

**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).

If I'm late for an appointment I feel stressed and panicky .... extremely panicky, I can't stand being late.

**4** Work in groups and compare your answers.

## Language focus 1

### Forming adjectives

**1** Look at the adjectives in the text and from the phone app on page 16. Underline five prefixes and five suffixes.

#### GRAMMAR

**1** Match the adjectives you underlined to the prefixes and suffixes below.

Prefixes that mean 'the opposite of'

un-                  in-                  im-                  dis-  
unsociable

Prefixes that modify the meaning of the adjective  
self-/good-/well-/better-/bad-/badly  
self-aware

Suffixes that form adjectives

-able/-ible    -ful    -(i)ous    -(i)ent    -y  
-ic              -ure    -ive    -ed    -ing  
uncomfortable

**2a** Many adjectives have both an *-ed* and an *-ing* form. Choose the best adjectives in the sentences below.

- 1 The meeting was very *frustrated* / *frustrating*.
- 2 I felt very *frustrated* / *frustrating* during the meeting.

**b** Think of at least five more adjectives like this.

► Read Study 1, page 134

## PRACTICE

**1a** Complete adjectives 1–14 below.

At Inspirations, we offer words of wisdom to help you through your daily life. Here are your favourites this week!

- Life is a <sup>1</sup>fascinat\_\_\_ journey. But sometimes the journey is more <sup>2</sup>excit\_\_\_ than the destination.
- Those who constantly run around are not always the most <sup>3</sup>effic\_\_\_. Sometimes it's more <sup>4</sup>use\_\_\_ to stop and reflect.
- Few people are <sup>5</sup>success\_\_\_ simply because they are <sup>6</sup>talent\_\_\_. Most succeed because they are <sup>7</sup>determin\_\_\_.
- Tell the truth, even when it hurts. It is better to be <sup>8</sup>un\_\_\_ popular than <sup>9</sup>honest.
- Life is a series of <sup>10</sup>marvell\_\_\_ opportunities, but many come disguised as <sup>11</sup>unsolv\_\_\_ problems.
- People who are always <sup>12</sup>pessimist\_\_\_ have one advantage over those who are always <sup>13</sup>optimist\_\_\_ : they are rarely <sup>14</sup>disappoint\_\_\_.

**b** Work in pairs and discuss. Which 'words of wisdom' do you like best?

**2a** Add adjectives from exercise 1a to the grammar box.

**b** Work in pairs. Write your own 'words of wisdom' for Inspirations.com. Use adjectives from the grammar box.

**3a** Complete adjectives 1–9 below with the prefixes in the box. Use the definition in brackets to help you.

anti-	non	over	pre-	post-
pro-	self-	under	mis	

- |                    |                              |
|--------------------|------------------------------|
| 1 _____ paid       | (= paid too much)            |
| 2 _____ fed        | (= not given enough food)    |
| 3 _____ stop       | (= without stopping)         |
| 4 _____ war        | (= after the war)            |
| 5 _____ arranged   | (= arranged in advance)      |
| 6 _____ critical   | (= critical of yourself)     |
| 7 _____ shaped     | (= wrongly or badly shaped)  |
| 8 _____ government | (= favouring the government) |
| 9 _____ war        | (= against war)              |

**b** **2.1** Listen and write down an example of what you hear.

**c** Work in pairs and explain what you wrote.

I wrote 'banker' because I think a lot of bankers are overpaid.

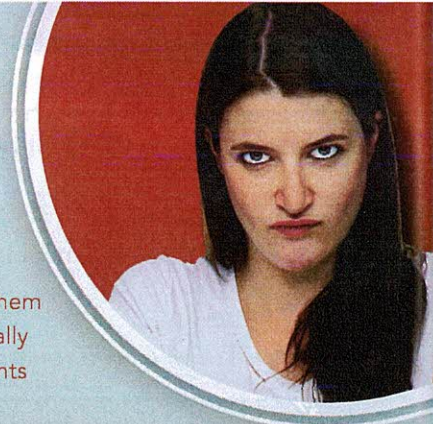
# UPS AND DOWNS

## IN THIS UNIT

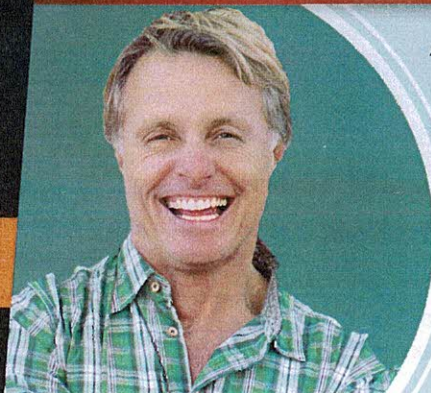
- **Grammar:** Forming adjectives; Forming nouns and gerunds
- **Vocabulary:** Describing how you feel; Things that make you feel good
- **Task:** Do a class survey
- **World culture:** The happiness formula

**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!



## 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' bleeps 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.

## Vocabulary and speaking

### Describing how you feel

- 1 Read the facts at the top of the page. Then work in groups and discuss. Do they surprise you? Can you think of any explanations for them?
- 2a Read the text above about a new phone app. Answer the questions.
  - 1 What does the inventor claim it will do?
  - 2 How does it work?
  - 3 Do you think an app like this would be useful to you?
- b Work in pairs. Look at the adjectives below that are used in the app and check you understand them. Which of the adjectives do you rarely or never feel?



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