

Feelings, Emotions and Attitudes

Vocabulary Lesson, Examples & Practice Questions

Feelings, Emotions and Attitudes

How are you feeling today? Are you **excited** about something? Perhaps a little **anxious**? Or maybe just **content** with life as it is? Being able to talk about feelings, emotions and attitudes is one of the most important skills in everyday English. Whether you are chatting with a friend, writing a message, or having a serious conversation, the right vocabulary helps you express yourself clearly and honestly.

Read this short situation to see some of these words in action:

*Maria has a job interview tomorrow. She feels **nervous** but also **enthusiastic** about the opportunity. Her friend tells her not to worry and says she should feel **confident**. After the interview, Maria is **relieved** — it went well! A week later, she gets the job and feels absolutely **thrilled**.*

In this lesson, you will learn key vocabulary for feelings, emotions and attitudes at B1 intermediate level, including useful collocations, common confusions, and typical mistakes to avoid.

Key Vocabulary & Meaning Breakdown

1. Positive Feelings & Emotions

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
thrilled	<i>adjective</i> — extremely pleased and excited	She was thrilled when she heard the good news.	thrilled <i>about</i> something; thrilled <i>with</i> a result
content	<i>adjective</i> — happy and satisfied with what you have	He is content with his simple life in the countryside.	content <i>with</i> something; feel content
relieved	<i>adjective</i> — feeling better after worry or stress has ended	I was so relieved when the test was finally over.	relieved <i>to</i> hear; feel relieved; <i>what a relief!</i>
enthusiastic	<i>adjective</i> — showing a lot of interest and energy about something	The students were very enthusiastic about the new project.	enthusiastic <i>about</i> something; show enthusiasm

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
proud	<i>adjective</i> — feeling pleased about an achievement (your own or someone else's)	Her parents were very proud of her exam results.	proud <i>of</i> someone/something; feel proud
confident	<i>adjective</i> — feeling sure of your own abilities	She felt confident before giving her presentation.	confident <i>about</i> something; self-confident; confidence <i>in</i> yourself
hopeful	<i>adjective</i> — believing that something good will happen	We are hopeful that the situation will improve.	hopeful <i>about</i> the future; remain hopeful

2. Negative Feelings & Emotions

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
anxious	<i>adjective</i> — worried or nervous about something uncertain	He felt anxious about meeting his girlfriend's parents.	anxious <i>about</i> something; feel anxious; anxiety (<i>noun</i>)
frustrated	<i>adjective</i> — feeling annoyed because you cannot do or achieve something	She felt frustrated when nobody listened to her ideas.	frustrated <i>with</i> someone; frustrated <i>by</i> a situation
disappointed	<i>adjective</i> — feeling sad because something was not as good as expected	He was disappointed that he didn't get the job.	disappointed <i>with</i> a result; disappointed <i>in</i> someone; disappointed <i>that</i> ...
jealous	<i>adjective</i> — unhappy because someone else has something you want	She felt jealous when her friend bought a new car.	jealous <i>of</i> someone; feel jealous
ashamed	<i>adjective</i> — feeling guilty or embarrassed about something you did	He was ashamed of his behaviour at the party.	ashamed <i>of</i> something; deeply ashamed
fed up	<i>phrasal adjective</i> — very bored or annoyed because a situation has continued too long	I'm completely fed up with waiting for the bus every morning.	fed up <i>with</i> something/someone; informal and very common
overwhelmed	<i>adjective</i> — feeling that something is too much to deal with	She was overwhelmed by all the work she had to do.	overwhelmed <i>by/with</i> something; feel overwhelmed

3. Attitudes & General Outlook

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
optimistic	<i>adjective</i> — believing that good things will happen; having a positive attitude	She is optimistic about finding a new job.	optimistic <i>about</i> the future; remain/stay optimistic
pessimistic	<i>adjective</i> — believing that bad things will happen; having a negative attitude	He tends to be pessimistic about changes at work.	pessimistic <i>about</i> something; overly pessimistic
indifferent	<i>adjective</i> — not interested in or caring about something	She seemed completely indifferent to the results of the election.	indifferent <i>to</i> something; show indifference
sympathetic	<i>adjective</i> — understanding and caring about someone else's problems	My manager was very sympathetic when I explained my situation.	sympathetic <i>towards</i> someone; feel sympathetic
determined	<i>adjective</i> — having a strong decision to do something and not give up	She was determined to pass her driving test, even after failing twice.	determined <i>to</i> do something; feel determined; stay determined
reluctant	<i>adjective</i> — not wanting to do something; unwilling	He was reluctant to ask for help because he felt embarrassed.	reluctant <i>to</i> do something; feel reluctant; reluctantly (<i>adverb</i>)
curious	<i>adjective</i> — wanting to know or learn more about something	The children were very curious about how aeroplanes work.	curious <i>about</i> something; feel curious; curiosity (<i>noun</i>)

