

B1 ENGLISH

CHAPTER 3 Lesson 1

Vocabulary:

Feelings and actions (Unit 42-46)

A

Verbs connected with beliefs and opinions

You probably already know **think** and **believe**; here are some more verbs.

I'm **convinced** we've met before. [very strong feeling that you're right]

I've always **held** that compulsory education is a waste of time. [used for very firm beliefs; *fml*; **maintain** could be used here]

She **maintains** that we're related, but I'm not convinced. [insists on believing, often against the evidence; *fml*; **hold** could not be used here]

I **feel** she shouldn't be forced to do the job. [strong personal opinion]

I **reckon** they'll get married soon. [used for an opinion about what is likely to happen / to be true; *infml*]

I **doubt** /*daut*/ we'll ever see total world peace. [don't believe]

I **suspect** a lot of people never even think about pollution when they're driving their own car. [have a strong feeling about something negative; fairly formal]

B

Phrases for expressing opinion

We haven't made any progress, **in my view** / **in my opinion**. (fairly formal)

She's made a big mistake, **to my mind**. (fairly informal)

If you ask me, he ought to change his job. (*infml*)

Note how **point of view** is used in English:

From a teacher's **point of view**, the new examinations are a disaster. [how teachers see things, or are affected]

Common mistakes

Notice the prepositions in these phrases: **In my opinion/view** but **to my mind** and **from my point of view**. (NOT ~~in my mind~~ or ~~in my point of view~~)

C

Prepositions used with belief and opinion words

Do you **believe in** life after death? What are your **views on** divorce? What do you **think of** the new boss?

Are you **for** or **against** long prison sentences? (*neutral/infml*)

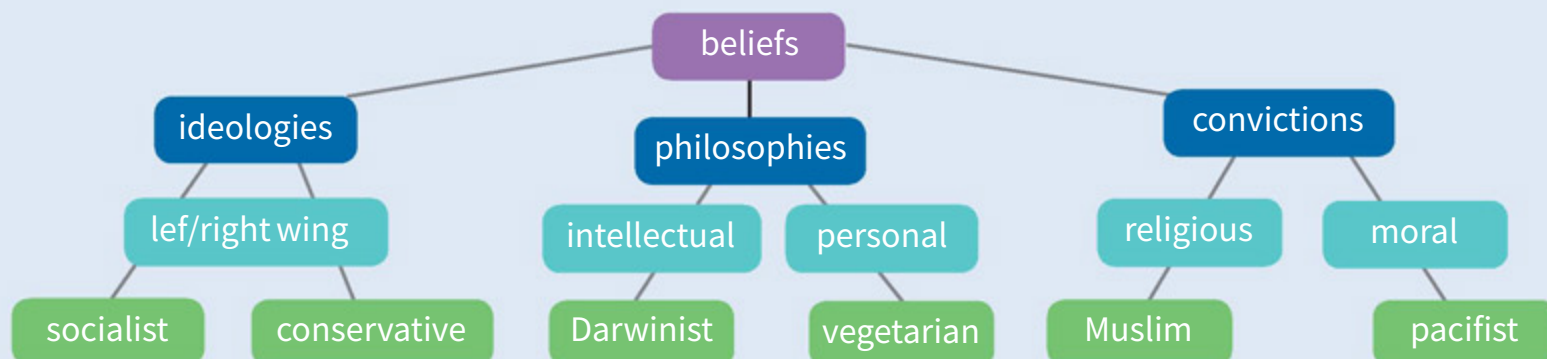
I'm **in favour of** (*opp opposed to; fml*) long prison sentences.

I **have my doubts about** this plan.

D

Beliefs, ideologies, philosophies, convictions

If you would rather organise this word tree differently or can add more examples, do so; it will probably help you to remember the words better.



E

Adjectives for describing beliefs and opinions

These are in sets which have similar, but not exactly the same, meaning:

fanatical / **obsessive** **eccentric** / **odd** / **weird** **conservative** / **traditional**

middle-of-the-road / **moderate** **dedicated** / **committed** **firm** / **strong** **radical** / **extreme**

Jason is a **fanatical** supporter of the Green Party. Grandpa has rather **eccentric** views. Maria is a **moderate** liberal. Rosie is a **committed** Christian. Emma is a **firm** believer in free speech. Tom is a **radical** Marxist.

Exercises

42.1 Match the sentence beginnings on the left with the endings on the right and add an appropriate preposition. Sometimes more than one answer is possible.

