

## A How do you feel?

## Language help

We use **emotion** and **feeling(s)** for something which someone feels strongly about, e.g. love, hate or anger. **Emotions** are part of our character, e.g. *Timo is a very **emotional** person.* [shows his feelings easily] **Feeling** is often plural, e.g. *She doesn't like talking about her **feelings**.*

I'm very **proud**<sup>1</sup> of my son's success, but I'm a bit **disappointed**<sup>2</sup> that the local paper hasn't shown more interest in the story.

<sup>1</sup> feeling good because you (or someone you know) has done something well

<sup>2</sup> unhappy because someone or something was not as good as you hoped.

The politicians seem **confused**<sup>3</sup> about what to do, so I'm not **hopeful**<sup>4</sup> that things will improve.

<sup>3</sup> not able to think clearly or understand something

<sup>4</sup> feeling positive about a future situation

We were **curious**<sup>5</sup> to see what all the noise was about, but I felt **anxious**<sup>6</sup> when I saw how angry the men were, and really **scared**<sup>7</sup> when they started coming towards us.

<sup>5</sup> wanting to know or learn about something

<sup>6</sup> worried

<sup>7</sup> afraid; *syn* **frightened**

I think Harry ended the relationship because his girlfriend was getting **jealous**<sup>8</sup>, but now he's quite **upset**<sup>9</sup>.

<sup>8</sup> unhappy and angry because someone you love seems too interested in another person

<sup>9</sup> unhappy because something unpleasant has happened

## Language help

adjective	noun
proud	<b>pride</b>
jealous	<b>jealousy</b>
curious	<b>curiosity</b>

adjective	noun
disappointed	<b>disappointment</b>
confused	<b>confusion</b>
anxious	<b>anxiety</b>

## B The effect of the weather on our feelings

Why do people say they feel more **cheerful** [happy] when the sun shines, and **miserable** [unhappy] when it's raining? Why do some people suffer from SAD (seasonal affective disorder), which makes them feel **depressed** [unhappy, often for a long time, and without hope for the future] during long dark winters? Can the weather really affect our **mood** [the way we feel at a particular time], or is it just in our imaginations?

## C The effect of colour on our emotions

**COLOUR** can have an **effect** on our mood, but how do specific colours relate to our emotions?

**RED** can make us feel **energetic**<sup>1</sup>, but it can also indicate **anger**<sup>2</sup>.

**PINK** though, is softer and more about maternal love and **caring for**<sup>3</sup> people.

**GREEN** is associated with nature and is good for people suffering from **stress**<sup>4</sup>.

**BLUE** is relaxing and helps us to be **creative**<sup>5</sup>, but too much dark blue can make us depressed.

<sup>1</sup> wanting to be busy and doing a lot of things

<sup>2</sup> being angry

<sup>3</sup> looking after someone, especially someone young or old

<sup>4</sup> feelings of worry caused by difficult situations such as problems at work

<sup>5</sup> good at thinking of new ideas or using our imagination

Exercises

12.1 Cover the opposite page. Complete the tables.

adjective	noun
angry	<i>anger</i>
jealous	
confused	
	pride

adjective	noun
disappointed	
	curiosity
anxious	
	emotion

12.2 Find the best sentence ending on the right for each of the sentence beginnings on the left.

- 1 He was very anxious when

2 He was very jealous when

3 He was very scared when

4 He was very proud when

5 He was very upset when

6 He was very miserable when
- ☒

☐

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- a he heard his aunt had died.

b his father appeared on TV with the Prime Minister.

c his 14-year-old daughter didn't get home until 2 am.

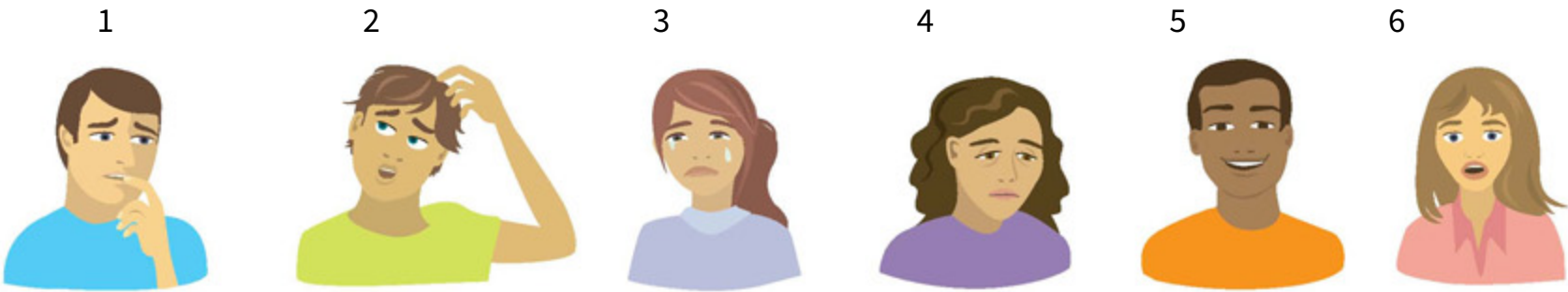
d he saw the man coming towards him with a knife.

