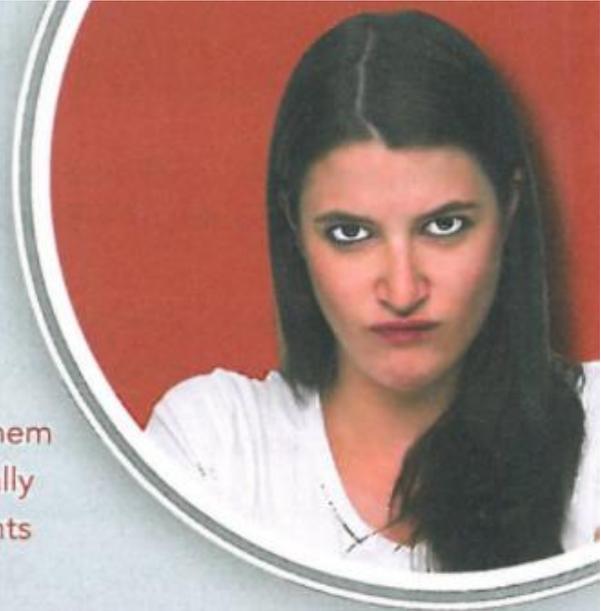




FACT! More women than men feel bad-tempered in the morning: 85% of women say they sometimes feel grumpy when they get up, compared to only 75% of men.

FACT! Most parents say that spending time with their children is what makes them happiest. However, when they are actually with their children, the majority of parents report feeling stressed and frustrated!



- Are you grumpy in the morning? Do you think more women than men feel bad-tempered in the morning?
- Why do you think parents feel stressed and frustrated when spending time with their children?
- Do you think the age of the children makes a difference to whether parents have an easier or more relaxing time with them? Provide some examples.



Track your feelings



A psychologist has invented a phone app which he claims will make users more self-aware and able to make better-informed life choices. 'Track your feelings' beeps users at random points in their day. Users say what they are doing and choose a word to describe how they feel, registering the strength of their feelings from one to five. The inventor stresses that the app must be used during the activity (or immediately afterwards), as he believes that we often recollect our feelings differently from how we felt at the time.

- How useful do you find this app?
- Why do you think this app might not be very accurate?

Look at the table of adjectives below. Do you know the meanings of each of them? Which adjectives come with dependent prepositions? [answers below; try to do it on your own before checking]

amused	depressed	impatient	relaxed
awkward	dissatisfied	insecure	sleepy
bored	enthusiastic	lonely	stressed
cheerful	excited	nervous	uncomfortable
confident	frustrated	panicky	unsociable
curious	grumpy	positive	upset



WORD LIST

Amused /əˈmjuːzd/

Showing that you think something is funny.

She was very amused by/at your comments.

Awkward /ˈɔː.kwəd/

1. difficult to use, do, or deal with

When two of your best friends argue it puts you in a very awkward position.

2. embarrassed or nervous

He seemed a little awkward when I first met him.

Bored /bɔːd/

Feeling unhappy because something is not interesting or because you have nothing to do

It was a cold, wet day and the children were bored.

He was getting bored with/of doing the same thing every day.

Cheerful /ˈtʃiː.fəl/

Happy and positive

Even at the end, when cancer racked his body, he was calm and cheerful.

Confident /ˈkɒn.fɪ.dənt/

the quality of being certain of your abilities or of having trust in people, plans, or the future

I'm confident of his skills as a manager.

Curious /ˈkjʊə.ri.əs/

Interested in learning about people or things around you.



Babies are curious about everything around them.

Depressed /dɪˈprest/

Unhappy and without hope

She became very depressed in her old age.

Dissatisfied /ˌdɪsˈsæt.ɪs.faɪd/

Not pleased with something; feeling that something is not as good as it should be.

The manager was dissatisfied with the quality of the goods and returned the entire batch.

