



SpeakEnglishPodcast.com

The **Podcast** That Will Help You **Speak** English Fluently.
With No Grammar and No Textbooks!

Episode #054

How to express different
Moods and **Feelings** in English

Get more lessons at: SpeakEnglishPodcast.com

Hello, everybody! I am Georgiana, your English teacher and founder of SpeakEnglishPodcast.com. My mission is to help you speak English fluently. Speaking English is easier than it seems! You just have to use the right material and techniques.

In today's episode, I'll talk about expressing moods in English, and why you should avoid using the word VERY.

After that, I'll practice your speaking with a funny mini-story.

Since today we're talking about **moods**, I'll tell you how one of my students feels about the podcast and my English [premium courses](#).

This is a comment from Mauro Cruz from Brazil who says:

" Thanks, and congratulations, Georgiana, for your excellent English course! I started listening to your podcast three months ago, and I feel that my English skills have improved considerably. The technique, texts, and the way of conducting the course are unique and very effective."

The screenshot shows the top navigation bar of the website with the logo and text "SPEAK ENGLISH NOW!". Below the navigation are links for "START HERE", "COURSES", "PODCAST", "TESTIMONIALS", "CONTACT", and "LEARN SPANISH". The main content area features a testimonial titled "#021 Learn English daily - The Kaizen way -No procrastination". The testimonial is from Mauro Cruz, dated July 12, 2018, at 11:56 am. He thanks Georgiana for her excellent English course and mentions that he started listening to her podcast three months ago, feeling that his English skills have improved considerably. The technique, texts, and the way of conducting the course are unique and very effective. Below the testimonial is a "Reply" button. To the right of the testimonial is a sign-up form with fields for "Email:" and "Name:". Below the form is a green button labeled "START HERE!". Below the sign-up form is another testimonial from Mauro Cruz, dated July 27, 2018, at 7:21 am. He thanks Georgiana and mentions that he just saw the inclusion of his comment in the 54th lesson. His wife was listening to her podcast and by chance she heard his name in this lesson. She came immediately to him and showed him that she is very interested in the course and she is loving the technique, "without boring exercises or memorizing rules."

Get more lessons at: SpeakEnglishPodcast.com

Thank you!" Juiz de Fora, Brazil. ([Read the comment on my website >>>](#))

As I said at the beginning of today's lesson, in this episode, I thought about talking a little bit about how you can express your **moods** in English.

I've started making a list of words you can use, but there's a ton of them! The good news is that **you don't need to know all of them** to express different kinds of moods.

Let's have a look at some of them. I've arranged the words into groups so that they have a special connection.

For example, sometimes we are **sad**, and at times we're **happy, glad, cheerful**, which is the exact opposite of sad.

Before we continue with the lesson, I should perhaps point something out:

In English, many people often use the word "**very**" to add emphasis. The word **very** means "to a great degree".

However, you should use this word as little as possible. Instead, use a "stronger" versions of the word you want to use in that sentence.

For example, instead of saying that someone is **very sad**, you could use words like: **morose** or **desolate**.

Another way to express our sadness is by using the word **devastated**. This word is a little more formal.

On the other hand, when someone's **very happy**, we could use words like: **elated, exultant, or thrilled**.

A few examples with all these words:

"A man dressed in black and white was sitting **morosely** in front of him."

"After Eve left Jonny, he was **devastated** for months."

Get more lessons at: SpeakEnglishPodcast.com

"Jeremy's wife is **elated** because the football league is finally over."

"The president waved to the **exultant** crowds."

"When Jason got promoted last year, he was **thrilled** with the good news!"

"John is **happy** because the weekend is coming."

"When we arrived at the mall, we saw an **exultant** man."

"Laura is **sad** because she hasn't seen her best friend in a while."

Let's see more ways to express moods:

If you're **bored**, it means you're not interested in the situation you're in. The opposite of boring is being **entertained** with or by something.

For example:

"I'm so **bored** at home since the internet doesn't work."

"Peter is quite **entertained** with the new video game."

On the other hand, you may be **angry** at something or someone. If you're very angry, it means you're **furious** or **mad**. But you might just be **upset** or **annoyed** about something.

Let's look at some examples:

" My boss is **angry** because I haven't finished the project."

"And if I don't finish by tomorrow, he'll be **furious**. I'm mad at him because he's the one who didn't give me enough time. I just don't get why he's so **pissed off**."

"Farmers sometimes get **annoyed** by mosquitoes."

"My brother got so **upset** with me he didn't call me for a year."

Get more lessons at: SpeakEnglishPodcast.com

Let's see some more expressions:

In a certain situation, you may be **nervous** or **anxious** but also **relaxed**. For example:

"I'm really **nervous** about the test tomorrow. "

"Mary was **anxious** to hear the test results, so she didn't sleep all night."