- 1 I have strong views on

2 Many people believe

3 I was in favour

4 What does she think

5 This is absurd,

6 He's quite wrong,

7 Well, that's just silly,

8 I have my doubts

9 Is Alex likely to be opposed
- ☒ c

☐

☐

☐

☐

☐

☐

☐

☐
- a my opinion.

b the proposed changes.

c marriage.

d the plans for the new airport?

e life after death.

f how honest he is.

g our point of view.

h the new teacher?

i my mind.

42.2 Use adjectives from E which fit the phrases describing the beliefs and views of these people.

- 1 A person who insists that the earth is flat. (an eccentric belief)

2 A person who believes absolutely in the power of love to solve world problems.
(a believer in the power of love)

3 A socialist neither on the left or the right of the party. (a socialist)

4 A vegetarian who refuses even to be in the same room as people who love meat. (an vegetarian)

5 Someone who is always suspicious of change. (a rather view of the world)

6 Someone who is in favour of making everyone wear blue clothes on Tuesdays. (a rather point of view)

42.3 Rewrite these sentences using a form of the verb in brackets.

- 1 My mum's sure Nina's expecting a baby. (reckon) My mum reckons Nina's expecting a baby.

2 I've always suspected that ghosts don't really exist. (doubt)

3 My view has always been that people should rely on themselves more. (hold)

4 Claudia is convinced that the teacher has been unfair to her. (maintain)

5 I had a very strong feeling that I had been in that room before. (convince)

6 In his view, we should have tried again. (feel)

42.4 Over to you

Are you ... ? Consider how many of these words apply to you, and explain why. Some ideas for situations are given in the box to help you decide. Write sentences about yourself.

EXAMPLE *I don't think I'm a moralist because I wouldn't try to impose my views about religious or other morality on other people.*

a moralist left-wing an intellectual a traditionalist a philosopher middle-of-the-road
a radical thinker dedicated

food preferences

politics

learning English

sport

life and existence

work

religion

A

Happiness and unhappiness

You feel ...

content(ed) when you are satisfied with what you have. **Content** is not used before a noun. You can say 'She is content/contented' but only 'a contented person'.

He's very **content with** his life. He's always been a contented person.

grateful when someone has done something thoughtful for you. *Note:* You feel **thankful** if something bad that could have happened did not happen.

I'm really **grateful to** you **for** helping me with my project.

delighted when something has happened that gives you great pleasure, when you hear news of someone's good fortune, for instance.

I was **delighted to hear** you're getting married!

miserable when everything seems wrong in your life.

I **felt miserable** all day yesterday - maybe it was just the grey, cold weather.

discontented when your life is not giving you satisfaction.

She's very **discontented with** her job and is going to look for a new one.

fed up / sick and tired when you have had enough of something disagreeable.

I'm **fed up with** Olivia's rudeness, and **sick (and tired) of** her bad behaviour.

depressed when you are miserable over a long period of time. **Depression** is considered an illness in some severe cases.

I **felt depressed** after having ten job interviews and not getting a job.

confused when you cannot make sense of different conflicting feelings or ideas.

I **feel so confused** - last week she said she loved me passionately; this week she said we were just good friends.

B

Excitement, upset, anger and anxiety

I felt **inspired** after the concert. I've decided to take piano lessons.

[stimulated to do something positive or creative]

The argument I had with Eva the other night really **upset** me.

[made me feel unhappy]

I was quite **enthusiastic** about my tennis lessons at first, but the teacher isn't very good and now I just feel **frustrated**.

[enthusiastic: had very positive feelings]

[frustrated: feeling unable to do something you really want to do]

She was so **thrilled** when she got a job with a TV company. She's always wanted to work in the media.

[how you feel when something extremely exciting and pleasing happens]

I was so **nervous** before the exam, and then I felt **anxious** before the results came out, but I passed with a high grade.

[nervous: feeling nervous is a bit like feeling excited but it is a negative feeling]

[anxious: when you are afraid and uncertain]

I was **furious with** the waiter. The service was slow and he spilt coffee over my shirt.

[extremely angry]

Language help

Really can be used with all the adjectives on this page. **Absolutely** goes only with the words describing extreme states, i.e. *delighted, fed up, sick and tired, thrilled, furious*. With these words **quite** means **absolutely**, but with the other less extreme words, **quite** means **rather**.

