

# ***Talking About People – Feelings, Reactions & Moods***

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## **About the Worksheet**

This vocabulary worksheet will help you get you more confident in using nine adjectives to describe your feelings, reactions and moods. It includes definitions, common structures, useful examples and plenty of exercises. The adjectives covered in this worksheet are *delighted, fuming, stunned, fired up, grumpy, awkward, baffled, turned off* and *moved*.



## Overview Chart

Keep this chart in a place where you can easily find it, such as on your desk or cell phone, to quickly review these adjectives anytime.

### TALKING ABOUT PEOPLE – FEELINGS, REACTIONS & MOODS

ADJECTIVE	MEANING	EXAMPLES
delighted	very pleased and happy	<i>He was delighted with the present.</i>
fuming	very angry	<i>She's still fuming about what happened.</i>
stunned	too surprised to speak	<i>She was stunned by the response.</i>
fired up	emotional or enthusiastic	<i>We were fired up for the concert.</i>
grumpy	irritable and easily annoyed	<i>I'm always grumpy in the morning.</i>
awkward	uncomfortable and embarrassed	<i>His questions made me feel awkward.</i>
baffled	very confused	<i>Experts were baffled by their findings.</i>
turned off	repulsed, disgusted, causing dislike	<i>They were turned off by his attitude.</i>
moved	emotionally affected, feeling a sense of empathy	<i>She felt moved by the beautiful music.</i>



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# DESCRIBING MOODS, FEELINGS & REACTIONS

## 1. *Delighted*

When you feel **delighted**, you feel happy, joyful and free.

We often use this expression to accept an invitation or express pleasure with a result. If a friend asks you to see a movie that you really wanted to see, you might respond, “I’d be delighted!” Or let’s say you’re decorating your home and couldn’t be happier with the result. You could brag, “I’m so delighted with how this color turned out.”

### SYNONYMS

Very happy, ecstatic

### EXAMPLES

- They were delighted with the meal and recommended the restaurant to all their friends.
- She’ll be so delighted to see us for the holidays.

### COMMON STRUCTURES

- **Delighted + to do something** → I’d be delighted to stay for dinner.
- **Delighted + that** → We were delighted that she passed the exam.
- **Delighted + with** → He was delighted with the present.



## 2. *Fuming*

To be **fuming** is to be more than just a few degrees above annoyed; it's to be very angry.

If you've ever been cut off in traffic or been so angry that you start to sweat, you know how it feels to be fuming.

### SYNONYMS

Furious

### EXAMPLES

- I was fuming all day after that bad fight with my brother.
- Don't bother him right now. He's fuming over losing that big contract.

### COMMON STRUCTURES

- **Fuming + about** → She's still fuming about what happened yesterday.
- **Fuming + over** → I'm still fuming over what he said to me.

## 3. *Stunned*

Something that makes you feel **stunned** usually makes your jaw drop or your heart stop for a second.

It's hard to use words at all when you feel stunned by something. It's a similar feeling to being shocked. You can be stunned by the news that your best friend was dumped, but you can also be stunned by the news that your boss wants to give you a promotion.



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## SYNONYMS

Shocked, dumbfounded

## EXAMPLES

- They were stunned when they realized that they had won the lottery.
- She was stunned to find out she was getting laid off.

## COMMON STRUCTURES

- **Stunned + by** → We were stunned by what we saw in the news.

## 4. *Fired Up*

If you're **fired up**, it means you're filled with excitement and energy about something.

Have you ever seen videos of people watching Jimi Hendrix or the Beatles perform? That's what it looks like to get fired up about something positive.

But you can also be fired up about negative things too. We can get fired up about injustice or unfair treatment. At some point, you've probably had to turn the TV off because you were too fired up by all the bad news. Or maybe you had to take a break from social media because you got too fired up in political discussions with your uncle.

## SYNONYMS

Excited, enthusiastic, emotional



## EXAMPLES

- I get really fired up whenever I listen to that podcast.
- The whole team was fired up for the conference.

## COMMON STRUCTURES

- **Get + fired up** → Fans were getting fired up for this weekend's big game.
- **Fired up + about** → We are absolutely fired up about visiting Amsterdam again.
- **Fired up + for** → They were so fired up for the concert.

## 5. Grumpy

When you feel **grumpy**, you're irritable and everything annoys you.

Mondays, right? Mondays often feel like an international celebration of grumpy feelings.

## SYNONYMS

Cranky, grouchy

## EXAMPLES

- He's always grumpy after work because he has such a long commute.
- If she doesn't take a nap, she'll be grumpy all day.

## COMMON STRUCTURES

- **Grumpy + mood** → Sorry, I was in a grumpy mood yesterday.
- **Feel + grumpy** → I was feeling grumpy and tired.



