

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
ЗАПОРІЗЬКИЙ НАЦІОНАЛЬНИЙ ТЕХНІЧНИЙ
УНІВЕРСИТЕТ**

***Навчально-методичні рекомендації з англійської мови
“Feelings and Emotions”
для самостійної роботи студентів всіх форм навчання
зі спеціальності 6.030102 «Психологія»***

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Навчально-методичні рекомендації з англійської мови “Feelings and Emotions” для самостійної роботи студентів всіх форм навчання зі спеціальності 6.030102 «Психологія» Укл: Шейко О.С. – Запоріжжя: ЗНТУ, 2016. - 18 с.

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The purpose of the seminar is to give information on human feelings and emotions, their significance in everyday life, to practice positive and negative emotions and feelings as nouns, adjectives, Participle II and sentences with the verb to be in Present, Past and Future Simple forms.

The main idea is that students know all the shades in expressing emotions and feelings in mother tongue so it is necessary to get to know them in English, especially for future psychologists.

All tasks can be done in class or at home as individual or team oral and written assignments.

There is a question for each person in the group: How are you? How do you feel today?

Our life is full of positive and negative emotions and feelings. You can be in high or low spirits, in good mood or in a mood. Look at the ancient Greek masks of Comedy and Tragedy. An image of smile is nothing new in the history of humankind (its birthday is on the 19 of September), but it signifies the Internet epoch.

Emotion is a momentary reflection of inner Self as a reaction on surrounding stimulus.

Feeling is a **deep** set of emotions, it is quite steady. Feelings can be contradictive, as you know there is only one step from love to hate.

Emotions and feelings are expressed by **both non-verbal mostly and verbal communication**.

What feelings and emotions do you express and how? – it is a question for a students` group.

There are 6 inborn internationally distinguished emotions: Happiness, Sorrow, Disgust, Surprise, Anger, Fear (“Cry” by E.Munk). The teacher shows pictures of them and students are trying to guess (National Geographic, March 2005, P.62-63).

What a surprising fact: a newborn starts mocking his parents` emotions for the first weeks of life! (Berk, Laura Child Development, 1994, P.147)

But the majority of emotions are uncertain, look at the mysterious image of Mona Liza, icons and various portraits.

There are personal and national differences in expressing emotions and feelings (for example, Scandinavian, Italian, Japanese, American peculiarities).

A task is to think how Ukrainians express their emotions and feelings.

The next 2 questions are the following:

What feelings and emotions do you share and how?

What feelings and emotions do you hide and why?

The task is the following: each of students writes as many positive and negative emotions and feelings as possible and fill in the proposed blank table, then creates an adjective and Participle II, composes a sentence, adds a personal attitude: I am happy because... I am happy when...

There are various expressions for a range of mood sets in the English language (state of mind and soul):

to feel (well) bad;
to be in (low) high spirits;
to be (up) down;
to be in a (good) mood;
to be in edgy mood;
to be down hearted;
to feel at a loss;
to feel low;
to be in temper.

In Ukrainian it is the same word “pochuttya” but in English there are at least three of them: feeling of love, spirit of adventure, sense of humor, common sense, state of mind and soul.

Feelings can be of physical state (a lurch of hunger starvation, thirst, exhaustion) too.

Our life is like running zebras: black and white, white and black.

You go from positive emotions and feelings to negative and then back to positive ones – it is a regularity of human life.

You should always stay on the BRIGHT side and not stop to HOPE that every cloud has its silver lining – LIGHT of WISDOM.

Positive emotions and feelings			Negative emotions and feelings		
A noun	An adjective, Participle II	A sentence	A noun	An adjective Participle II	A sentence
acknowledge	acknowledging acknowledged	It acknowledging is theory. He is acknowledged by public.	abandonment	abandoned	He was abandoned.
adequate	adequate	It is adequate. I am adequate.	addiction	addicting addicted	Her addiction is shopping.
adjustment Problems of	adjusting adjusted	I am adjusting to a new status.			