"When I'm done, I'll be **relaxed**. I intend to sleep all day."

Well, we've seen some words to describe our **mood**.

Let's go over them again:

Sad, morose, desolate, devastated;

happy, elated, exultant, thrilled, ecstatic;

Boring, entertaining, amusing;

Mad, angry, upset, annoyed, pissed off;

Nervous, anxious, relaxed.

Mini-Story

(Improve your Fluency)

Great! Now, you can practice with a mini-story. You will be able to go over this vocabulary we saw in the first section.

A mini-story is very simple. I give you information using phrases, and then I ask you questions.

I recommend that you listen several times until it's easy to answer.

Yesterday, my friends and I went to the mall.

Get more lessons at: SpeakEnglishPodcast.com

Where did you go?

To the mall. My friends and I went to the mall.

When did you go to a mall? Last year?

No. No. Not last year. We went to a mall yesterday.

Who went to a mall? Your granny went to a mall?

No. No. Not my granny. My friends and I went to the mall. My granny remained at home.

So, you went to a restaurant. Right?

No, no. We didn't go to a restaurant. We went to a mall.

I'm sorry, where did you say you went yesterday?

To a mall. Yesterday my friends and I went to a mall.

We went to a mall because we were really bored, so we were looking for some entertainment.

You went to a mall because you were entertained?

No. No. We didn't go because we were entertained.

We went because

we were bored.

Were you nervous?

No, no. We weren't nervous. We were just bored.

Were you looking for something?

Yeah. We were looking for some entertainment.

Why did you go to the mall?

Because we were bored, we went to the mall because we were bored and we were looking for some entertainment.

When we arrived at the mall, we saw an exultant man jumping for joy.

When you arrived, did you see a happy or exultant man?

Exultant. We saw an exultant man when we arrived.

Did you see a relaxed man having a coffee?

No. No. We didn't see a relaxed man having a coffee.

We saw an exultant man.

How was the man? Was he sad?

No. No. He wasn't sad. He was exultant.

Was the man running?

No. No. He wasn't running. The man was jumping for joy.

The man was exultant because he had found out that he'd won the lottery.

Was the man exultant because he'd won something?

Yes. The man was exultant because he had won the lottery! He'd won a lot of money!

Was the man furious because he had won the lottery?

No, no. He wasn't furious. He was exultant. He was thrilled.

Why was the man exultant?

Because he had won the lottery, he was exultant because he'd won the lottery.

What did he win?

The lottery. He'd won the lottery.

Who had won the lottery?

The man. The man had won the lottery.

A couple of hours later, we saw the same man, although this time, he was devastated.

Did you see the same man again?

Yes. We saw the same man again. And to our surprise, this time, he was devastated.

Did you see the man a couple of hours later, or an hour later?

A couple of hours later. We saw the same man a couple more hours later, and he was devastated.

How was the man a couple of hours later? Was he Angry?

No. No. He wasn't angry. A couple of hours later, the man was devastated. He was very sad!

It turned out that the man was desolate because he had lost his lottery ticket.

Was the man desolate because he had lost something?

Yes. The man was desolate because he had lost his lottery ticket.

Had the man lost his wallet?

No. No. The man hadn't lost his wallet. He'd lost his lottery ticket.

What had he lost?

The lottery ticket. He'd lost the lottery ticket.

Why was the man so desolate? Wasn't he exultant?

No, no. He wasn't exultant. He was desolate because he'd lost the lottery ticket. He won the lottery, but he lost the ticket. Poor man!

We returned home feeling sorry for the man.

Did you return home, or did you stay at the mall?

We've returned home. We didn't stay at the mall.

Did you stay with the man to comfort him?

No. No. We don't stay with the man to comfort him. But we returned home feeling sorry for him.

Did you return home angry because the man had lost his ticket?

No, no. We didn't return home angry because the man had lost his ticket. We were sad, not angry. We felt sorry for the poor man!

Were you devastated?

No. No. We weren't devastated, but if anything, sorry for the poor man. At first, the man was exultant because he had won the lottery. Then he lost his ticket and couldn't find it anymore, so he became devastated.

Perfect! It's the end of this mini-story. As you can see, through questions and answers you can practice and improve your speech.

If you want to get hours of audio with mini-stories and points of view stories, I'd like to recommend to you my [Fluency Course](#).

You can get it at SpeakEnglishPodcast.com/fluency

Well, I think that's enough for today. Try to listen to this content several times.

I'll see you next week! Take care! Bye! Bye!



Georgiana

founder of SpeakEnglishPodcast.com

Get more lessons at: SpeakEnglishPodcast.com