**¹ 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**² brother called Thomas and two younger sisters, Anya and Claudia, who are **twins**³. We’re a **close family**⁴.

My mother is an **only child**⁵, 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**⁶ 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**⁷ as well.”

* members of your family; *syn* relations

¹ a woman whose husband has died

² older

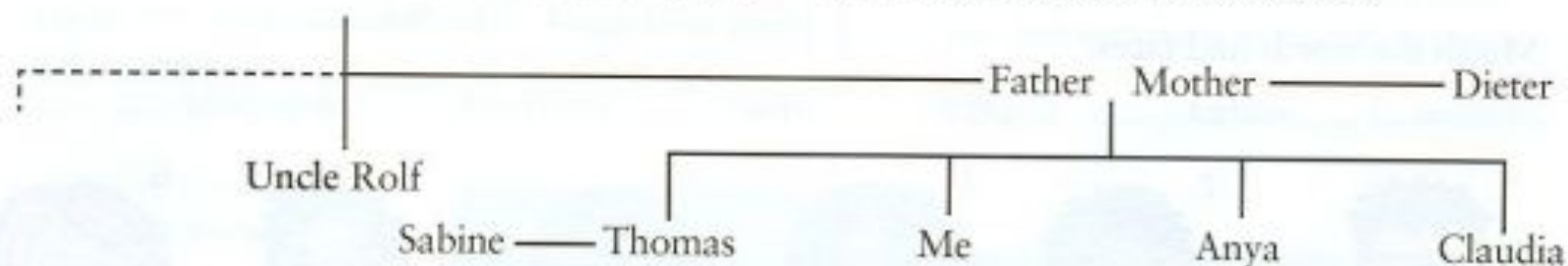
³ two children born to one mother at the same time

⁴ a family who like each other and stay together a lot

⁵ without brothers or sisters

⁶ have a good relationship with

⁷ (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?