psychological and professional adjustment		He is well adjusted.			
admiration	admirable admired	The baby is admirable. She is admired.			
	adorable	She is adorable.			
adventure adventurism	adventurous	It is a spirit of adventurism. He is adventurous.			
affection	affectionate	I feel a rush of affection.			
agreement	agreeable	It is nice to have sense of agreement. They are agreeable.			
amazement	amazing amazed	It is amazing. They were amazed.			
ambition	ambitious	I am ambitious.			
amusement	amusing amused	It is amusing. I am amused.			
anticipation	anticipating anticipated	I am anticipating a lot. It was anticipated.			
appeal	appealing	It is appealing.			
apprehension	apprehensive	It is apprehensive.			
approval	approving approved	It is approving. His point of view was approved.			
achievement	achieving achieved	We are achieving our goal. He achieved a lot.			
astonishment	astonishing astonished	It is an astonishing fact. I am astonished.	affect (a person who has committed a crime in this state is considered to be not under jurisdiction)		He killed him under affect.
attachment	attached	It is a strong emotional attachment.			
attraction	attractive attracted	He is attractive. I am attracted by her wisdom.	affliction	affliction afflicted	Youth can have the afflictions of the elderly.

balance	balanced	She is quite balanced.			
beauty (sense of beauty)	beautiful	Sense of beauty is different in various cultures.			
blamelessness	blameless	They were blameless.			
brevity	brave	He is brave.			
calmness	calm	She is calm.			
care	caring cared	She is a caring person. He is cared about.			
carefulness	careful careless	They are careful.			
challenge	challenging challenged	It is challenging. I am challenged.			
cheer	cheerful cheered	He is cheerful. We are cheered up.			
comfort	comfortable comforting	His words were comforting.	aggression	aggressive	He is aggressive.
			aghast	aghast	She stares at it aghast.
companionship	companionable	You are companionable.			
compassion	compassionate	She is compassionate.			
concentration	concentrating concentrated	You are concentrating.			
confidence	confident	He is confident.			
construction	constructive constructed	He is constructive.			
control	controlled	We are in control of the situation.			
courage	courageous	They are courageous.			
curiosity	curious	She is so curious.			
decency	decent	She is decent person.			
dedication	dedicating dedicated	She is dedicating her life to the family.	agitation	agitating agitated	She was agitated.
Déjà vu		It is a Déjà vu.	alarm	alarming alarmed	It is an alarming situation. I was alarmed.
	deliberate	It is deliberate decision.	anger	angry	I was angry.
			anguish	anguished	He looked with anguish.
delight	delightful	It is delightful.	annoyance	annoying	He was so

	delighted	I am delighted.		annoyed	annoyed.
			antipathy	antipathetic	I feel antipathy toward ungrateful people.
			anxiety general, situation states of anxiety	anxious	I am anxious.
			aversion	aversive	He is aversive person.
			awkwardness	awkward	You are so awkward.
			to baffle	baffled	I am baffled by your behavior.
			betrayal	betrayed	They have been betrayed.
			bewilderment	bewildered	I was bewildered.
desire	desirable	It is desirable to learn the order of the things.	bitterness	bitter	He has such a bitter soul.
destiny	to destine, be fated	You are my destiny/	boredom	boring bored	I was bored. It is boring. He is such a bore.
determination	determined	They are always determined to do right.			
devotion	devoting devoted	She is devoting her soul to the God. They were devoted to each other.	bother	bothering	What is bothering you? He is such a bother.
			brutality	brutal	You are so brutal.
			concern	concerning	It is her main concern.
			conflict	conflicting conflicted	He is a conflicted person.
			confrontation	confronted	It is a cruel confrontation.
dignity	dignified	Your sense of dignity is strong.	confusion	confused confusing	I was left-handed confused. Usually you have a confusing

					situation.
discipline	disciplining disciplined	He is disciplined one.	consternation	consternati ng consternate d	She is pale with consternation.
			contradiction	contradictiv e	I had contradictive feelings.
dream	dreaming dreamt	What are you dreaming about?	conviction	convicting convicted	He was convicted/
duty (sense of duty)	dutiful	He is dutiful.	cross	cross	He has got really cross.
eagerness	eager	I am eager to do new things and see the Light.	cruelty	cruel	Life is cruel.
ease	easy	I am at ease.			
empathy Your understandin g of empathy	empathetic	Every moment of their life people should be empathetic to each other.			
encouragemen t	encouraging encouraged	He was encouraged by them.			
enthusiasm	enthusiastic	They are enthusiastic.			
enjoyment	enjoying enjoyed	We are enjoying the movie.			
euphoria	euphoric	It is euphoria of the victory.			
excitement	exciting excited	It is exciting. We were exited.			
excuse	excusing excused	What is your excuse? I would like to be excused by the God.			
expectation	expecting expected	Are you expecting something? What are your life expectations and priorities?			
experience	experiencing experienced	He is an experienced doctor of human souls.			
fascination	fascinating fascinated	Life is fascinating.			
faith	faithful	You are faithful.			
firm	firm	He is firm.			