Collocations & Useful Expressions

Learning how these words combine with other words (collocations) will help you sound more natural in English. Here are the most important ones for feelings, emotions and attitudes:

feel + emotion

I feel nervous / excited / ashamed / proud / relieved.

This is the most common pattern. Use **feel** + adjective to describe an emotion.

be + emotion + preposition

*She is excited **about** the trip. / He is disappointed **in** me. / They are proud **of** their son.*

Remember: different emotions use different prepositions!

get + emotional / frustrated / upset

*He gets very **frustrated** when he has to repeat himself.*

Use **get** + adjective to show a change in emotion (moving into that feeling).

burst into tears

She **burst into tears** when she heard the sad news.

This means to suddenly start crying.

be in a good / bad mood

My boss is **in a bad mood** today — I don't want to disturb him.

A "mood" describes your general emotional state at a particular time.

mixed feelings

I have **mixed feelings** about moving to a new city — I'm excited but also nervous.

Use this to describe having both positive and negative emotions about the same thing.

lose your temper

He **lost his temper** when his computer stopped working.

This means to suddenly become very angry and stop controlling your emotions.

cheer someone up

She brought her friend some flowers to **cheer her up**.

This phrasal verb means to make someone feel happier.

look forward to + noun / -ing verb

I'm really **looking forward to** the weekend.

This means you feel excited and happy about something that will happen soon.

take something personally

Please don't **take it personally** — I was just being honest.

This means to feel that a comment or action was a direct criticism of you.

Important Differences & Confusing Words

Nervous vs Anxious

Both words describe feelings of worry, but they are used in slightly different ways.

Nervous usually describes a feeling before a specific event — something you are about to do, such as a test, a speech, or a performance. It is often short-term.

I always feel **nervous** before an exam.

Anxious can describe a similar feeling, but it is often stronger and more general. It can describe a long-term state of worry, not just about one event.

She has been feeling **anxious** about her health for weeks.

Both words use the preposition **about**: nervous *about* something / anxious *about* something.

Sympathetic vs Empathetic

Sympathetic means you feel sorry for someone and care about their problem. You understand that they are suffering, but it does not mean you have had the same experience.

My colleagues were very **sympathetic** when I was ill.

Empathetic means you truly understand how someone feels because you have experienced something similar yourself. It is a deeper emotional connection.

*As someone who grew up in poverty, she felt very **empathetic** towards homeless people.*

Note: *Sympathetic* does NOT mean "nice" or "friendly" in English, even though in some other languages the similar word has that meaning. Be careful!

Embarrassed vs Ashamed

Embarrassed describes a feeling of social discomfort — you did something awkward or silly in front of others, and you wish it had not happened.

*He was **embarrassed** when he forgot the name of a colleague he had met many times.*

Ashamed is a stronger and more serious feeling. You feel that you did something morally wrong and you feel guilty about it.

*She was **ashamed** of lying to her best friend.*

Bored vs Boring

This is one of the most common confusions for learners of English.

Bored describes how a *person* feels — the subject has the feeling.

*I was really **bored** during the lecture.*

Boring describes the *thing* or *person* that causes the feeling.

*The lecture was really **boring**.*

The same pattern applies to many other emotion pairs:

excited / exciting — tired / tiring — frightened / frightening — surprised / surprising — frustrated / frustrating

Mood vs Feeling vs Emotion

Feeling is a general word for something you experience emotionally or physically. It is very common in everyday English.

*I have a strange **feeling** that something is wrong.*

Emotion is often used in a more formal or psychological context. It refers to a strong internal state such as joy, fear, love, or anger.

*She struggled to control her **emotions** during the ceremony.*

Mood describes your general emotional state at a particular time. A mood can last for hours or even a whole day.

