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Episode #055

Moods and Feelings in English
(part II)

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Hi! I am very happy today because I have a huge announcement! A **new course** is now available to help you with your pronunciation. And **it's for all levels!**

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In today's episode, I'll talk again about **how to express moods in English**, and you'll learn more expressions.

Then, through a lesson of a point of view story, let's practice the vocabulary.

Before we go any further, I'd like to thank you for listening. I have also learned languages, and I can identify with you and your goals, so I want to help you.

Do you know how you can help me? **It would be awesome if you shared my podcast with your friends and family or leaving a review on iTunes.** Your help would mean a lot to me. Thanks!

All right, let's get started.

Let's continue with the moods and words we can use to express how we feel.

In the previous episode of this podcast, we saw these words:

Sad, morose, desolate, devastated;

happy, elated, exultant, thrilled, ecstatic;

Boring, entertaining, amusing;

Mad, angry, upset, annoyed, pissed off;

Nervous, anxious, relaxed.

Let's see some more examples. Don't worry if you don't learn them all. The goal is to get familiar with them.

Okay, let's start with the easy stuff:

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A person may feel **optimistic** about something or even **pessimistic**. When you feel optimistic, you expect good things in the future. When you feel pessimistic, then you don't expect anything good.

Remember, we're talking about **moods** here. That is, how we are or feel at any given time. If you say someone is optimistic, it means that their personality is mostly positive, and they usually expect things to go well.

Let's take a look at some examples:

"I'm feeling **optimistic** about work today. I'm sure I'll get a raise."

"My boss is always **pessimistic**. He never trusts that we can finish before the deadline."

Or, you can be **in good spirits** or **cheerful**. What do you mean by that? Well, that you have good energy, that you're in a good mood. It's a bit like "happy," but in this case, it's a more profound feeling.

A **cheerful** person is always proactive and a pleasure to be around.

You can also use the opposite. A **discouraged** person, for example, has little energy, little desire to do things, and they are probably depressed.

For example:

"After knowing the results of the surgery, Suzy was **in good spirits again**."

"Johnny got **cheerful** after having a few drinks."

"I'm very **discouraged**. I find it impossible to learn Chinese."

"Jimmy got **discouraged** when he found out he couldn't stay in town any longer."

Many times, we have the power to change other's moods. For example, we can raise people's spirits or

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encourage them; however, we can also do the opposite. Sometimes we **discourage** others. I prefer to think that I'm a person who inspires people.

For example:

"Here, have another beer. It'll **cheer you up!**"

"It's great talking to you because you always **lift my spirits.**"

"Sorry, I didn't mean to **discourage** you, but I thought you wanted to know the truth about your friend."

By the way, have you noticed that when a person feels optimistic, it's because they believe that something good will happen in the future, for example, a good result? Therefore, an optimistic person is usually more cheerful than a pessimist. And sadly, pessimistic people are generally discouraged.

And sometimes we can't avoid being **worried**. When we're worried, we're not relaxed at all because we're always thinking about what's bothering us.

You can also be **desperate** or **hopeless**. Someone who is desperate has no hope. We use this word to indicate that the person could do extreme things.

For example:

"Jessie's **desperate** because she doesn't have any money. She's capable of robbing a bank."

"No matter how **desperate** you are, you can't just quit your job and leave. You have to keep going."

Another mood is: **paranoid**. Being paranoid means you think others are plotting against you.

For example:

"I'm afraid that Christine's **paranoid**. She's convinced that she's being followed down the street every day."

"Don't be **paranoid!** No one's going after you!"

When we're anticipating something, when we are waiting for something meaningful to happen, we become **impatient (anxious)**.

Example:

"Carlos is very **anxious** to know if he'll be able to go on holiday."

Finally, let's look at words like **deranged, unhinged,** or **nuts**. A deranged person is a person who is absolutely unbalanced.

Let's look at some examples to understand it better:

"Billy has been totally **unhinged** since he lost his job."

"Jack **has gone nuts** shortly after his wife dumped him."

"The man was so **deranged**; he threatened to burn the house down."

By the way, you can make someone feel **unbalanced** by **driving them nuts** or **getting them on their nerves**.

"He **gets on my nerves** sometimes!"

"You know what **drives me nuts**? When our son is smoking in front of me."

All right, today, you learned some new words to describe our mood. Let's go over them again:

Optimistic, pessimistic
Encouraged, cheerful, in good spirits, discouraged;
Worried, desperate, hopeless;
Paranoid;
Impatient(anxious), unhinged, deranged, nuts;
To drive someone nuts and get someone on their nerves.

POV Story

(Practice your Grammar)

Well, let's practice a little bit with a point of view story. These lessons are very useful for intuitive grammar practice.

I'm gonna tell you a little story using the new words that you learned in the first section. Then I'm going to tell you the same story again, but changing a grammar point of view. This way, you can see how the tenses change.

Just listen and focus on the changes.

All right, let's get started!

Mark was very **excited** because he had met a girl, Megan. He liked this girl a lot and was very **optimistic** about the possibility of going out with her. However, Mark was very shy. He was **worried** because he didn't know what to say to Megan. Weeks passed, and he still wasn't able to talk to her. He felt increasingly **pessimistic** about being able to achieve his goal.

Desperate, he went straight to Megan's house to tell her how he felt, but in the street, he saw Megan talking **cheerfully** with another boy. They hugged each other. Mark became very **paranoid**. He was sure Megan had a boyfriend and that he had lost her forever. A situation like this could make anyone **unhinged**.

The next day Mark saw Megan and yelled at her:

"I saw you with your boyfriend yesterday!"

"Oh, but he's my brother," Megan answered.

"Ah..." exclaimed Mark.

"Hey Mark, you wanna come to the movies with me? There's this new movie, and I'm **impatient** to watch it."

"Oh... yeah, sure. At what time?"

All right, let's change the point of view.

Mark, you're very **excited** because you met this girl, Megan. You like this girl a lot, and you feel very **optimistic** about the possibility of going out with her. You're very shy, though. You're **worried** because you don't know what to say to Megan. The weeks go by, and you're not able to talk to her. You feel increasingly **pessimistic** about achieving your goal.

Hopeless, you go straight to Megan's house to tell her how you feel, but in the street, you see Megan talking **cheerfully** to another boy. They hug each other. You get so **paranoid**. Are you sure Megan has a boyfriend and that you've lost her forever? A situation like this can make anyone **unhinged**.

The next day you see Megan, and you yell at her:

"I saw you with your boyfriend yesterday!"

"Yes, he's my boyfriend; we love each other a lot,"

Megan replies.

"I knew it!", you exclaim."

"No, I'm just kidding! He's my cousin. By the way, do you want to have dinner with me tonight? I can't wait to go to a new restaurant where they serve the best steaks in town."

"Oh... yes, of course. I'm a vegetarian, but of course, can we go. At what time?"

Great! I like these kinds of stories because they're easy to remember and help a lot with learning English. Humor also makes learning more enjoyable.

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