-1

Pleasant and unpleasant feelings

Α

Happiness and unhappiness

You feel ...

content(ed) when you are satisfied with what you have. Content is not used before a noun. You can say 'She is content/contented' but only 'a contented person'.

He's very content with his life. He's always been a contented person.

grateful when someone has done something thoughtful for you. *Note:* You feel thankful if something bad that could have happened did not happen.

I'm really grateful to you for helping me with my project.

delighted when something has happened that gives you great pleasure, when you hear news of someone's good fortune, for instance.

I was delighted to hear you're getting married!

miserable when everything seems wrong in your life.

I felt miserable all day yesterday - maybe it was just the grey, cold weather.

discontented when your life is not giving you satisfaction.

She's very discontented with her job and is going to look for a new one.

fed up / sick and tired when you have had enough of something disagreeable.

I'm fed up with Amanda's rudeness, and sick (and tired) of her bad behaviour. depressed when you are miserable over a long period of time. Depression is considered an illness in some severe cases.

I felt depressed after having ten job interviews and not getting a job.

confused when you cannot make sense of different conflicting feelings or ideas.

I feel so confused – last week she said she loved me passionately, this week she said we were just good friends.

R

Excitement, upset, anger and anxiety

- I felt **inspired** after the concert. I've decided to take piano lessons. [stimulated to do something positive or creative]
- The argument I had with Gloria the other night really **upset** me. [made me feel unhappy]
- I was quite **enthusiastic** about my tennis lessons at first, but the teacher isn't very good and now I just feel **frustrated**.

[enthusiastic: had very positive feelings] [frustrated: a feeling of being unable to do something you really want to do]

She was so **thrilled** when she got a job with a TV company. She's always wanted to work in the media.

[feeling when something extremely exciting and pleasing happens]

I was so **nervous** before the exam, and then I felt **anxious** before the results came out, but I passed with a high grade.

[nervous: feeling nervous is a bit like feeling excited but it is a negative feeling] [anxious: when you are afraid and uncertain about the future]

I was **furious with** the waiter. The service was slow and he spilt coffee over my shirt. [extremely angry]

Language help

Really can be used with all the adjectives on this page. **Absolutely** goes only with the words describing extreme states, i.e. *delighted*, *fed up*, *sick and tired*, *thrilled*, *furious*. With these words **quite** means **absolutely**, but with the other less extreme words, **quite** means **rather**.

41.1 R	ead the	remarks	and	then	answer	the	questions.
--------	---------	---------	-----	------	--------	-----	------------

Philip: 'I'm just not feeling very happy today. Everything seems to have gone wrong.'

Katie: 'I like my life and I have nothing to complain about.'

Pilar: 'I felt so good that nothing bad had happened. It could have been a disaster.'

Trevor: 'I've had enough of all the arguments and the bad atmosphere at work.'

Agnes: 'I felt very happy when I heard she had an interview for the job.'

Sarah: 'It was very kind of you to look after my cat when I was away. Thank you.'

Carlos: 'I've been so unhappy for a long time. I've been seeing a psychiatrist.'

Stefan: 'I just don't understand. Was that his wife or his daughter?'

Who feels	name	Who feels	name
1 fed up with something?	Trevor	5 miserable?	
2 depressed?		6 thankful?	
3 content?		7 confused?	T
4 grateful?		8 delighted?	

41.2 Rewrite the words in bold using words from A and B opposite.

- 1 After watching the nature programme, I felt stimulated inspired to become a zoologist.
- 2 I always get a feeling of negative excitement just before an exam.
- 3 I was extremely angry when they refused to give me my money back.
- 4 I was very excited and pleased ______ to see my old school friend again after so long.
- 6 At first, I was full of positive feelingsabout the course, but it's just not very good.

41.3 Sort the adjectives into positive and negative feelings.

contented sick and tired anxious thrilled frustrated confused

positive	negative
	sick and tired

41.4 Fill the gaps using the adjectives in 41.3. Choose an appropriate adverb (absolutely, quite or a bit) to go in front of the adjective. Sometimes, both are possible.

- 1 I was feeling (quite / absolutely) quite anxious because she had not phoned to say she had arrived safely.
- 2 I am (quite / absolutely) _____ of her selfish behaviour. I've had enough!
- 4 I was (absolutely / a bit) when I heard the wonderful news!
- 5 It made me feel (quite / a bit) ______ that I still couldn't play any songs after six weeks of guitar lessons.
- 6 You always seem so (absolutely / quite) _____ with life. How lucky you are!

