

Speaking
التعبير عن المشاعر Expressing Emotions

أنواع المشاعر	Examples	المعنى
Anxiety القلق	It's been keeping me up at night.	هذا الأمر يبقيني مستيقظاً طوال الليل.
	I'm worried sick about.	أنا قلق جداً بشأن.
Relief إرتياح	I can breathe a sigh of relief now.	أستطيع أن أنتفس الصعداء الآن
	That's a weight off my mind.	هذا أزال عبئاً عن عقلي
Annoyance and Frustration إنزعاج و إحباط	It's driving me up the wall!	هذا الأمر يدفعني إلى الجنون
	It really gets on my nerves.	هذا حقاً يزعجني
	I've had it up to here with it.	لقد طفح الكيل بهذا الأمر
Surprise OR Disbelief الدهشة وعدم التصديق	You've got to be kidding me!	لا بد أنك تمزح معي
	Get out of here!	إخرج من هنا!
	Who would have thought it?	من كان يعتقد ذلك؟
Sadness الحزن	I'm feeling a bit down in the dumps.	أشعر ببعض الإكتئاب
	I'm feeling a bit blue.	أشعر ببعض الحزن
	I'm heartbroken.	أنا محطم الفؤاد / مكسور القلب
Enjoyment OR Happiness الإستمتاع والسعادة	I'm walking on air.	وكأني أمشي على الهواء
	I can't stop smiling.	لا أستطيع التوقف عن الإبتسام

4 Replace the underlined words with phrases from the Speaking box and suitable responses in Exercise 3. (SB 11)

(I don't blame you. I know, right? I'm really pleased for you. I'm so sorry
to hear that. What a pain! What's the worst that could happen?)

- A. I'm extremely concerned about my aunt - she isn't very well.
B. That's awful. It's horrible when a relative is sick.
- A. I've got to give a presentation in class next week. I'm really nervous. I've been worrying about it a lot.
B. There's no need to worry. You'll be great!
- A. My parents are taking me to Florida this summer.
B. I don't believe you! You lucky thing!
A. Yes, I'm so happy.
- A. I'm completely fed up with people gossiping behind my back.
B. I don't blame you. It's awful.
- A. I finally finished my geography project.
B. That must be a relief for you.

What do the phrases express? (WB 11)

- I am heartbroken. (annoyance , sadness, happiness)
- He is driving me up the wall!. (annoyance , sadness, happiness)
- I am walking on air. (annoyance , sadness, happiness)
- I'm feeling a bit down in the dumps. (annoyance , sadness, happiness)
- I'm feeling a bit blue. (annoyance , sadness, happiness)



6. I can't stop smiling. (annoyance , sadness, happiness)
7. I've had it up to here with you! (annoyance , sadness, happiness)
8. That music gets on my nerves. (annoyance , sadness, happiness)

Choose the correct words to complete the sentences. (WB 11)

1. Get (**out / off**) of here!
2. I'm worried (**sick / ill**).
3. That's a weight off my (**brain / mind**).
4. Now I can (**breathe / blow**) a sigh of relief.
5. You've got to be (**kidding / joking**) me!
6. It's been keeping me (**out / up**) at night.
7. Who would have (**understood / thought**) it?
8. I'm feeling a bit (**up / down**) in the dumps.

4 Choose the correct phrases to complete the mini-conversations. Ignore the gaps. (WB 11)

Faten: What's the matter with you?

Eman: The neighbours are playing loud music again. (*It's driving me up the wall! / I'm walking on air!*)

Faten: What a pain!

Eman: Maybe I should go and talk to them.

Faten: I think you should. I mean _____

Mazen: The farmer's horse died. (*He's heartbroken. / It really gets on his nerves*).

Adel: Oh no! Poor thing. _____

Aisha: How did the interview go?

Ghada: I got the job! (*I'm feeling a bit blue. / I can't stop smiling!*)

Aisha: That's awesome! _____

Fadi: Just calm down!

Hassan: But my phone is broken again! (*I'm feeling a bit down in the dumps. / I've had it up to here with it!*) I want my money back!

Fadi: _____ That's the third time this month.

Hassan: _____

Now complete gaps a-f in Exercise 4 with responses. Listen and check.

I don't blame you.

I know, right?

I'm really pleased for you.

I'm so sorry to hear that.

What's the worst that could happen?