

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
proud	pride
jealous	jealousy
curious	curiosity

adjective	noun
disappointed	disappointment
confused	confusion
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

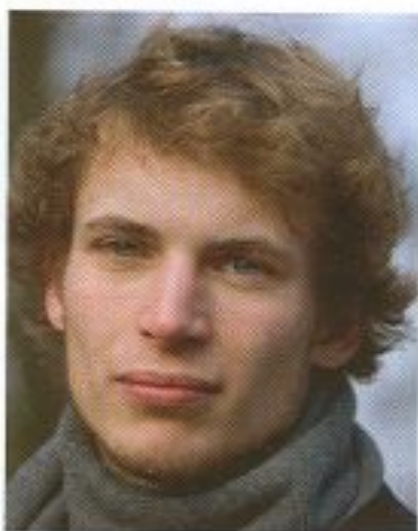
² being angry

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

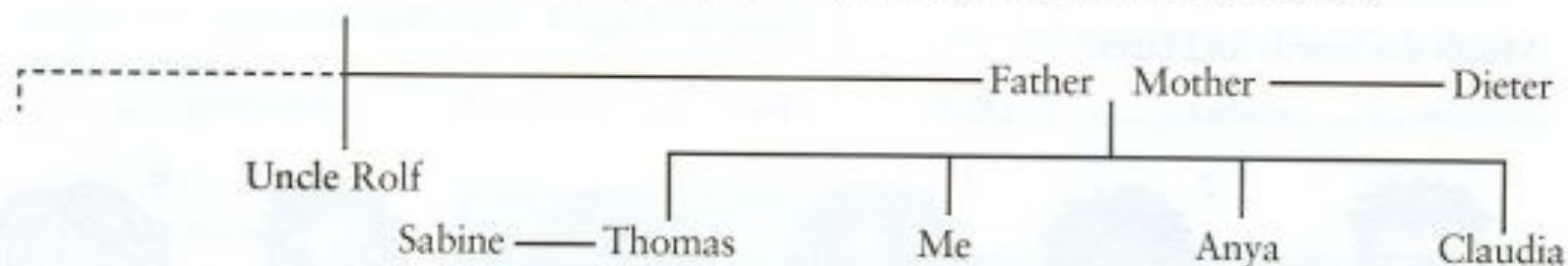
³ two children born to one mother at the same time

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?