fondness	fond	I am fond of reading and teaching.			
forgiveness	forgiving forgiven	It is a hard job of forgiving.			
foresight	foreseeing	It is a feeling of foreseeing.			
fortune	fortunate	Are you fortunate?			
freedom	free	I am free.			
friendship	friendly	They are friendly family.			
gayety	gay	They are gay.			
generosity	generous	You are generous.			
ginger	gingerly	They are gingerly.			
gladness	glad	We are glad.	danger	dangerous	It is dangerous. You are in danger.
glory	glorious	She is glorious.	deceit	deceitful deceived	I was deceived.
			deprivation	deprived	She was deprived of happiness.
gratitude	grateful	They are grateful.	depression	depressive depressing depressed	It is depressive. Why are you depressed?
gullible	gullible	Don't be gullible.	desperation	desperate	She was in despair.
			despondency	despondent	He is despondent.
			destruction	destructive destructing	His behavior is very destructive.
			devastation	devastating devastated	She was devastated.
			disagreement	disagreeable	It is a constant disagreement between them.
			disappointment	disappointing disappointed	He was disappointed.
			disaster	disastrous	It is a complete

					disaster.
			disbelief	disbelieving disbelieved	It is a general disbelief.
			disgrace	disgraceful disgraced	They will be disgraced by their sinful actions.
			disgust	disgusting disgusted	It is disgusting.
			disillusion	disillusioned	She was disillusioned.
			disintegration	disintegrating disintegrated	The team was disintegrated.
			distraction (distraction of attention)	distracting distracted	We are distracted by temptation.
			distress	distressing distressed	She was in distress.
			disturbance	disturbed	I was disturbed by inhumanity of official system.
			dizziness	dizzy	She was dizzy.
			doubt	doubtful	He is doubtful and so he doesn't take any responsibility.
			drain	drained	They were drained by grief.
			dread	dreadful	It is dreadful.
			edge	edgy	I am in edgy mood. What do you do when you are edgy? How do you reconstruct your equilibrium?
			embarrassment	embarrassing embarrassed	It is an embarrassing fact in the history.
			emergency	emergent	It is a case of emergency.
			envy	envious	Do you envy anybody and

					what for?
			escapism	To escape or not to escape?	Does escapism do any good to anyone?
			exaggeration	exaggerating exaggerated	Don't be exaggerated.
			exasperation	exasperating	He is flicking the paper in exasperation.
			exhaustion	exhausting exhausted	It is so exhausting. They worked hard and were exhausted.
			extreme	extreme	Do you feel an extreme?
			failure	failed	It is all my failure.
			fraud	fake	His intentions are fraud so his actions are fake.
			fear What kinds of phobias do you know?	fearful	He is so fearful to start anything new.
			fright	frightened	The child is frightened. What are you afraid of and why?
			frustration	frustrating frustrated	It is a frustrating situation.
			fury	furious	I am furious with the absence of need for Enlightenment.
			fuzz	fuzzy	She is so fuzzy.
			gloom	gloomy	He is gloomy.
			grave	grave	He is so grave.
			greed	greedy	He is greedy.
			guilt	guilty	Are you guilty?
			hate	hateful	Hate is distractive.
			hatred	hatred	It is a hatred.
			helplessness	helpless	She was helpless.
			hesitation	hesitant	You are hesitant.
			hurt	hurtful	It is so hurtful.