Exercises

43.1 Read the remarks and then answer the questions.

George 'I'm just not feeling very happy today. Everything seems to have gone wrong.'

Katie 'I like my life and I have nothing to complain about.'

Pilar 'I felt so good that nothing bad had happened. It could have been a disaster.'

Max 'I've had enough of all the arguments and the bad atmosphere at work.'

Agnes 'I felt very happy when I heard she had an interview for the job.'

Sara 'Thank you for helping me today.'

Carlos 'I've been so unhappy for a long time. I've been seeing a psychiatrist.'

Stefan 'I just don't understand. Was that his wife or his daughter?'

Who feels ...	name	Who feels ...	name
1 fed up with something?	Max	5 miserable?	
2 depressed?		6 thankful?	
3 content?		7 confused?	
4 grateful?		8 delighted?	

43.2 Rewrite the words in bold using words from A and B opposite.

- 1 After watching the nature programme, I felt **stimulated** *inspired* to become a zoologist.
- 2 I always get **a feeling of negative excitement** just before an exam.
- 3 I was **extremely angry** when they refused to give me my money back.
- 4 I was **very excited and pleased** to see my old school friend again after so long.
- 5 The news about Rory's illness really **made me feel unhappy**
- 6 At first, I was **full of positive feelings** about the course, but it's just not very good.

43.3 Sort the adjectives into positive and negative feelings.

contented sick and tired anxious thrilled frustrated confused

positive	negative
	<i>sick and tired</i>

43.4 Fill the gaps using the adjectives in 43.3. Choose an appropriate adverb (*absolutely*, *quite* or *a bit*) to go in front of the adjective. Sometimes, both are possible.

- 1 I was feeling (quite / absolutely) *quite anxious* because she had not phoned to say she had arrived safely.
- 2 I am (quite / absolutely) of her selfish behaviour. I've had enough!
- 3 It's all so complicated. I feel (a bit / quite) . Can you help me?
- 4 I was (absolutely / a bit) when I heard the wonderful news!
- 5 It made me feel (quite / a bit) that I still couldn't play any songs after six weeks of guitar lessons.
- 6 You always seem so (absolutely / quite) with life. How lucky you are!

43.5 Over to you

Choose six adjectives from this unit which describe feelings you have had recently and write sentences about when and why you felt that way.

A

Words and expressions relating to liking

● ● ●
✉

[Reply](#)
[Forward](#)

Dear Anna,

Good to hear from you after so many years. Fancy you being married!

I'm not married but I've got a boyfriend called Tom. I must tell you about him. We've known each other for three years. I **quite liked** him when we first met, but I didn't really **fancy** him in any big way. I did like being with him - he **fascinated** me with his stories of his travels around the world and something mysterious about his past **attracted** me. What's more, we were both keen on sailing. Little by little I **fell in love** with him. His sense of humour **appealed to** me and I was **captivated by** his smiling eyes. Now, three years later, I can't see why I didn't **fall for** him the moment we met. He's a very **caring** person, **fond of** animals and small children. He's always **affectionate** and **loving towards** me and **passionate** both **about** me and about the things he believes in and the people he **cares for**. I hope we'll always be as **devoted to** each other as we are now.

Do write again soon and tell me all about your life!

Love,

Amy



B

Words and expressions relating to disliking

Loathe, detest, despise, cannot stand and **cannot bear** are all stronger ways of saying 'dislike' and they are all followed by a noun or an *-ing* form.

I **loathe** / **detest** / **despise** / **can't stand** / **can't bear** bad-mannered people. I **can't bear** listening to her stupid stories.

Repel, revolt, appal and **disgust** are strong words used to describe the negative effect which something has on a person.

His films **disgust** me. I was **revolted** by the way he spoke. We were **appalled** by the conditions in the refugee camp. His behaviour **repels** everyone.

C

Words and expressions relating to desiring

Desire is either a formal verb to express a sexual wish for someone or a formal word for *wish*. He **desired** her the moment he saw her. I have a strong **desire** to see the Himalayas before I die.

Look forward to means think about something in the future with pleasant anticipation. It is followed by a noun or an *-ing* form. The opposite is **dread**, which is rather strong.

I'm **looking forward to going** to Fiji but I'm **dreading** the long flight.

Long for means to wish for something very much. **Yearn for** is a more poetic way of saying **long for**. After this long, cold winter, I'm **longing for** spring. He will never stop **yearning for** his country although he knows he can never return.