*He is in a great **mood** today — he got a promotion!*

Common Mistakes

✗ I am very bored of this meeting. It is so bored.

✓ **I am very bored in this meeting. It is so boring.** — Use *bored* for people and *boring* for things. Also, note that we usually say "bored *with*" or "bored *during*", not "bored *of*" a specific event.

✗ She is very sympathetic — she always smiles and says hello.

✓ **She is very friendly — she always smiles and says hello.** — *Sympathetic* means you feel sorry for someone's problem, not that you are a pleasant or sociable person.

✗ I am exciting about the holiday!

✓ **I am excited about the holiday!** — Use *excited* to describe how you feel. The holiday is *exciting* (it causes the feeling).

✗ He is disappointed about his teacher.

✓ **He is disappointed in his teacher.** — When someone lets you down personally, use *disappointed in*. Use *disappointed with* for results or situations: *disappointed with the result*.

✗ She is proud about her son.

✓ **She is proud of her son.** — Always use *proud of*, not *proud about*.

✗ I am very enthusiastic for the new project.

✓ **I am very enthusiastic about the new project.** — Use *enthusiastic about*, not *for*.

✗ He is very nervous about the exam.

✓ **He is very nervous about the exam.** — The correct spelling is *nervous*, not *nervious*.

Feelings, Emotions and Attitudes: Quick Summary & Review

In this lesson, you have explored a wide range of vocabulary for talking about **feelings, emotions and attitudes** in English at B1 intermediate level. Here are the key takeaways:

- Use **feel + adjective** to describe an emotion: *I feel relieved / frustrated / proud*.
- Different emotions take different prepositions: *proud of*, *anxious about*, *disappointed in*, *enthusiastic about*.
- Use **-ed adjectives** (excited, bored, frustrated) for how a *person* feels, and **-ing adjectives** (exciting, boring, frustrating) for the *thing* that causes the feeling.
- Remember the difference between **embarrassed** (social discomfort) and **ashamed** (moral guilt).
- Remember that **sympathetic** does NOT mean "friendly" — it means you feel sorry for someone's difficulty.
- Common collocations include: *lose your temper*, *have mixed feelings*, *burst into tears*, *cheer someone up*, *look forward to*.

Now practise **feelings, emotions and attitudes** vocabulary in the exercises below.

Feelings, Emotions and Attitudes – Practice Test

B1 | Practice Exercises: Multiple Choice, Fill-in-the-Gap, Fill-in-the-Blank, Matrix Matching & Sorting

Part 1: Multiple Choice (Questions 1–10)

1 Maria felt very _____ when she found out she had passed her driving test. She couldn't stop smiling.

- A** furious
- B** anxious
- C** thrilled
- D** jealous

2 Tom is _____ about starting his new job. He keeps thinking about everything that could go wrong.

- A** proud
- B** nervous
- C** content
- D** relieved

3 Which word is a synonym for 'miserable'?

- A** cheerful
- B** confident
- C** unhappy
- D** grateful

4 She was _____ of her sister because her sister always got better grades at school.

- A** ashamed
- B** envious
- C** delighted
- D** bored

5 After a long, difficult week at work, I felt completely _____ and just wanted to sleep.

- A** excited
- B** exhausted
- C** surprised
- D** amused

6 Choose the correct dependent preposition: 'He is very worried _____ his exam results.'

- A** of
- B** for
- C** about
- D** with

7 The child was _____ when her mother forgot to pick her up from school. She felt let down.

- A** satisfied
- B** relieved
- C** disappointed
- D** curious

8 Which adjective best describes how someone feels when they receive unexpected good news?

- A** embarrassed
- B** frustrated
- C** overwhelmed
- D** surprised

9 He felt very _____ after he accidentally broke his friend's phone. He knew it was his fault.

- A** guilty
- B** proud
- C** lonely
- D** confused

10 After months of worrying about the surgery, she felt _____ when the doctor said everything had gone well.

- A** frustrated
- B** envious
- C** relieved
- D** ashamed

Part 2: Fill in the Gap (Questions 11–20)