happiness	happy	Every day is happy for me because...	horror	horrible horrified	They were horrified. It is horrible.
harmony	harmonic	May your life be harmonic.			
hedonism	hedonistic	Do you practice a hedonism?			
help	helpful	She tries to be helpful.			
honesty	honest	You should be honest with your inner Self.			
hope	hopeful	Everyone should be hopeful.			
hospitality	hospitable	They are hospitable people.	hostility	hostile	They were hostile.
humor (sense of humor)	humorous	It is nice to have a sense of humor.			
imagination	imaginative	She has a wild imagination.			
improvement	improving improved	Self-improvement is a permanent process of self-development.			
independence Your notion of independence	independent	He is independent.			
innocence	innocent	Children are innocent.			
insight		Is there place for insight in your life?	humiliation	humiliating humiliated	They are humiliated.
			hurt	hurting hurt	She feels very hurt.
inspiration	inspiring inspired	What are you inspired by?	hysteric	hysterical	She is a hysterical person.
intimacy	intimate	They are intimate.			
intuition	intuitive	Are you rational and intuitive or emotional and impulsive?			
			impudence	impudent	He was impudent.
irony	ironic	He is ironic.	impulse	impulsive	She is impulsive.
			indignation	indignant	It is general indignation.
			insult	insulting	It is an awful

					insult.
			irritation	irritable irritating irritated	It is so irritating.
joy	joyful	Kids are joyful.	jealousy	jealous	Are you a jealous person?
justice	just	You should be just.	jerk	jerky	He is jerky.
kindness	kind	They are very kind.	loneliness	lonely	Everyone is lonely.
			looser		Are you a looser or a winner and why do you consider yourself the one of them?
liberation	liberative liberating liberated	I feel liberated.	madness	mad	He is mad.
love	loving beloved	Love is everywhere.	marginality	marginal	They are marginal.
loyalty	loyal	He is loyal.			
			melancholy	melancholi c	Melancholy is bad.
			misery	miserable	She is miserable.
			misunderstan ding	misundersta nding	It is a result of misunderstandin g.
luck	lucky	You are lucky to be with us.	nerve	nervous	They always are nervous.
magic	magical	Magic is everywhere.			
mercy	merciful	She tries to be merciful.			
merriment	merry	All kids are merry.			
mesmerism	mesmerizing mesmerized	I was mesmerized by Eternal Beauty of Kindness.	obsession mania idea fixe	obsessive	He is obsessive about cars racing. Are you a gambler?
modesty	modest	She is not modest.			
motivation	motivational motivating	You have a strong sense of motivation.			
mystery	mysterious mystified	She is mysterious. They were mystified.	offense	offending offended	I was offended.
norm	normal	He is quite			

		normal.			
obedience	obedient	The child should be obedient.			
openness	opened	He is such an opened person.			
optimism	optimistic	What are you optimistic about?			
order (sense of order)		Your sense of order is strong.			
patience	patient	Every mother is patient.			
peace	peaceable	We are peaceable people.			
pleasure	pleasing pleased	I am pleased with your behavior.			
possessiveness	possessive	He is possessive.			
preoccupation	preoccupied	She is preoccupied			
pride	proud	He is proud of himself.	pain	painful	It is so painful.
privacy	private	It is a question of my privacy.			
prosperity	prosperous	They are finally purified.	panic	panic	They are in panic.
protectiveness	protective	You should be protective toward your Soul.			
purity	purified	He was purified.			
purposefulness	purposeful	She was purposeful in obtaining degrees.			
rationality	rational	He is rational.			
readiness	ready	Are you ready for the party?			
reassurance	reassuring reassured	They were reassured.	paralyse	paralyzed	He was paralyzed by information.
rebirth		It is his spiritual rebirth.			
relax	relaxing relaxed	It is so relaxing to be together.	passion	passionate	He is so passionate.
relief	relieving relieved	These words are relieving.	pessimism	pessimistic	What are you pessimistic about and why?
respect	respectful respected	They are respectful to all			

		sensible people.			
responsibility	responsible	Everyone should be responsible of their choice.	pity	pitiful	Nobody should be pitiful. It is such a pity.
			prejudice	prejudiced	We are prejudiced by many things.
			protest	protesting protested	He feels an inner protest.
			puzzle	puzzled	He will be puzzled by them.
			rage	outrageous enraged	I am in rage. It is outrageous behavior.
Rest and peace		It is very important to feel rest and peace in each situation.	rattle	rattled	I am rattled by their inhumanity.
revelry			regret	regretful	It is such a regret.
revival			rejection	rejecting rejected	He was rejected.
romance	romantic	She is romantic.	remoteness	remote	She was remote.
			reproach	reproaching reproached	It was reproach of her voice.
			resentment	resentful	They are resentful.
			resistance	resistant	People can be resistant.
			restlessness	restless	Children are restless.
			revenge	revenged	She was revenged.
			ridicule	ridiculous	It is ridiculous.
			risk	risky risked	He is risky. He is in risk.
			ruin	ruining ruined	He has been ruined by his own rationality.
			sadness	sad	They were sad.
			scorn	scornful	They were scornful.
			selfishness	selfish	He is very selfish.
			shake	shaky	Sometimes I feel shaky.
			shame	shameful ashamed	It is such a shame. He was ashamed.