Enthusiastic /ɪnˌθjuː.ziˈæs.tɪk/

a feeling of energetic interest in a particular subject or activity and an eagerness to be involved in it

You don't seem very enthusiastic about the party - don't you want to go tonight?

Excited /ɪkˈsaɪ.tɪd/

Feeling very happy and enthusiastic

Are you getting excited about your holiday?

Frustrated /frʌsˈtreɪ.tɪd/

Feeling annoyed or less confident because you cannot achieve what you want

Are you feeling frustrated in your present job?

Grumpy /ˈgrʌm.pi/

Easily annoyed and complaining

I hadn't had enough sleep and was feeling kind of grumpy.





Impatient /ɪmˈpeɪ.ʃənt/

Easily annoyed by someone's mistakes or because you have to wait.
Wanting something to happen as soon as possible.

He's a good teacher, but inclined to be a bit impatient with slow learners.

Insecure /ˌɪn.sɪˈkjʊər/

have little confidence and are uncertain about their own abilities or if other people really like them

He still feels insecure about his ability to do the job.

Lonely /ˈləʊn.li/

Unhappy because you are not with other people

She gets lonely now that all the kids have left home.

Nervous /ˈnɜː.vəs/

Worried and anxious

I was too nervous to speak.

Panicky /ˈpæn.ɪ.ki/

Feeling suddenly very worried or frightened

Is he the panicky type?

Positive /ˈpɒz.ə.tɪv/

full of hope and confidence, or giving cause for hope and confidence

There was a very positive response to our new design - people seemed very pleased with it.





Relaxed /rɪˈlæksd/

Feeling happy and comfortable because nothing is worrying you

She seemed relaxed and in control of the situation.

Sleepy /ˈsliːpi/

Tired and wanting to sleep

I feel so sleepy because I only slept for 3 hours yesterday.

Stressed /strest/

The kids are sick, I just lost my baby-sitter, and our toilet doesn't work – no wonder I feel so stressed!

Uncomfortable /ʌnˈkʌmf.tə.bəl/

not feeling comfortable and pleasant, or slightly embarrassed.

The boy looked uncomfortable and out of place among the adults.

Unsociable /ʌnˈsəʊ.fjə.bəl/

Not liking to meet people or to spend time with them

She is not unsociable; she was just feeling too ill to meet everyone for dinner.

Upset /ʌpˈset/

Worried, unhappy, or angry

He was very upset that you didn't reply to his emails.



Form- adjectives with dependent prepositions

amused + *by*

bored + *with*

confident + *of*

curious + *about*

depressed + *about/by*

dissatisfied + *with*

enthusiastic + *about*

excited + *about*

frustrated + *with*

insecure + *about*

nervous + *about*

stressed + *about*

upset + *about/by/over* (+ the cause of this feeling) or + *with* (the person who caused this feeling)

- Now can you come up with 3 examples of how you were feeling in a particular situation using the adjectives and its dependent prepositions above?

3a Tick the situations on the list below that are relevant to your life. Add three more situations that you often find yourself in.

- attending a meeting at work
- being late for an appointment
- attending a large family gathering
- having an evening at home alone
- being on a flight
- making 'small talk' at a party or social gathering
- commuting to and from work or college
- waiting for an exam to start
- going out with your partner for the evening
- preparing to speak or perform in public
- spending time with small children
- going for a long walk in the country
- being alone in a large crowd



- b Choose two adjectives from the app to describe your feelings in the situations in exercise 3a (be honest!). Rate the strength of your feelings from 1 (weak) to 5 (strong).

[refer to PowerPoint slides for an example]

Resources:

Cutting Edge Third Edition, Upper-Intermediate. Sarah Cunningham Peter Moor and Jonathan Bygrave. Student's Book.

Cambridge University Online (dictionary.cambridge.org)

University of Canterbury Dependent Prepositions Patterns

(<http://www.lps.canterbury.ac.nz/lsc/documents/handouts/DPP.pdf>)