11 She felt very ____ when she found out she had passed her driving test.

- A** relieved
- B** ashamed
- C** bored

12 He was ____ of speaking in front of the whole class, so his voice was shaking.

- A** nervous
- B** proud
- C** curious

13 Maria was really ____ with her brother because he broke her favourite mug.

- A** annoyed
- B** jealous
- C** embarrassed

14 Tom felt ____ of his little sister when she won the school art competition.

- A** proud
- B** ashamed
- C** relieved

15 She turned red and felt ____ when she called her teacher 'Mum' by mistake.

- A** embarrassed
- B** nervous
- C** delighted

16 I was ____ about my friend's new job because she earned much more money than me.

- A** jealous
- B** guilty
- C** bored

17 The children were very ____ when the teacher told them about the school trip to the zoo.

- A** excited
- B** guilty
- C** ashamed

18 He felt ____ after eating all his little sister's chocolate without asking her.

- A** guilty
- B** jealous
- C** relieved

19 She was deeply ____ by her son's rude behaviour at the dinner party.

- A** disappointed
- B** delighted
- C** curious

20 The scientist was very ____ about how animals communicate, so she spent years studying them.

- A** curious
- B** proud
- C** annoyed

Part 3: Fill in the Blank (Questions 21–30)

21 After failing the exam twice, Maria felt very _____ because she had studied so hard.

22 Tom was _____ of his friend's new car because he had always wanted one just like it.

23 She felt _____ when she heard that her son had arrived home safely after the storm.

24 The children were very _____ about the school trip to the science museum next week.

25 He felt _____ after shouting at his younger sister, so he apologised immediately.

26 Speaking in front of the whole school made Jake feel very _____ and his hands were shaking.

27 After waiting in the queue for two hours, the customers were growing _____ with the slow service.

28 Lisa was _____ of herself for finishing the marathon, even though it took her five hours.

29 He was _____ when he forgot the name of the person he had met several times before.

30 After working twelve hours without a break, the nurse felt completely _____ and needed to rest.

Part 4: Matrix / Match Values (Questions 31–40)

31 Match each feeling word on the left with its correct meaning on the right.

MATCHING OPTIONS:

- | | |
|--|--|
| A Feeling that something is too much to deal with | B Feeling happy because something difficult or worrying has ended |
| C Feeling annoyed because you cannot achieve something you want | D Worried and nervous about something that might happen |

Item / Phrase	Write Match Letter (A, B, C...)
Anxious	[]
Relieved	[]
Frustrated	[]
Overwhelmed	[]

32 Match each adjective on the left with its closest synonym on the right.

MATCHING OPTIONS:

- | | |
|---|---|
| A Very unhappy and uncomfortable | B Satisfied and at peace with your situation |
| C Happy and positive | |

Item / Phrase	Write Match Letter (A, B, C...)
Cheerful	[]
Miserable	[]
Content	[]

33 Match each emotion word on the left with the situation that best describes it on the right.

MATCHING OPTIONS:

- A** Your child won first prize in a competition
C Your friend got the job you really wanted

- B** You behaved badly and you know it was wrong
D You said something wrong in front of a group of people

Item / Phrase	Write Match Letter (A, B, C...)
Embarrassed	[]
Proud	[]
Jealous	[]
Ashamed	[]

34 Match each common collocation on the left with the emotion word it goes with on the right.

MATCHING OPTIONS:

- A** Guilty
C Irritated
B Homesick

Item / Phrase	Write Match Letter (A, B, C...)
Feel ___ about missing the party	[]
Get ___ easily in traffic	[]
Feel ___ in a new country	[]

35 Match each phrasal verb or expression on the left with its correct meaning related to feelings on the right.

MATCHING OPTIONS:

- A** To start feeling happier
C To start talking honestly about your feelings
B To become less angry or upset
D To start crying because you are very upset

Item / Phrase	Write Match Letter (A, B, C...)
Cheer up	[]
Calm down	[]
Break down	[]
Open up	[]

36 Match each word on the left with its antonym (opposite meaning) on the right.

MATCHING OPTIONS:

A Pessimistic

B Bored

C Insecure

Item / Phrase	Write Match Letter (A, B, C...)
Confident	[]
Excited	[]
Optimistic	[]

37 Match each dependent preposition phrase on the left with the correct emotion word on the right.

MATCHING OPTIONS:

A about

B with

C with

D about

Item / Phrase	Write Match Letter (A, B, C...)
Bored ____ doing the same thing every day	[]
Worried ____ the exam results	[]
Excited ____ the holiday	[]
Disappointed ____ the decision	[]