	safe and sound	I wish you always to be safe and sound.	shock	shocking shocked	I was shocked.
			shrill	shrilling shrilled	She was shrilled by their attitude toward studying.
sarcasm	sarcastic	He was sarcastic.	shyness	shy	Do you know how to overcome shyness?
			solitude	solitary	Megapolis is full of solitude.
satisfaction	satisfying satisfied	This result is satisfying. We were satisfied.	sorrow	sorry	I am sorry.
skepticism	skeptical	Don't be skeptical just believe.			
security	secure	Each kid should feel secure first of all in his family.	stiffness	stiff stiffening stiffen	He is stiff.
self-fulfillment	self-fulfilled	She is self-fulfilled.	strain	straining strained	She was strained by the situation.
serenity	serene	It is a Serenity of Heart and Soul.	stress	stressful stressing stressed	It is stressful situation. She is under permanent stress.
sincerity	sincere	She is sincere.	stubbornness	stubborn	He is so stubborn.
strength	strong	It is inner strength. He is strong.	subdued	subdued	The passions should be subdued.
struggle		Their struggle is right.			
stunned	stunning stunned	She was stunned by Beauty.			
support	supportive supported	She is supportive. He is always be supported by the family.	suffer	suffering suffered	She is suffering a lot.
sureness	sure	Don't be so sure about everything, just look around.			

surprise	surprising surprised	It is surprising fact. I am not surprised.	suffocation	suffocating suffocated	she was suffocated.
			superstition	superstitious	It is a general superstition.
sympathy	sympathetic sympathized	She is very sympathetic.	suspicion	suspicious	It is suspicious.
			temptation	tempted	It is a great temptation for me.
			tension	tense	I feel tension.
			terror	terrified	They were terrified by the war.
			threat	threatening	It is a threatening situation.
			tiredness	tired	I am not tired.
			trick	tricky	It is tricky tricky.
			trouble	troubling troubled troublesome	Don't trouble trouble. Teenagers can be troublesome.
			uncertainty	uncertain	Sometimes everybody is uncertain.
tact	tactful	He is tactful.	unease	uneasy	I am uneasy.
team (spirit of team, spirit of unity)		A spirit of unity is necessary for a team.			
tenderness	tender	She is so tender.			
thankfulness	thankful	They will be thankful.			
thrill	thrilling thrilled	We are thrilled by the performance.			
tolerance	tolerant	They are tolerant.			
tranquility	tranquil	We feel tranquility.			
triumph	triumphal	It will be a triumph for them.			
			urgency	urgent	It is urgent.
			vanity	vain	Everything will be in vain if you don't know the right order.
			vulnerability	vulnerable	Women are vulnerable
trust	trustful trusted	He can be trusted.			

truth	truthful	It is truth for everyone.			
success	successful succeed	If you try hard you will finally achieve a success.			
unity	uniting united	People should be united by faith.			
victory	victorious	It is our victory.			
winner	winning won	The peaceable are winning.			
wonder	wonderful	It is the world of wonder.	weakness	weak	I am weak.
worship	worshipping worshipped	The emperor was worshipped by them.			
			wretchedness	wretched	They were wretched by greed.

!!!Remember that a balance of positive and negative emotions and feelings can enhance or ruin your INNER SELF and influence your self-esteem.

As ancient Roman philosopher Epicurus has said: “Happiness is an absence of unhappiness”.

There was a classical experiment: if you smile the anecdote will be funnier, it is the same with human interaction (a feedback depends on your attitude toward a partner).

So, smile sincere and the World will smile with you.

Keep on smiling all your life long.

Be on the bright side, practice constructive and positive way of thinking ***and Life will be tired of upsetting you.***