Exercises

44.1 Complete the sentences with words from A opposite and add the missing prepositions.

- 1 Jack and Lily are very d *evoted* *to* each other.
- 2 Mrs Williams is very f her son-in-law.
- 3 Are you k rugby? There's a big match on TV tonight.
- 4 Spending a whole day with my cousins doesn't a me.
- 5 We just looked at each other and we f love immediately.
- 6 She's so beautiful. I f her the moment I saw her.
- 7 Our grandmother was always very a us when we were little and hugged us every time she saw us.
- 8 She's very p wildlife and c sick animals in the local animal rescue centre.

44.2 Rewrite the sentences, changing the meaning as little as possible. Use the word in brackets.

- 1 I'm fond of him. (quite like) *I quite like him.*
- 2 I strongly dislike jazz. (stand)
- 3 Do you think Ethan is attractive? (fancy)
- 4 She likes rowing and golf. (keen)
- 5 I loathe very salty food. (bear)
- 6 His art attracts me. (appeal)
- 7 I find Gina very interesting. (fascinate)
- 8 She has totally charmed him. (captivate)
- 9 I'm dreading the exam. (look)

44.3 In each pair of sentences which person probably feels more strongly, a or b?

- | | | |
|---|-------------------------------------|----------------|
| 1 a He's devoted to his sister. | b He's very fond of his sister. | <i>a</i> |
| 2 a I dislike his poetry. | b I loathe his poetry. | |
| 3 a She's yearning to see him. | b She's longing to see him. | |
| 4 a I'm not really looking forward to the exam. | b I'm absolutely dreading the exam. | |

44.4 Correct the mistakes in these sentences. There may be more than one mistake in the sentence.

- 1 I was ~~appealed~~ *appalled* by the terrible conditions in the prison. They were simply inhuman.
- 2 I can't bare selfish people. I dispose anyone who never considers others.
- 3 Her manner repealed me at first and I wouldn't stand being in the same room as her, but now I've begun to like her more.
- 4 I felt a strong desire of finding out what had happened to my old school friends.
- 5 Are you looking forward to start your new job?
- 6 I felt absolutely disgusting by his unkind remarks about Sylvia.

44.5 Over to you

Answer the questions.

- 1 What characteristics in people do you most detest?
- 2 Would you describe yourself as a caring person? In what ways do you show it?
- 3 What issues are you passionate about? Why?

A

Reporting verbs

We can use these verbs to report people’s speech and how they speak (including how loudly and what their mood is).

verb	loudness	most likely mood
whisper	very soft	telling someone a secret*
murmur	soft	romantic <i>or</i> complaining
mumble	soft (and unclear)	nervous <i>or</i> insecure
mutter	soft	irritated
shout	loud	angry <i>or</i> excited
scream	loud (usually without words)	frightened <i>or</i> excited
shriek	loud (and shrill)	frightened <i>or</i> amused
stutter, stammer	neutral	nervous <i>or</i> excited**

*People also whisper in places where it would be impolite to speak loudly.

**Stuttering and stammering may also be the result of a speech impediment.

‘I’m sick of this. I’m going home,’ he **muttered**.
Suddenly, someone **shouted** ‘Help!’
She **whispered** that she was not happy with the way the meeting was going.

B

Describing feelings

These verbs indicate the speaker’s feelings or intentions. (sb = someone, sth = something)

verb	patterns	feeling	verb	patterns	feeling
boast	to sb about sth	proud of yourself	complain	to sb about sth	displeased
insist	on sth	determined	maintain	that	confident
object	to + <i>-ing</i>	unhappy with a situation	confess	to + <i>-ing</i>	repentant
threaten	to do sth	aggressive	urge	sb to do sth	encouraging
argue	with sb about sth	not in agreement	beg	sb to do sth	desperate
groan	that	despair, pain	grumble	about sth	displeased

C

Adverbs related to speech

To indicate someone’s feelings, you can use a speaking verb plus an adverb. For example, ‘He said **anxiously**.’ ‘She spoke **angrily**.’ This is common in written style.