38 Match each sentence describing an attitude on the left with the correct attitude word on the right.

MATCHING OPTIONS:

A Stubborn

B Open-minded

C Optimistic

Item / Phrase	Write Match Letter (A, B, C...)
She always looks on the bright side of things	[]
He refuses to change his opinion even with new information	[]
They are always willing to listen to different points of view	[]

39 Match each definition on the right with the correct feeling word on the left.

MATCHING OPTIONS:

A Feeling thankful for something someone has done for you

B Feeling angry because you have been treated unfairly

C Understanding and caring about someone else's problems

D Having no interest in or feelings about something

Item / Phrase	Write Match Letter (A, B, C...)
Sympathetic	[]
Indifferent	[]
Grateful	[]
Resentful	[]

40 Match each sentence half on the left with the correct ending on the right to form natural expressions about feelings.

MATCHING OPTIONS:

A my best friend forgot my birthday

B he walked into the friendly classroom

C she found out she passed her driving test

Item / Phrase	Write Match Letter (A, B, C...)
I felt really let down when	[]
She was over the moon when	[]
He felt at ease as soon as	[]

Part 5: Sort the Values (Questions 41–50)

41 Arrange the words to make a correct sentence.

interview.

anxious

really

about

felt

She

her

job

42 Arrange the words to make a correct sentence.

surprised

seemed.

calm

was

how

by

he

I

43 Arrange the words to make a correct sentence.

frustrated

things

wrong.

tends

when

get

He

to

go

44 Arrange the words to make a correct sentence.

deeply

story.

moved

They

were

the

by

45 Arrange the words to make a correct sentence.

uncomfortable

speaking

groups.

front

large

feel

with

in

of

I

46 Arrange the words to make a correct sentence.

enthusiastic

languages.

learning

about

very

She

new

is

47 Arrange the words to make a correct sentence.

disappointment.

took

long

time

over

him

get

his

It

to

a

48 Arrange the words to make a correct sentence.

stressful

situation

relieved

people

over.

Most

feel

when

is

a

49 Arrange the words to make a correct sentence.

friend's

success.

jealous

didn't

admit

want

that

was

his

He

to

he

of

50 Arrange the words to make a correct sentence.

couldn't

feeling

envious

sister.

little

help

She

her

of

a

Answer Key & Explanations

Feelings, Emotions and Attitudes | B1

Part 1: Multiple Choice

1. **C** Correct Answer: thrilled ✓ Explanation: Thrilled means extremely happy and excited about something. She was thrilled to hear she had won the prize. Furious means very angry, anxious means worried, and jealous means unhappy because someone else has something you want.
2. **B** Correct Answer: nervous ✓ Explanation: Nervous means feeling worried or anxious about something that is going to happen. She felt nervous before her interview. Proud means satisfied with an achievement, content means quietly happy, and relieved means feeling better after a worry has gone.
3. **C** Correct Answer: unhappy ✓ Explanation: Miserable means very unhappy or uncomfortable. It is closest in meaning to unhappy. He felt miserable after losing his wallet. Cheerful is the opposite, confident means sure of yourself, and grateful means thankful.
4. **B** Correct Answer: envious ✓ Explanation: Envious means wanting something that someone else has. He was envious of his friend's new car. Ashamed means feeling bad about something you did, delighted means very happy, and bored means not interested.
5. **B** Correct Answer: exhausted ✓ Explanation: Exhausted means extremely tired, usually after a lot of effort or hard work. After the marathon, the runners were completely exhausted. Excited means enthusiastic, surprised means not expecting something, and amused means finding something funny.
6. **C** Correct Answer: about ✓ Explanation: The correct collocation is worried about something. She is worried about her health. We do not say worried of, worried for, or worried with in standard English.
7. **C** Correct Answer: disappointed ✓ Explanation: Disappointed means sad because something you hoped for did not happen. He was disappointed that the concert was cancelled. Satisfied means pleased with a result, relieved means happy a worry is over, and curious means wanting to know more.
8. **D** Correct Answer: surprised ✓ Explanation: Surprised means feeling something you did not expect. She was surprised to see her old friend at the party. Embarrassed means feeling awkward about something, frustrated means annoyed because of problems, and overwhelmed means having too much to deal with at once.
9. **A** Correct Answer: guilty ✓ Explanation: Guilty means feeling bad because you have done something wrong. She felt guilty about lying to her parents. Proud is a positive feeling about an achievement, lonely means unhappy about being alone, and confused means not understanding something.
10. **C** Correct Answer: relieved ✓ Explanation: Relieved means feeling happy and relaxed because a worry or danger has passed. He was relieved to hear the flight had landed safely. Frustrated means annoyed by problems, envious means wanting what others have, and ashamed means feeling bad about your own behaviour.