e he was ill.

f his best friend went out with the girl he really liked.

12.3 Match the words and faces.

anxious 1    scared .....    cheerful .....    upset .....    confused .....    depressed .....



12.4 Complete the sentences.

- 1 My aunt had to *care* ..... for her elderly mother for years.

2 I can't tell whether Mia is happy or not; she never shows her .....

3 I'm much more ..... in the mornings. By the afternoon I feel tired.

4 Weather has a big ..... on the way I feel.

5 He's been under a lot of ..... recently because of the amount of work he has to do.

6 Oliver's cheerful one minute and miserable the next; his ..... changes all the time.

7 It's been a depressing month, but I'm ..... things will get better next month.

8 I don't like walking home in the dark. I get very .....

12.5 Over to you

Answer the questions. If possible, compare your answers with someone else.

- 1 Does colour or the weather have an effect on your emotions? How?

2 Do you ever suffer from stress? Why?

3 Does your mood change a lot from day to day? Why?

4 Do you feel more energetic at certain times of the day? Why?

## A

## Relatives\*

## RELATIVES



My father died when I was nine, and so my mother was a **widow**<sup>1</sup> with four young children. She **remarried** five years later, so now I have a **stepfather**. As he is not my real father, I call him by his first name, which is Dieter. I've got an **elder**<sup>2</sup> brother called Thomas and two younger sisters, Anya and Claudia, who are **twins**<sup>3</sup>. We're a **close family**<sup>4</sup>.

My mother is an **only child**<sup>5</sup>, but I've got two uncles on my father's side. One is married with two children, and the other is married with three children, so **altogether** I have five **cousins**. I **get on well with**<sup>6</sup> Uncle Rolf, and he always tells me I'm his favourite **nephew**. Of his **nieces**, I think he likes Anya best.

Recently my brother Thomas **got married**. His wife's name is Sabine, so I now have a **sister-in-law**<sup>7</sup> as well.

\* members of your family; *syn* **relations**

<sup>1</sup> a woman whose husband has died

<sup>2</sup> older

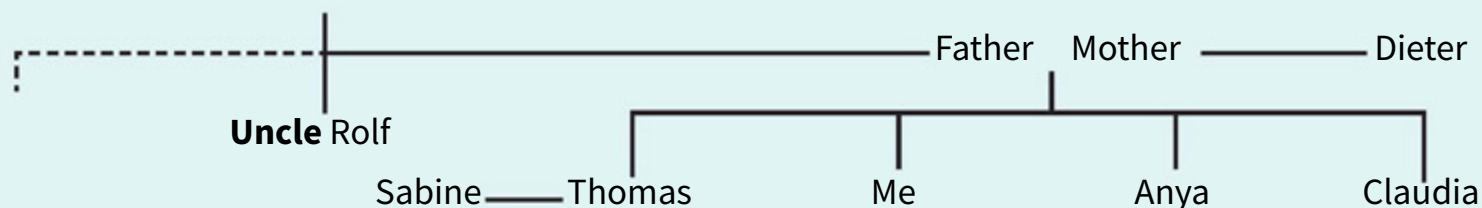
<sup>3</sup> two children born to one mother at the same time

<sup>4</sup> a family who like each other and stay together a lot

<sup>5</sup> without brothers or sisters

<sup>6</sup> have a good relationship with

<sup>7</sup> (also **mother/brother/son-in-law**, etc.)



## Common mistakes

It's more common and more natural to say '**Thomas's** wife' (NOT ~~the wife of Thomas~~) or '**Anna's** younger sister' (NOT ~~the younger sister of Anna~~).