If someone feels angry: **angrily** **furiously** **bitterly**

If someone feels unhappy: **gloomily** **miserably** **sadly**

If someone feels happy: **happily** **cheerfully** **gladly** **hopefully**

If someone feels worried: **anxiously** **nervously** **desperately**

Other useful adverbs: *excitedly, impatiently, reluctantly, shyly.*

Language help

Most of the verbs in **B** above can also be used with a *that* clause.
*She **boasted that** she had scored 20 goals in one season.*
*He **threatened (that)** he would call the police.*

Exercises

45.1 Choose a verb from A opposite to fit the meaning of the sentences.

- 1 'Oh, nooooooooooooo!!!!!!' she screamed / shrieked in absolute terror.
- 2 'Don't look now, but Matt has just arrived,' she _____ in my ear.
- 3 'Joey! Come here at once!!' his mother _____.
- 4 'I d-d-d-did it,' he _____.
- 5 'I'm sick of this meeting. I'm going home,' he _____.
- 6 'Oh, that's so, so funny!' she _____ with laughter.
- 7 'There's a spider!!!' she _____.
- 8 'Stop _____! I can't hear what you're saying,' she said.
- 9 'I think we should leave now. It's late,' he _____ quietly.

45.2 Match the sentence beginnings on the left with the endings on the right.

- | | | |
|------------------------|-------------------------------------|---|
| 1 He always maintained | ☒ | a to cancel my parking permit. |
| 2 He groaned | ☐ | b not to leave, but I had to. |
| 3 They threatened | ☐ | c on using recycled paper for everything. |
| 4 She complained | ☐ | d that he could read people's minds. |
| 5 He begged me | ☐ | e that he needed a doctor immediately. |
| 6 She insisted | ☐ | f about the noise coming from above. |

45.3 Add a reporting verb and one of the adverbs from the box to each sentence. Where possible, use reporting verbs from A.

angrily bitterly impatiently happily hopefully anxiously sadly excitedly

Milly 'You must pay attention!'
Milly shouted angrily.

Andrew 'I feel much better today, thank you.'

Petra 'Oh wow! I've just won a prize in a competition!'

Leo 'I will never forgive them for what they did.'

Lily 'This is our last day together. I'll miss you.'

Rory 'I'm very worried. She said she would phone us.'

Kallum 'Oh, come on! Do hurry up! Let's go! Now!'

Anna 'We may be lucky and the rain might stop.'

45.4 Rewrite the sentences using the verbs in brackets.

- 1 Don't exaggerate your talents to your friends. They'll stop liking you. (boast)
Don't boast about your talents to your friends.
- 2 I'm not happy with having to sit on the floor. I paid for a seat. (object) _____
- 3 Stop being discontented with your job all the time. (grumble) _____
- 4 He talked about refusing to pay and calling the police. (threaten) _____
- 5 She asked if we would help her. (beg) _____
- 6 He admitted that he had broken the window. (confess) (two answers) _____

45.5 Answer the questions.

- 1 Which adverbs describe positive (P) feelings and which describe negative (N) feelings?
gloomily (N) miserably () cheerfully () desperately () gladly ()
- 2 Which prepositions usually follow: (a) object, (b) insist, (c) complain?
- 3 Which adverb means that someone does not want to do something?
- 4 What is the missing preposition? 'Let's be friends. I don't want to argue _____ you.'
- 5 How might someone speak at a job interview if they were not very confident?

A

The five senses

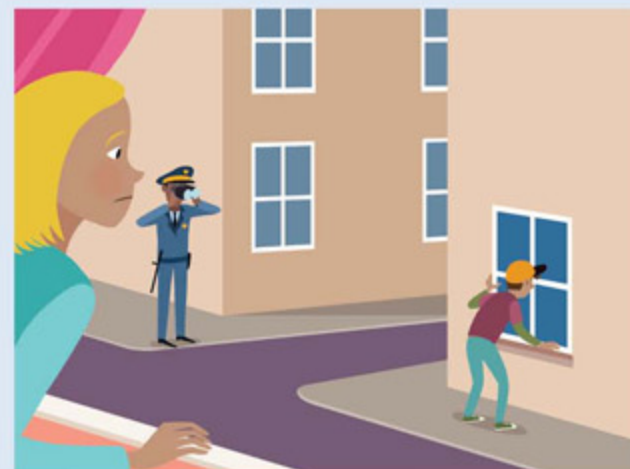
The five senses are **sight**, **hearing**, **taste**, **touch** and **smell**. What is sometimes referred to as a 'sixth sense' (or extrasensory perception) is a power to be aware of things independently of the five physical senses - a kind of supernatural sense. The five verbs referring to the senses are modified by an adjective rather than an adverb.