Part 2: Fill in the Gap

11. **A** Correct Answer: relieved ✓ Explanation: Relieved means feeling happy because something you were worried about has turned out well. I was so relieved when I heard the good news.
12. **A** Correct Answer: nervous ✓ Explanation: Nervous describes the anxious or worried feeling you get before doing something difficult or scary. She always feels nervous before an exam.
13. **A** Correct Answer: annoyed ✓ Explanation: Annoyed means slightly angry because someone has done something that bothers you. I was really annoyed when he arrived late again.
14. **A** Correct Answer: proud ✓ Explanation: Proud means feeling very pleased because someone you care about has done something great. Her parents were so proud when she graduated.
15. **A** Correct Answer: embarrassed ✓ Explanation: Embarrassed describes the uncomfortable feeling you get when you do something silly or awkward in front of others. He was so embarrassed when he fell in the street.
16. **A** Correct Answer: jealous ✓ Explanation: Jealous means feeling unhappy because you want something that someone else has. He was jealous of his colleague's promotion.
17. **A** Correct Answer: excited ✓ Explanation: Excited means feeling very happy and enthusiastic because something good is going to happen. She was so excited about her birthday party.
18. **A** Correct Answer: guilty ✓ Explanation: Guilty means feeling bad because you know you have done something wrong. I felt guilty for lying to my best friend.
19. **A** Correct Answer: disappointed ✓ Explanation: Disappointed means feeling sad because something or someone did not meet your expectations. He was disappointed when his team lost the match.
20. **A** Correct Answer: curious ✓ Explanation: Curious means having a strong desire to learn or know more about something. She was curious about how the machine worked.

Part 3: Fill in the Blank

21. **disappointed** Correct Answer: disappointed ✓ Explanation: Disappointed describes the sad feeling you get when something does not happen the way you hoped. She was disappointed with her exam result. It is stronger than just 'sad' because it relates to unmet expectations.
22. **jealous** Correct Answer: jealous ✓ Explanation: Jealous means feeling upset because someone else has something you want. She felt jealous when her colleague got the promotion. It is different from 'envious,' which is slightly less negative in tone.
23. **relieved** Correct Answer: relieved ✓ Explanation: Relieved describes the happy, relaxed feeling you have when a worry or danger has passed. I was so relieved to find my keys. It is different from 'happy' because it specifically follows a period of worry.

24. **excited** Correct Answer: excited ✓ Explanation: Excited means feeling very happy and enthusiastic about something that is going to happen. We were excited about the concert. It is stronger than 'happy' and usually refers to something in the near future.
25. **guilty** Correct Answer: guilty ✓ Explanation: Guilty describes the bad feeling you have when you know you have done something wrong. She felt guilty for forgetting her friend's birthday. It is different from 'ashamed,' which is more about how others see you.
26. **nervous** Correct Answer: nervous ✓ Explanation: Nervous describes the anxious, worried feeling before doing something difficult or important. She always feels nervous before a job interview. It differs from 'scared,' which is usually about real danger.
27. **frustrated** Correct Answer: frustrated ✓ Explanation: Frustrated means feeling annoyed or impatient because you cannot do something or things are not going as planned. He was frustrated by the traffic jam. It is stronger than 'annoyed' and suggests a feeling of being blocked.
28. **proud** Correct Answer: proud ✓ Explanation: Proud describes the good feeling you have when you or someone you care about has achieved something. His parents were proud of his excellent grades. It is different from 'happy' because it is specifically linked to an achievement.
29. **embarrassed** Correct Answer: embarrassed ✓ Explanation: Embarrassed means feeling uncomfortable or ashamed because of a social mistake. She was embarrassed when she spilled her drink at the party. It is different from 'guilty,' which is about doing something morally wrong.
30. **exhausted** Correct Answer: exhausted ✓ Explanation: Exhausted means extremely tired, usually after a lot of physical or mental effort. We were exhausted after hiking all day. It is much stronger than just 'tired' and suggests you have used all your energy.