## 6. Awkward

Someone who feels **awkward** feels uncomfortable and uneasy, and they behave in an embarrassed way.

For example, blind dates almost always make both people feel a little awkward. You might especially feel awkward if at the end of the date you have to say, “You seem really nice, but I think we should just be friends.”

### SYNONYMS

Uneasy, uncomfortable

### EXAMPLES

- I always feel so awkward on the first day back to school.
- Do you feel awkward speaking in front of a group?

### COMMON STRUCTURES

- **Feel + awkward** → His nosy questions were making me feel awkward.
- **Awkward + situation** → They put me in an awkward situation.

## 7. Baffled

If you're **baffled**, you feel so confused that you almost feel lost or even dizzy.

When you are baffled by something, you can't understand it or explain it, and you're not sure what to say or do.

### SYNONYMS

Confused, mystified



## EXAMPLES

- We were baffled by the complicated directions.
- Her parents are baffled about why she started failing school.

## COMMON STRUCTURES

- **Baffled + at** → I'm just baffled at how you can do all this work alone.
- **Baffled + by** → Experts were baffled by their findings.
- **Completely + baffled** → I was completely baffled by his decision.

## 8. Turned off

We say that we're **turned off** by something when it causes a strong feeling of dislike or disgust.

We often use this in a romantic context, but we can feel turned off by anything we don't like, such as experiences or places. For example, you might be turned off by people talking too loud or by crowded tourist destinations.

## SYNONYMS

Disgusted, repulsed, uninterested

## EXAMPLES

- I loved the view, but I was totally turned off by the dirty carpet.
- We were turned off by the loud music during dinner.

## COMMON STRUCTURES

- **Turned off + by** → I was turned off by his treatment of the servers.





## 9. Moved

If you're **moved** by something, it makes you feel a deep, strong emotion or a sense of empathy or connection with another person.

You might feel moved when you watch a video of an injured dog or cat who was rescued by their kind owner. Or you might say that you were moved to tears by a thoughtful word from an old friend.

### SYNONYMS

Touched

### EXAMPLES

- I was moved by the volunteers' work to clean up the river, so I volunteered too.
- They'll be so moved by your kindness.

### COMMON STRUCTURES

- **Feel + moved + by** → She felt moved by their support for her project.
- **Moved + to tears + by** → He was moved to tears by the handwritten note from his boss.



# Vocabulary Practice

## 1. WORDS IN CONTEXT

Match the adjectives below to their synonyms or meanings.

happy    angry    surprised    excited    irritable

1. Her engagement announcement left us **stunned**.
2. We're still **fuming** about the fact that we never got a refund.
3. They get **fired up** any time you mention their favorite football team.
4. I'm always **grumpy** after a long day at work with no breaks.
5. We're always **delighted** to meet new people from the community.

## 2. FILL IN THE BLANKS

Complete the sentences with one of the adjectives below.

delighted    fuming    stunned    fired up    grumpy

1. I was absolutely \_\_\_\_\_ with the present you gave me.
2. Both teams were \_\_\_\_\_ for the match.
3. She hardly ever smiles. She's always in a \_\_\_\_\_ mood.
4. We were \_\_\_\_\_ by how much the city has changed.
5. He was \_\_\_\_\_ when he found out that his flight was canceled.



## Vocabulary Practice

### 3. DEFINITIONS

Match the adjectives to their definitions.

awkward

baffled

turned off

moved

1. \_\_\_\_\_: a strong feeling of dislike or repulsion
2. \_\_\_\_\_: embarrassed and uncomfortable
3. \_\_\_\_\_: feeling a deep emotion or sense of empathy
4. \_\_\_\_\_: extremely confused

### 4. WHAT'S ANOTHER WAY TO SAY ... ?

Rewrite the sentences with one of the adjectives above.

You might have to make some changes to the sentences or add/change a preposition.

1. I **just can't understand** how he can fight more than one person alone.

\_\_\_\_\_

2. Watching the family reunite left him feeling a **deep emotion**.

\_\_\_\_\_

3. She felt a **negative feeling because of** their customer service.

\_\_\_\_\_

4. I spilled my coffee all over the table yesterday. It was so **embarrassing!**

\_\_\_\_\_



## Vocabulary Practice

### 5. CLOZE

Read the text and complete the sentences with the correct synonyms.

When my family gets together for a reunion, things can get interesting. I mean, I'm always \_\_\_\_\_ (very happy) to see everyone. But not everyone feels \_\_\_\_\_ (excited) to get together, especially after last year, when we were all so \_\_\_\_\_ (surprised) by my aunt's news that we couldn't speak. My aunt announced that she would be quitting her job as a judge and opening her own coffee shop. She said she didn't like the legal system anymore and was \_\_\_\_\_ (repulsed) by it.