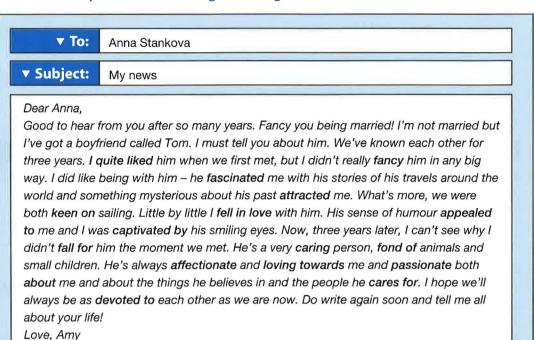
41.5 Over to you

Choose six adjectives from this unit which describe feelings you have had recently and write sentences about when and why you felt that way.

Like, dislike and desire

Α

Words and expressions relating to liking



D

Words and expressions relating to disliking

Loathe, detest, despise, cannot stand and cannot bear are all stronger ways of saying 'dislike' and they are all followed by a noun or an -ing form.

I loathe / detest / despise / can't stand / can't bear bad-mannered people. I can't bear listening to her stupid stories.

Repel, revolt, appal and disgust are strong words used to describe the negative effect which something has on a person.

His films disgust me. I was revolted by the way he spoke. We were appalled by the conditions in the refugee camp. His behaviour repels everyone.

C

Words and expressions relating to desiring

Desire is either a formal verb to express a sexual wish for someone or a formal word for wish. He desired her the moment he saw her. I have a strong desire to see the Himalayas before I die.

Look forward to means think about something in the future with pleasant anticipation. It is followed by a noun or an -ing form. The opposite is dread, which is rather strong.

I'm looking forward to going to Fiji but I'm dreading the long flight.

Long for means to wish for something very much. Yearn for is a more poetic way of saying long for.

After this long, cold winter, I'm longing for spring. He will never stop yearning for his country although he knows he can never return.

12.1	Complete the sentences with words from A opportunity of the sentences of	each other. son-in-law. big match on TV tonight
12.2	Rewrite the sentences, changing the meaning as librackets.	ittle as possible. Use the word in
	1 I'm fond of him. (quite like) I quite like him. 2 I strongly dislike jazz. (stand) 3 Do you think Jim is attractive? (fancy) 4 She likes rowing and golf. (keen) 5 I loathe very salty food. (bear) 6 His art attracts me. (appeal) 7 I find Gina very interesting. (fascinate) 8 She has totally charmed him. (captivate)	
	9 I'm dreading the exam. (look)	
12.3	In each pair of sentences which person probably	
	 a He's devoted to his sister. a I dislike his poetry. a She's yearning to see him. a I'm not really looking forward to the exam. 	 b He's very fond of his sister b I loathe his poetry b She's longing to see him b I'm absolutely dreading the exam
12.4	Correct the mistakes in these sentences. There may sentence. appalled 1 I was appealed by the terrible conditions in the public sentence and it is appealed. I dispose anyone who are selfish people. I dispose anyone who are in the public sentence and it is and it is a live begun to like her more. 4 I felt a strong desire of finding out what had hap a sentence are you looking forward to start your new job? 6 I felt absolutely disgusting by his unkind remarks.	orison. They were simply inhuman. never considers others. stand being in the same room as her, but now opened to my old school friends.
12.5	Over to you	
	Answer the questions in any way that is true for you way that is true f	what ways do you show it?

3 Speaking

A Reporting verbs

We can use these verbs to report people's speech and how they speak (including how loudly and what their mood is).

verb	loudness	most likely mood
whisper	very soft	telling someone a secret*
murmur	soft	romantic or complaining
mumble	soft (and unclear)	nervous or insecure
mutter	soft	irritated
shout	loud	angry or excited
scream	loud (usually without words)	frightened or excited
shriek	loud (and shrill)	frightened or amused
stutter, stammer	neutral	nervous or excited**

^{*}People also whisper in places where it would be impolite to speak loudly.

Suddenly, someone shouted 'Help!'

She whispered that she was not happy with the way the meeting was going.