## B

## Friends

## FRIENDS

My **best friend** is Florian, an **old school friend**<sup>1</sup>. We **got to know each other**<sup>2</sup> when we were in the same class at school. We've been **mates**<sup>3</sup> **ever since**<sup>4</sup>, and our **friendship** is very important to both of us. He spends a lot of time with my family, and his **current**<sup>5</sup> girlfriend is actually one of Thomas's **ex-girlfriends**. But we all get on really well.

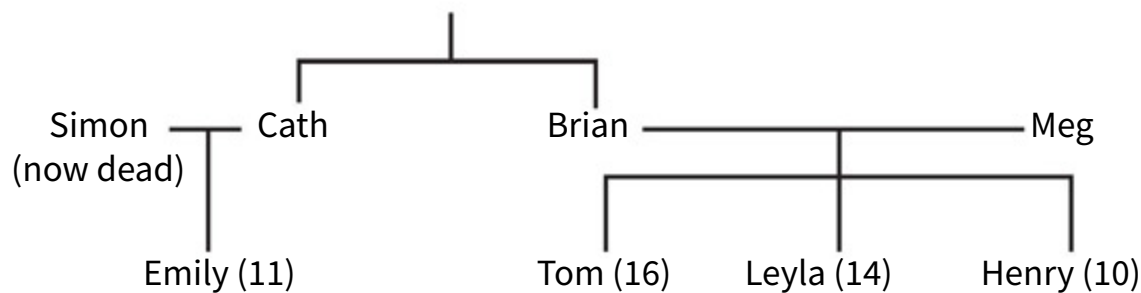


## Language help

We use the prefix **ex-** for a relationship we had in the past but do not have now, e.g. *The children stay with my **ex-** husband at the weekend; I saw an **ex-** girlfriend of mine yesterday.*

# Exercises

## 13.1 Look at the family tree, then complete the sentences below.



- 1 Simon died two years ago, so Cath is a *widow*.
- 2 Leyla is Cath's .....
- 3 Tom is Cath's .....
- 4 Cath is Meg's .....
- 5 Simon was Brian's .....
- 6 Tom is Leyla's ..... brother.
- 7 Emily is Leyla's .....
- 8 Emily is an ..... child.

## 13.2 Which words are being defined?

- 1 Your *current* ..... boyfriend is the one that you have now.
- 2 ..... means get married again.
- 3 ..... are all the members of your family.
- 4 Your ..... friend is the one you like more than any other.
- 5 An ..... friend is someone you have known for a long time.
- 6 ..... are two children born to one mother at the same time.
- 7 ..... is an informal word for a friend.
- 8 ..... is the noun when two people are friends.
- 9 Your ..... is the man who is married to your mother but is not your father.

## 13.3 Complete the text.

“I was still going out with James when I met my husband, Ben. We <sup>1</sup> *got to know* ..... each other because we went to the same gym twice a week. We went out with each other for about 18 months, and we got <sup>2</sup> ..... three years ago, so <sup>3</sup> ..... we’ve been a couple for almost five years. We’ve continued to go to the gym ever <sup>4</sup> ..... we got married, and I still quite often see James when we’re there. It’s nice if you can still <sup>5</sup> ..... with an <sup>6</sup> .....-boyfriend or -girlfriend.”

## 13.4 Over to you

Answer the questions for you, then, if possible, ask a friend and write their answers.

- 1 Are you an only child? If not, do you have elder brothers or sisters? .....
- 2 Do you get on well with other members of your family? .....
- 3 Are you a close family? .....
- 4 Who was the last person in your family to get married? When? .....
- 5 Who’s your best friend? .....
- 6 How long have you known him/her? .....
- 7 How did you get to know each other? .....



## A

## Ages and stages in the UK



Age	Stage
0	<b>birth</b> [the moment a baby is born]
Up to 12 months	a baby
12 months – 3 years old	a <b>toddler</b>
3–12 years old	a child: this period is your <b>childhood</b>
13–18 approximately	a <b>teenager</b> : during this period you are <b>in your teens</b>
18+	an <b>adult</b>
40+ approximately	people are <b>middle-aged</b> [in the middle of their lives]
60 or 65	<b>retirement</b> [when people stop work; they are <b>retired</b> ]
80+	old age (we usually describe people as <b>elderly</b> )

## B

## Approximate ages

I'm **in my early twenties** [21–23].

My parents are **in their mid-fifties** [54–56].

My grandmother is **in her late seventies** [77–79].

My grandfather is **nearly/almost eighty** [he's probably 79].

My English teacher's **approximately/roughly** thirty.