Part 4: Matrix / Match Values

31. **Anxious: D • Relieved: B • Frustrated: C • Overwhelmed: A** Correct Matches: • Anxious → Worried and nervous about something that might happen • Relieved → Feeling happy because something difficult or worrying has ended • Frustrated → Feeling annoyed because you cannot achieve something you want • Overwhelmed → Feeling that something is too much to deal with ✓
Explanation: These four words describe different emotional states. Anxious is about fear of the future, as in 'She felt anxious before her exam.' Relieved follows a stressful event ending well. Frustrated comes from being blocked or unable to succeed, and overwhelmed means having too much to cope with at once.

32. Cheerful: C • Miserable: A • Content: B

Correct Matches: • Cheerful → Happy and positive • Miserable → Very unhappy and uncomfortable • Content → Satisfied and at peace with your situation  Explanation: Cheerful describes someone who is bright and in a good mood, e.g. 'She gave a cheerful smile.' Miserable is a strong word for deep unhappiness. Content is calmer than 'happy' — it means you are not looking for anything more, e.g. 'He was content with his simple life.'

33. Embarrassed: D • Proud: A • Jealous: C • Ashamed: B

Correct Matches: • Embarrassed → You said something wrong in front of a group of people • Proud → Your child won first prize in a competition • Jealous → Your friend got the job you really wanted • Ashamed → You behaved badly and you know it was wrong  Explanation: Embarrassed is the feeling of discomfort in social situations. Proud is a positive feeling about an achievement. Jealous means wanting what someone else has. Ashamed is deeper than embarrassed — it involves guilt about your own behaviour, e.g. 'He was ashamed of lying to his parents.'

34. Feel ____ about missing the party: A • Get ____ easily in traffic: C • Feel ____ in a new country: B

Correct

Matches: •

Feel ____ about missing the party → Guilty

• Get ____ easily in traffic → Irritated •

Feel ____ in a new country → Homesick ✓

Explanation:

Guilty collocates with 'feel guilty about' when you regret something you did or didn't do. Irritated collocates with 'get irritated' when small things bother you repeatedly. Homesick collocates with 'feel homesick' and describes the sadness of missing your home and family.

35. Cheer up: A • Calm down: B • Break down: D • Open up: C

Correct Matches: • Cheer up → To start feeling happier • Calm down → To become less angry or upset • Break down → To start crying because you are very upset • Open up → To start talking honestly about your feelings ✓

Explanation: These are common phrasal verbs used to talk about emotional changes. 'Cheer up!' is often used as an encouraging command. 'Calm down' is used when someone is too angry or anxious. 'Break down' means to lose emotional control, and 'open up' means to share your inner feelings with someone.

36. Confident: C • Excited: B • Optimistic: A

Correct Matches: • Confident → Insecure • Excited → Bored • Optimistic → Pessimistic  Explanation: Confident means believing in yourself, while insecure means doubting yourself. Excited describes enthusiasm and energy, while bored means finding something uninteresting. Optimistic means expecting good things to happen, while pessimistic means expecting bad outcomes, e.g. 'Try to be more optimistic about the future.'

37. Bored ____ doing the same thing every day: B • Worried ____ the exam results: A • Excited ____ the holiday: A • Disappointed ____ the decision: B

Correct Matches: •
Bored ____
doing the same thing every day →
with •
Worried ____
the exam results →
about •
Excited ____
the holiday → about •
Disappointed ____ the decision →
with ✓

Explanation:
In English, emotions use specific prepositions. Bored with and disappointed with are used with situations or people. Worried about and excited about are used when talking about events or possibilities. These are fixed collocations that B1 learners should memorise, e.g. 'I'm really excited about the trip.'

38. She always looks on the bright side of things: C • He refuses to change his opinion even with new information: A • They are always willing to listen to different points of view: B

Correct
Matches: •
She always
looks on the
bright side
of things →
Optimistic •
He refuses
to change
his opinion
even with
new
information
→ Stubborn
• They are
always
willing to
listen to
different
points of
view →
Open-
minded ✓
Explanation:
Optimistic
describes a
positive
attitude
towards life.
Stubborn
describes
someone
who will not
change
their mind,
which can
be
negative,
e.g. 'He's
too
stubborn to
admit he
was wrong.'
Open-
minded is a
positive
trait
meaning
you accept

new ideas
and
different
opinions
easily.