Describing feelings

В

These verbs indicate the speaker's feelings or intentions. (sb = somebody, sth = something)

verb	patterns	feeling	verb	patterns	feeling
boast	to sb about sth	proud of oneself	complain	to sb about sth	displeased
insist	on sth	determined	maintain	that	confident
object	to + -ing	unhappy with a situation	confess	to + -ing	repentant
threaten	to do sth	aggressive	urge	sb to do sth	encouraging
argue	with sb about sth	not in agreement	beg	sb to do sth	desperate
groan	that	despair, pain	grumble	about sth	displeased

C Adverbs related to speech

To indicate someone's feelings, you can use a speaking verb plus an adverb. For example, 'He said anxiously.' 'She spoke angrily.' This is common in written style.

If somebody feels angry: angrily furiously bitterly

If somebody feels unhappy: gloomily miserably sadly

If somebody feels happy: happily cheerfully gladly hopefully

If somebody feels worried: anxiously nervously desperately

Other useful adverbs: excitedly, impatiently, reluctantly, shyly.

Language help

Most of the verbs in **B** above can also be used with a *that* clause, *She boasted that* she had scored 20 goals in one season. He *threatened (that)* he would call the police.

^{**}Stuttering and stammering may also be the result of a speech impediment.

^{&#}x27;I'm sick of this. I'm going home,' he muttered.

13.1	Choose a verb from A opposite to fit the meaning of the sentences. 1 'Oh, noooooooooo!!!!!!' she <u>screamed / shrieked</u> in absolute terror. 2 'Don't look now, but Gary has just arrived,' she in my ear. 3 'Joey! Come here at once!!' his mother 4 'I d-d-d-did it,' he
13.2	Match the sentence beginnings on the left with the endings on the right.
	1 He always maintained 2 He groaned 3 They threatened 4 She complained 5 He begged me 6 She insisted a to cancel my parking permit. b not to leave, but I had to. c on using recycled paper for everything. d that he could read people's minds. e that he needed a doctor immediately. f about the noise coming from above.
43.3	Add a reporting verb and one of the adverbs from the box to each sentence. Where possible, use reporting verbs from A.
	angrily bitterly impatiently happily hopefully anxiously sadly excitedly
	1 Milly: 'You must pay attention!' Milly shouled angrily. 2 Andrew: 'I feel much better today, thank you.' 3 Petra: 'Oh wow! I've just won a prize in a competition!' 4 Leo: 'I will never forgive them for what they did.' 5 Lily: 'This is our last day together. I'll miss you.' 6 Ray: 'I'm very worried. She said she would phone us.' 7 Gary: 'Oh, come on! Do hurry up! Let's go! Now!' 8 Anna: 'We may be lucky and the rain might stop.'
43.4	Rewrite the sentences using the verbs in brackets.
	1 Don't exaggerate your talents to your friends. They'll stop liking you. (boast) Don't boast about your falents to your friends.
	2 I'm not happy with having to sit on the floor. I paid for a seat. (object)
	3 Stop being discontented with your job all the time. (grumble)
	4 He talked about refusing to pay and calling the police. (threaten)
	5 She asked if we would help her. (beg)
	6 He admitted that he had broken the window. (confess) (two answers)
43.5	Answer the questions.
	 Which adverbs describe positive (P) feelings and which describe negative (N) feelings? gloomily (A) miserably () cheerfully () desperately () gladly () Which prepositions usually follow: (a) object, (b) insist, (c) complain? Which adverb means that someone does not want to do something? What is the missing preposition? 'Let's be friends. I don't want to argue
	5 Flow inight someone speak at a 10D interview if they were not very confident?

4 The six senses

A The five senses

The five senses are sight, hearing, taste, touch and smell. What is sometimes referred to as a 'sixth sense' (or extrasensory perception) is a power to be aware of things independently of the five physical senses – a kind of supernatural sense. The five verbs referring to the senses are modified by an adjective rather than an adverb.

He looks dreadful. The trip sounds marvellous. The cake tastes good. It felt strange. The soup smelt delicious.

B Sight

Yesterday I glanced out of the window and noticed a policeman observing a house opposite through binoculars. I thought I glimpsed a man inside the house. Then I saw that there was a man peering into the window of the same house. I gazed at them wondering what they were doing. Suddenly the policeman stopped staring through his binoculars. He went to arrest the other man as he started to climb into the house through a window. I realised that I had witnessed a crime.