I was almost \_\_\_\_\_ (affected) to tears by her news. I thought it was really inspiring.

But my grandfather (her dad) said, "I'm completely \_\_\_\_\_ (confused). I just don't understand." He was clearly \_\_\_\_\_ (very angry) because he always wanted her to be a judge. He calmed down, but he was still a little \_\_\_\_\_ (cranky) for a few hours after.

So I wouldn't be surprised if we all still feel a little \_\_\_\_\_ (uncomfortable) this year after that situation. But we'll do our best to get along.



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# Speaking Practice

## DISCUSSION

Discuss the following questions.

Try to give as much detail as you can. Elaborate with examples or stories whenever possible.

1. When was the last time you felt delighted? What are some small things that delight you?
2. When you're fuming, how do you stay calm? What techniques would you recommend to others?
3. What news have you heard or read about recently that stunned you? Why were you so surprised by this news?
4. How awkward are these situations for you? (1 = not at all → 10 = extremely awkward)
  - Forgetting someone's name
  - Falling asleep in an inappropriate place
  - When your stomach starts to make noises in the middle of an otherwise quiet room
  - Laughing really hard when no one else is laughing
  - Leaving the bathroom with toilet paper on your shoe
  - Tripping or falling in public
  - Getting into a crowded elevator



5. What are some things that could get you fired up when you're feeling down and need some serious motivation?
6. What is something that's relatively common but still baffles you?
7. Are you always grumpy in the mornings? What makes you grumpy? How do you act when you're feeling grumpy?
8. When looking at the way people behave on social media, what are you turned off by the most? Why do you feel people act this way?
9. Have you ever listened to music or watched a movie that moved you to tears? What was it, and why did it affect you so much?



## Writing Practice

### PRODUCTION

Choose one of the writing practice options below:

1. Think about the times you've been **fuming**, **grumpy** or **fired up** about something negative. How do you get through those bad moods? Write about your favorite three remedies for getting over a bad mood.
2. Have you ever been in an **awkward** situation with your family? In at least one paragraph, tell a story about an interesting family reunion. Talk about the moments you felt **delighted**, **baffled** or **turned off**.

## Tips for Better Writing

### USE A VARIETY OF SENTENCE STYLES

Avoid using simple sentences. Instead, try to use a variety of sentence styles.

Type	Definition	Example
Simple	Consists of only one clause.	<i>She likes traveling.</i>
Compound	Combines two independent clauses with <i>and</i> , <i>but</i> , <i>yet</i> , <i>so</i> , etc.	<i>She likes traveling, <b>and</b> she loves exploring new places.</i>
Complex	Combines one main clause and one dependent clause with <i>if</i> , <i>even though</i> , <i>because</i> , <i>unless</i> , etc.	<i><b>Even though</b> she likes traveling, she doesn't travel often.</i>



# Answer Key

## 1. WORDS IN CONTEXT

1. surprised      2. angry      3. excited      4. irritable      5. happy

## 2. FILL IN THE BLANKS

1. I was absolutely **delighted** with the present you gave me.
2. Both teams were **fired up** for the match.
3. She hardly ever smiles. She's always in a **grumpy** mood.
4. We were **baffled** by how much the city has changed.
5. He was **fuming** when he found out that his flight was canceled.

## 3. DEFINITIONS

1. **turned off**: a strong feeling of dislike or repulsion
2. **awkward**: embarrassed and uncomfortable
3. **moved**: feeling a deep emotion or sense of empathy
4. **baffled**: extremely confused

## 4. WHAT'S ANOTHER WAY TO SAY ... ?

1. I'm **baffled at** how he can fight more than one person alone.
2. Watching the family reunite left him feeling **moved**.
3. She felt **turned off by** their customer service.
4. I spilled my coffee all over the table yesterday. It was so **awkward!**

## 5. CLOZE

When my family gets together for a reunion, things can get interesting. I mean, I'm always **delighted** to see everyone. But not everyone feels **fired up** to get together, especially after last year, when we were all so **stunned** by my aunt's news that we couldn't speak. My aunt announced that she would be quitting her job as a judge and opening her own coffee shop. She said she didn't like the legal system anymore and was **turned off** by it.

I was almost **moved** to tears by her news. I thought it was really inspiring.





But grandfather (her dad) said, “I’m completely **baffled**. I just don’t understand.” He was clearly **fuming** because he always wanted her to be a judge. He calmed down, but he was still a little **grumpy** for a few hours after.

So I wouldn’t be surprised if we all still feel a little **awkward** this year after that situation. But we’ll do our best to get along.