39. Sympathetic: C • Indifferent: D • Grateful: A • Resentful: B

Correct Matches: • Sympathetic → Understanding and caring about someone else's problems • Indifferent → Having no interest in or feelings about something • Grateful → Feeling thankful for something someone has done for you • Resentful → Feeling angry because you have been treated unfairly ✓ Explanation: Sympathetic means you feel for someone and want to help, e.g. 'She was very sympathetic when I lost my job.' Indifferent is a neutral but often negative attitude — you simply don't care. Grateful is a warm feeling of thanks. Resentful is a bitter feeling that builds up over time when you feel wronged.

40. I felt really let down when: A • She was over the moon when: C • He felt at ease as soon as: B

Correct
Matches: • I felt really let down when → my best friend forgot my birthday • She was over the moon when → she found out she passed her driving test • He felt at ease as soon as → he walked into the friendly classroom ✓
Explanation:
These are common English expressions for feelings. Let down means disappointed by someone you trusted. Over the moon is an idiom meaning extremely happy, e.g. 'She was over the moon about her promotion.' At ease means relaxed and comfortable in a situation, e.g. 'The teacher helped the students feel at ease.'

Part 5: Sort the Values

41. Correct Answer: She felt really anxious about her job interview. ✓ Explanation: The adjective anxious is followed by the dependent preposition about to describe what caused the feeling. The adverb really comes before the adjective to intensify it, as in really anxious. This is a common B1 collocation for expressing worry.

- 42.** Correct Answer: I was surprised by how calm he seemed. ✅ Explanation: The adjective surprised takes the dependent preposition by to introduce the cause of the surprise. The clause how calm he seemed acts as the object of the preposition, following a subject + verb + adjective word order inside the clause.
- 43.** Correct Answer: He tends to get frustrated when things go wrong. ✅ Explanation: The phrase tends to expresses a habitual behaviour and is followed by the base form of the verb get. The expression get frustrated is a common collocation meaning to become frustrated. The when clause adds the condition or trigger.
- 44.** Correct Answer: They were deeply moved by the story. ✅ Explanation: This is a passive sentence using were moved to describe an emotional reaction. The adverb deeply intensifies the past participle moved, and the agent is introduced with by. Deeply moved is a fixed collocation meaning strongly affected emotionally.
- 45.** Correct Answer: I feel uncomfortable with speaking in front of large groups. ✅ Explanation: The adjective uncomfortable is followed by the preposition with and a gerund (speaking) to describe what makes someone feel uneasy. The phrase in front of is a fixed prepositional phrase indicating position or audience.
- 46.** Correct Answer: She is very enthusiastic about learning new languages. ✅ Explanation: The adjective enthusiastic requires the dependent preposition about, followed by a gerund (learning) as the object. This is a common B1 pattern: adjective + about + gerund, used to talk about things that interest or excite someone.
- 47.** Correct Answer: It took him a long time to get over his disappointment. ✅ Explanation: The phrasal verb get over means to recover from a negative feeling or event. The structure It took + person + time + to do something is a common B1 pattern for expressing how long an emotional process lasted.
- 48.** Correct Answer: Most people feel relieved when a stressful situation is over. ✅ Explanation: Relieved is a B1 adjective describing the feeling of being glad that something difficult has ended. The when clause explains the situation that triggers the emotion. Feel relieved is a common collocation at this level.
- 49.** Correct Answer: He didn't want to admit that he was jealous of his friend's success. ✅ Explanation: The adjective jealous collocates with the preposition of to introduce the cause of the jealousy. The verb admit is followed by a that clause, which is a reporting structure. This sentence practices both emotional vocabulary and indirect speech patterns.
- 50.** Correct Answer: She couldn't help feeling a little envious of her sister. ✅ Explanation: The fixed expression couldn't help is followed by a gerund (feeling) and means that someone was unable to stop themselves from feeling something. Envious of is a dependent preposition collocation. The adverb a little softens the emotion, which is a useful B1 strategy for expressing feelings politely.

Score Guide

45–50 Correct	Excellent! You have mastered this topic.
38–44 Correct	Very good! Review the rules you missed.
30–37 Correct	Good start. Re-read the lesson and examples.
0–29 Correct	Study the lesson again before retaking the test.