C Hearing

D Taste

sweet (honey) salty (crisps) bitter (strong coffee) sour (vinegar) spicy (Indian food) If you say something tastes hot it may mean spicy rather than not cold. If a curry, say, is not particularly hot, then it is mild. Food can be tasty, but tasteful refers to furnishings, architecture or a style of dressing or behaviour. The opposite of both is tasteless.

E Touch

She poked me in the ribs with her elbow to wake me up. He stroked the cat and patted the dog. She tapped him on the shoulder. He grasped my hand and we ran. She grabbed her MP3 player and ran to the bus stop. The thief snatched her handbag and disappeared into the crowd. Press the button. Please handle the goods with great care.

Smell

Here are some adjectives to describe smells:

Very unpleasant: stinking foul-smelling putrid musty [smelling unpleasantly old and slightly damp] pungent [smelling very strong, often unpleasantly so]

Pleasant: fragrant aromatic sweet-smelling perfumed/scented

G Sixth sense

Different phenomena which a person with a sixth sense may experience: telepathy [experiencing someone else's feelings even though you are apart] premonition [knowing something is going to happen before it occurs] intuition [instinctive understanding] déjà vu [an inexplicable feeling that you have already been somewhere or experienced something before]

14.1	Which of the verbs in the text in B opposite su	ggests looking in the following ways
	1 as a crime or accident occurs? witness	4 quickly?
	2 closely, finding it hard to make things	5 fixedly?
	out?	6 at something but getting only
	3 in a scientific kind of way?	a brief view?
14.2	Are the following best described as sweet, salty	y, bitter, sour, spicy or hot?
	1 strong, unsweetened coffee 3 chilli powder	5 Indian cooking
		6 sea water
	2 chocolate cake	
14.3	Which of the adjectives in F best describes for	you the smell of the following?
	1 herbs in a kitchen aromatic	5 a shed full of goats
	2 old socks	6 a beauty salon
	3 out-of-date eggs	7 a loft used for storage
	4 roses	8 a skunk
	1 10303	o a skullk
14.4	Replace the underlined words with a more pre	cise verb from the opposite page.
	1 I touched the dog a few times. palled	6 He touched the cat affectionately.
	2 He knocked lightly on the door.	
	3 She took my hand firmly.	7 The robber took the money and ran.
	4 She <u>put</u> her face <u>very close</u> up to the window	
	so she could see better.	8 She picked up, carried and put down the
	5 Take care you don't <u>hit</u> anyone in the eye	boxes carefully.
	with your umbrella	
44.5	Make a sentence about the situations using any touch, smell – plus an adjective.	y of these verbs - look, sound, taste,
	1 You see a film about the Rocky Mountains. T	hey lank magnificent
	2 You come downstairs in the morning and sme	
	3 A friend has just had her hair cut.	in from conce.
	4 You hear the latest number one song.	
	5 A friend, an excellent cook, tries a new soup r	ecipe.
	6 A friend asks how you feel today.	1
	7 A little boy asks you to listen to his first attem	pts at the piano.
	8 You see a friend of yours with a very worried	look on her face.
14.6	Write sentences using each of the nine verbs in	bold in B in ways that illustrate their
	specific meanings as clearly as possible.	•
	EXAMPLE Laura hoped her boss wouldn't notice her	alancina at her match every few minutes
	THE STATE OF THE POPULATION AND MORIGINAL LINES HOLD	January at her water over y low milwios.
14.7	Over to you	
	Answer these questions about yourself.	
	1 What's your favourite smell?	
	2 Do you prefer a hot curry or a mild curry?	
	3 What materials do you like the feel of?	
	4 Do you believe that some people have a sixth se	nse?
	5 Have you ever had a feeling of déià vu?	

6 Have you ever had a telepathic experience?

5 What your body does

Verbs connected with the mouth and breathing







vawn: Why are you vawning? Are you feeling sleepy?

sneeze: Dust often makes me sneeze.

snore: She snored in her chair with her mouth wide open.

cough: It was so smoky in the room that he couldn't stop coughing. sigh: She sighed with relief when she heard the plane had landed safely.

be out of breath: I ran for the bus and now I'm out of breath!

take a deep breath: He took a deep breath and jumped into the water. hold your breath: How long can you hold your breath underwater?

