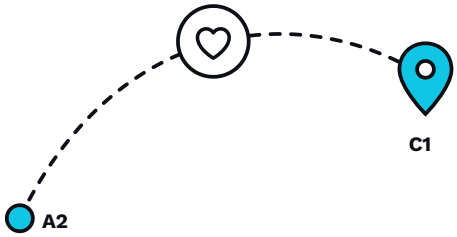
SPEAKING TOPICS · TEMAS DE CONVERSACIÓN · A2 → C1

# Emotions




**Words, phrases and questions to talk about how you feel — and why — at your level.**

Todo lo que necesitas para expresar sentimientos y emociones en inglés, ordenado por nivel del MCER.

1. **Find your level.** Start with your column, then try the next one.
2. **Say it out loud.** Read every example sentence aloud — twice.
3. **Make it yours.** Answer the questions on page 3 about **your** life.

## 1 Vocabulary by level

Vocabulario por nivel

| A2 Elementary | B1 Intermediate | B2 Upper-int. | C1 Advanced |
|---|---|---|---|
| **happy** feliz | **nervous** nervioso/a | **anxious** ansioso/a | **ecstatic** eufórico/a |
| **sad** triste | **relaxed** relajado/a | **frustrated** frustrado/a | **resentful** resentido/a |
| **angry** enfadado/a | **lonely** solo/a (sentimiento) | **overwhelmed** agobiado/a | **disheartened** desanimado/a |
| **tired** cansado/a | **proud** orgulloso/a | **relieved** aliviado/a | **apprehensive** inquieto/a |
| **worried** preocupado/a | **confused** confundido/a | **nostalgic** nostálgico/a | **exhilarated** eufórico/a |
| **excited** emocionado/a | **disappointed** decepcionado/a | **furious** furioso/a | **bittersweet** agridulce |
| **bored** aburrido/a | **embarrassed** avergonzado/a | **content** satisfecho/a, a gusto | **elated** exultante |
| **scared** asustado/a | **grateful** agradecido/a | **thrilled** encantado/a | **melancholy** melancolía |

## 2 Phrasal verbs in action

Phrasal verbs con ejemplos

**cheer up** B1
become or make someone happier
A walk always **cheers** me **up**.

**freak out** B2
suddenly become very scared or upset
I **freaked out** when I lost my passport.

**break down** B2
start crying, lose control
She **broke down** when she heard the news.

**shake off** C1
get rid of a feeling
I couldn't **shake off** the feeling that something was wrong.

**calm down** B1
become less upset or angry
**Calm down** — it's only a test!

**open up** B2
talk about your feelings
It took him months to **open up** to me.

**hold back** B2
stop yourself showing a feeling
I tried to **hold back** the tears.

**well up** C1
(eyes) fill with tears
My eyes **welled up** at the end of the film.

## 3 Bored or boring?

-ed vs -ing

**-ED ADJECTIVES**

### bored, excited

How **you feel**. Describes people.

> **I'm bored. She was really excited.**

**-ING ADJECTIVES**

### boring, exciting

What **causes** the feeling. Describes things or people.

> **The film was boring. It's an exciting job.**

## 4 Idioms & expressions

Para sonar como un nativo

**over the moon** B2
extremely happy
I was over the moon when I passed B2!

**on cloud nine** B2
very happy
She's been on cloud nine since the wedding.

**it made my day** B1
it made me very happy
Your message really made my day.

**burst into tears** B2
suddenly start crying
He burst into tears at the airport.

**lose your temper** B2
suddenly become angry
I lost my temper with the call centre.

**get cold feet** B2
feel nervous before something important
He got cold feet before the interview.

**blow off steam** C1
release anger or stress
I go running to blow off steam.

**a rollercoaster of emotions** C1
many different feelings quickly
The final was a rollercoaster of emotions.

**wear your heart on your sleeve** C1
show your feelings openly
She wears her heart on her sleeve.

**bottle up your feelings** C1
hide your emotions
It's not healthy to bottle up your feelings.

## 5 Spanish speakers' traps

Errores típicos

✗ ~~I'm very boring.~~
✓ **I'm very bored.**
feeling = **-ed**

✗ ~~I'm embarrassed — I'm having a baby!~~
✓ **I'm pregnant — I'm having a baby!**
embarrassed = **avergonzado**

✗ ~~I'm excited, I've lost my keys.~~
✓ **I'm stressed, I've lost my keys.**
excited = positive (ilusionado)

✗ ~~He is very sensible, he cries a lot.~~
✓ **He is very sensitive.**
sensible = **sensato**

✗ ~~It gives me fear.~~
✓ **It scares me. / I'm scared of it.**
no "give fear"

✗ ~~I feel me happy.~~
✓ **I feel happy.**
no **me** after feel

## 6 Quick check

¿Lo has pillado?

1. The match was really exciting / excited.
2. I'm over the moon / over the sun!
3. He's sensitive / sensible — he cries a lot.
4. Try to calm down / calm up.
5. I felt embarrassed / pregnant when I fell.
6. Don't bottle up / bottle down your feelings.

Answers: 1 exciting · 2 over the moon · 3 sensitive · 4 calm down · 5 embarrassed · 6 bottle up

## 7 Questions for your level

Practica en voz alta

**A2** Cambridge A2 Key style

1. What makes you happy?
2. How do you feel on Monday mornings?
3. What do you do when you are bored?
4. When did you last feel very excited?

**B1** Cambridge B1 Preliminary style

1. Tell me about a time you felt really proud.
2. What do you do to relax when you feel stressed?
3. Is it easy for you to talk about your feelings?

**B2** Cambridge B2 First style

1. How do you usually react when things go wrong?
2. Describe a moment that was a rollercoaster of emotions.
3. Do you think men and women express emotions differently?

**C1** Cambridge C1 Advanced style · discussion

1. Is it always good to express your emotions openly?
2. How does social media affect people's self-esteem?
3. Should schools teach emotional intelligence?

## 8 Level up your answer

Sube de nivel

**"How did you feel on your first day at a new job or school?"**

| | | |
|---|---|---|
| A2 | I was **very nervous**. I didn't know anybody. | Past simple + basic adjectives. |
| B1 | I felt really nervous at first, **but** everybody was friendly, so **in the end** I was quite relaxed. | Contrast + sequence + "in the end". |
| B2 | I was **absolutely terrified**, to be honest. I nearly **got cold feet**, but by lunchtime I was **relieved** I'd gone. | Extreme adjective + idiom + past perfect. |
| C1 | It was **bittersweet**, really. **Part of me** was thrilled, **while another part** couldn't shake off a sense of **apprehension**. | Precise vocabulary + balanced structure. |

## 9 Keep talking

Frases para alargar tu respuesta

**Describe a feeling**

I felt a bit / really / absolutely...
It was a mixture of... and...
I couldn't help feeling...

**Explain the cause**

It made me feel...
What upset me most was...
It was because...

**React**

In the end, I decided to...
Looking back, I...
Now I just try to...

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