He **looks** dreadful. The trip **sounds** marvellous. The cake **tastes** good. It **felt** strange.
The soup **smelt** delicious.

B

Sight

Yesterday I **glanced** out of the window and **noticed** a policeman **observing** a house opposite through binoculars. I thought I **glimpsed** a man inside the house. Then I **saw** that there was a man **peering** into the window of the same house. I **gazed** at them wondering what they were doing. Suddenly the policeman stopped **staring** through his binoculars. He went to arrest the other man as he started to climb into the house through the window. I realised that I had **witnessed** a crime.



C

Hearing

Scale of loudness:

noiseless → **silent** → **quiet** → **noisy** → **loud** → **deafening**

D

Taste

sweet (honey) **salty** (crisps) **bitter** (strong coffee) **sour** (vinegar) **spicy** (Indian food)

If you say something tastes **hot** it may mean **spicy** rather than **not cold**. If a curry, say, is not particularly hot, then it is **mild**. Food can be **tasty**, but **tasteful** refers to furnishings, architecture or a style of dressing or behaviour. The opposite of both is **tasteless**.

E

Touch

She **poked** me in the ribs with her elbow to wake me up. He **stroked** the cat and **patted** the dog. She **tapped** him on the shoulder. He **grasped** my hand and we ran. She **grabbed** her phone and ran to the bus stop. The thief **snatched** her handbag and disappeared into the crowd. **Press** the button. Please **handle** the goods with great care.

F

Smell

Here are some adjectives to describe smells:

Very unpleasant: **stinking foul-smelling putrid musty** [smelling unpleasantly old and slightly damp] **pungent** [smelling very strong, often unpleasantly so]

Pleasant: **fragrant aromatic sweet-smelling perfumed/scented**

G

Sixth sense

Different phenomena which a person with a sixth sense may experience:

telepathy [experiencing someone else's feelings even though you are apart]

premonition [knowing something is going to happen before it occurs]

intuition [instinctive understanding]

déjà vu [an inexplicable feeling that you have already been somewhere or experienced something before]

Exercises

46.1 Which of the verbs in the text in B opposite suggests looking in the following ways

- 1 as a crime or accident occurs? *witness*

2 closely, finding it hard to make things out?

3 in a scientific kind of way?
- 4 quickly?

5 fixedly?

6 at something but getting only a brief view?

46.2 Are the following best described as *sweet, salty, bitter, sour, spicy* or *hot*?

- 1 strong, unsweetened coffee *bitter*

2 chocolate cake
- 3 chilli powder

4 lime
- 5 Indian cooking

6 sea water

46.3 Which of the adjectives in F best describes for you the smell of the following?

- 1 herbs in a kitchen *aromatic*

2 old socks

3 out-of-date eggs

4 roses
- 
- 5 a shed full of goats

6 a beauty salon

7 a loft used for storage

8 a skunk

46.4 Replace the underlined words with a more precise verb from the opposite page.

- 1 I touched the dog a few times. *patted*

2 He knocked lightly on the door.

3 She took my hand firmly.

4 She put her face very close up to the window so she could see better.

5 Take care you don't hit anyone in the eye with your umbrella.
- 6 He touched the cat affectionately.

7 The robber took the money and ran.

8 She picked up, carried and put down the boxes carefully.

46.5 Make a sentence about the situations using any of these verbs - *look, sound, taste, feel, smell* - plus an adjective.

- 1 You see a film about the Rocky Mountains. *They look magnificent.*

2 You come downstairs in the morning and smell fresh coffee.

3 A friend has just had her hair cut.

4 You hear the latest number one song.

5 A friend, an excellent cook, tries a new soup recipe.

6 A friend asks how you feel today.

7 A little boy asks you to listen to his first attempts at the piano.

8 You see a friend of yours with a very worried look on her face.

46.6 Write sentences using each of the nine verbs in bold in B in ways that illustrate their specific meanings as clearly as possible.

EXAMPLE *Laura hoped her boss wouldn't notice her glancing at her watch every few minutes.*

46.7 Over to you

Answer these questions about yourself.

- 1 What's your favourite smell?

2 Do you prefer a hot curry or a mild curry?

3 What materials do you like the feel of?

4 Do you believe that some people have a sixth sense?

5 Have you ever had a feeling of déjà vu?

6 Have you ever had a telepathic experience?