Verbs connected with eating

chew: My granny used to say you should chew every mouthful ten times. rumble: It's embarrassing if your stomach rumbles during an interview. swallow: Take a drink of water to help you swallow the pills.

suck: In an aeroplane, if you suck a sweet, it can stop your ears popping.

lick: The cat licked the bowl clean.

bite: Don't bite that hard sweet - you'll damage your teeth.

Verbs connected with the eyes and face

wink: He winked at me across the room to try

to make me laugh.

frown: Why are you frowning? What's the

problem?

She was so delighted with the present grin:

that she grinned from ear to ear.

blink: She blinked several times to try and get

the dust out of her eve.

blush: He blushed with embarrassment when she

smiled at him.

Verbs connected with the whole body

perspire/sweat /swet/: When it's hot, you sweat/

perspire. (perspire is more formal)

shiver: Look at him! He's so cold that he's shivering!

tremble: My hands tremble when I've been drinking

too much coffee.

She laughed so much that her whole body shake:

shook.







grin





shiver

Language help

All the verbs on this page (except shake and bite) are regular verbs; almost all the words have an identical noun form: to yawn \rightarrow a yawn, to cough \rightarrow a cough /kpf/ etc. (except to breathe /bri: δ / and to perspire; their nouns are breath /bre θ / and perspiration).

45.1 Which of the words on the opposite page do these pictures illustrate?



45.2 Complete the sentences with verbs from A opposite.

1	I could see she was extremely cold because she was shivening
2	I sensed that he was feeling sad because he
3	She couldn't sleep all night because her husband was
4	The fumes from all the cars and lorries were horrible and made me
5	I knew I had caught a cold because I started
6	The doctor examined my chest and asked me to take
7	Put your head underwater and see how many seconds you can
8	We started running fast and soon we were both

45.3 The Trubble family are at a restaurant and things are not going well. Fill the gaps with verbs from B opposite.

MRS TRUBBLE:	Where's our food? My stomach is "
	stop making that horrible noise with your drink! People are looking at us.
	It's my straw. It's broken and I can't 2 through it properly.
MR TRUBBLE:	Ouch! I just 3 an olive and I've broken my tooth on the stone!
	Look!
MRS TRUBBLE:	Mm. So where's the stone?
MR TRUBBLE:	Oh dear. I think I ⁴ it!

45.4 Find the word to match these definitions.

1 Draw the eyebrows together to express displeasure or puzzlement. Frown.

2 Crush food into smaller, softer pieces with the teeth so you can swallow it.

3 Your body makes small, quick movements because you are laughing so much.

4 Shut and open both eyes quickly.

5 Deliberately shut and open one eye.

6 Use your tongue to take in food (e.g. on an ice-cream cone).

45.5 Circle the correct word to complete the sentences.

- 1 We worked hard in the hot sun. Soon we were trembling (perspiring) shivering.
- 2 He seemed very amused. He was trembling / blushing / grinning.
- 3 She *sucked / licked / bit* the stamp and stuck it on the envelope.
- 4 I always find it difficult to swallow / suck / chew medicines.
- 5 It was so funny! I was just trembling / shaking / shivering with laughter!
- 6 The poor little animal was *shivering / trembling / grinning* with fear.
- 7 It was so hot and humid. Soon my shirt was soaked with perspire / perspiration / perspitation.

Praising and criticising

Α

В

Praising

You praise someone for something. The teacher praised the children for their hard work. Highly praised is a common collocation. William's acting in this film has been highly praised.

She plays the guitar brilliantly, just like her father. [very skilfully] He's a really first-rate / top-notch administrator, the very best. When it comes to grammar, she's really on the ball. [quick to understand] Ben has a way with foreign students. The other teachers envy him. [good at establishing good relations / motivating them, etc.] Emma really has green fingers; look at those flowers! [good at gardening] Let him do the talking; he's got the gift of the gab. [good at talking]

Mary is head and shoulders above the rest of the girls at maths. / She's miles better than the other girls at maths. (usually used of people) When it comes to technology, Japan is streets ahead of most other countries. (can be used of people or things) As far as sport is concerned, Sam is among the best in his class. [one of the best; can also say among the worst / most interesting, etc.] That meal was just out of this world. [outstanding/superb; usually used of things]

Criticising

The verb criticise can mean: to say that someone or something is bad, e.g. Petra's parents are always criticising her appearance. Notice that it can also be used to mean: give an opinion or judgement about a book or film, e.g. I belong to a writer's group – we read and criticise each other's work.

critical /'krit.i.k°l/

adjective NOT PLEASED

1 saying that someone or something is bad or wrong: a critical report O The report is highly critical of safety standards at the factory.

adjective **IMPORTANT**

2 of the greatest importance to the way things might happen: The President's support is critical (to this project). \bigcirc a critical decision

adjective GIVING OPINIONS

3 giving opinions or judgements on books, plays, films, etc.: She has written a major critical appraisal/study of Saul Bellow's novels. O His last film won/received critical acclaim (= was praised by film critics).

adjective **SERIOUS**

4 extremely serious or dangerous: Both drivers are critical / in a critical condition (= so badly hurt that they might die) after the 120 mph crash.

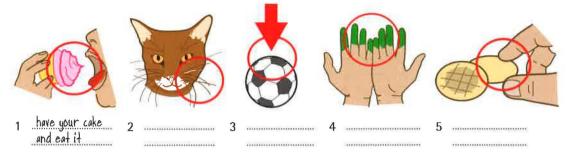
The adverb critically can relate to any of these four meanings of critical although the following are the most frequent uses:

critically important (meaning 2), critically acclaimed (meaning 3), critically ill (meaning 4)

Note these idiomatic synonyms of the verb to criticise (with its meaning of saying something is bad): You shouldn't run down your own country when you're abroad. Why do you always have to pick holes in everything I say?

Here are some criticisms of people. I think Antonio's being totally absurd. [ridiculous] You are undoubtedly at fault / to blame and you should apologise. [you are in the wrong] She thinks she's the cat's whiskers /'wiskəz/ / the bee's knees. [thinks she's wonderful] When it comes to time-keeping, he's the world's worst. [no one is worse] Jack is so rude. He really takes the biscuit. [is a striking example of some negative quality] Jo wants to have her cake and eat it! [wants everything with no contribution from her side]

46.1 Which expressions from the opposite page might these pictures help you to remember?



- Using the word in brackets and an expression from A opposite, rewrite the sentence 46.2 without changing the meaning.
 - 1 The hotel we were staying in was absolutely superb. (world) The hotel we were staying in was out of this world.
 - 2 Giovanni is a long way above the other kids when it comes to doing hard sums. (shoulders)
 - 3 Maria is very good with young children they always love her. (way)
 - 4 You're a long way ahead of me in understanding all this new technology; I'm impressed. (streets)
 - 5 Hassan is great at chess. (brilliantly)
 - 6 Agata is a very fluent and confident speaker. (gab)
- 46.3 Which of the expressions in 46.1 is most suitable for completing each sentence if you want to:
 - 1 say someone's behaviour is extremely annoying? What Jack said really takes the biscuit!
 - 2 say that someone is quick to understand? Tanya is usually
 - 3 say someone has a very high opinion of themselves? Rajiv thinks

 - 4 praise someone's gardening skills? Marek 5 comment on someone who wants to buy a new car but keep all their savings too? Unfortunately, you _____
- 46.4 Answer these questions.
 - 1 If someone is critically injured, is their injury minor or serious? It's serious.
 - 2 If your teacher asks you to write a review criticising a film you've recently seen, does she want you only to write about its negative aspects?
 - 3 If a father is critical of his son's behaviour, does he approve or disapprove of it?
 - 4 If someone says that it is 'critically important' that you complete a piece of work by a specific deadline, how flexible is that deadline?
 - 5 If several people are said to be in a critical condition after an accident, are doctors worried or not particularly worried about them?
- 46.5 Write the *opposite* meaning to these sentences using expressions from the opposite page.
 - 1 He's a third-rate athlete. He's a first-rate / top-notch athlete.
 - 2 I don't understand why Penny has such a low opinion of herself.
 - 3 When it comes to sport, Andrey is among the best in his school.
 - 4 Greta was not responsible for the error in the accounting figures.
 - 5 He is no good at talking to people at all.
 - 6 Mick doesn't get on with the secretaries; just look at how they react when he wants something done.
 - 7 He often says how wonderful his school is.
 - 8 She always praises everything I say.