[about 30 / more or less 30]

## Common mistakes

We can say, **he's 30** or **he's 30 years old**. (NOT he has 30 or he's 30 years)

Also: a **30-year-old man**  
(NOT a 30-years-old man)

## C

## Past and present

## PAST AND PRESENT

My grandmother's name was Mary. She's **dead**<sup>1</sup> now. She died about ten years ago when I was in my teens, but I remember her well. She was **brought up**<sup>2</sup> on a farm in Wales, and her parents were very **strict**: as a teenager, they didn't **allow**<sup>3</sup> her to listen to the radio or go to parties in the village. **In the end**<sup>4</sup>, she decided to leave home and get a job in Cardiff. **At first**<sup>5</sup> it wasn't easy, but she **managed**<sup>6</sup> to find work, and she also met the man who became her husband: my grandfather. My mother was born four years later. She had a very different childhood. She grew up in the city, she **was allowed to** go to parties, and when she was in her teens, her parents **let**<sup>7</sup> her **stay out late**<sup>8</sup>. My mum is the same with me.



<sup>1</sup> not living; *opp* **alive**

<sup>2</sup> looked after until you are an adult

<sup>3</sup> give permission

<sup>4</sup> finally, after a lot of time or thought

<sup>5</sup> at the beginning

<sup>6</sup> was able (but it was difficult)

<sup>7</sup> allowed

<sup>8</sup> not go home until late

## Language help

**Let** and **allow** have the same meaning. **Let** is slightly more informal, and **allow** is often used in the passive.

My dad **let me drive** his car. I **was allowed to drive** my dad's car.

**You're not allowed to** smoke in that room. (NOT ~~It's not allowed to~~ smoke in that room.)

Exercises

14.1 Complete the sentences.

- 1 Isabella is only six months old – she’s still a baby.
- 2 Louis was 22 a few months ago, so he’s in his .....
- 3 Amelia is 35, so she’s in her .....
- 4 Abigail will be 13 this year, so she’ll soon be a .....
- 5 William is 53 and his wife is 47, so they’re both .....
- 6 Joan is 80 this year, so she is quite .....
- 7 Michael was a bus driver for 40 years but he’s now .....
- 8 Leon is 18 this year, so legally he becomes .....
- 9 The boys are 14 and 16, so they’re both in their .....
- 10 Holly is just over a year old and she’s starting to walk, so she’s a ..... now.

14.2 Are the sentences true or false about Mary’s life on the opposite page? If a sentence is false, change it to make it true.

- 1 Mary was brought up in the city. False. Mary was brought up on a farm.
- 2 She grew up in Wales. ....
- 3 Her parents let her do what she wanted. ....
- 4 She wasn’t allowed to listen to the radio. ....
- 5 Life was easy when she went to Cardiff. ....
- 6 She couldn’t get a job in Cardiff. ....

14.3 Rewrite the sentences without using the underlined words and phrases. Keep a similar meaning.

- |  |  |
|--|--|
| 1 My parents <u>are dead</u> now.                                | My parents <u>aren’t alive now</u> ..... |
| 2 It was hard but <u>finally</u> I did it.                       | It was hard but ..... .                  |
| 3 She’s <u>approximately</u> my age.                             | She’s ..... .                            |
| 4 They’re <u>almost</u> thirty now.                              | They’re ..... .                          |
| 5 <u>I had to do what</u> my parents <u>wanted</u> .             | My parents were ..... .                  |
| 6 My parents <u>let me</u> stay up and watch TV.                 | I was ..... .                            |
| 7 My mum <u>looked after me</u> in Scotland.                     | I was ..... .                            |
| 8 I <u>was able to</u> pass my exams <u>but it wasn’t easy</u> . | I ..... .                                |
| 9 I <u>didn’t go home until</u> late.                            | I ..... .                                |
| 10 <u>I was allowed to</u> wear what I liked.                    | My parents ..... .                       |
| 11 I was happy <u>as a child</u> .                               | I had a happy ..... .                    |
| 12 My grandparents <u>don’t work any more</u> .                  | My grandparents are ..... .              |

14.4 Over to you

Answer the questions. If possible, ask a friend and write their answers.

- 1 Where were you brought up? .....
- 2 What do you particularly remember about your childhood? .....  
.....  
.....
- 3 Were your parents strict? What weren’t you allowed to do when you were a child? .....  
.....  
.....
- 4 How late were you allowed to stay out when you were a teenager? .....  
.....

## A

## Romance

“I had my first **date**<sup>1</sup> when I was 16, and it was terrible. I took a girl to the cinema but she didn't like the film and looked bored all evening; it was a bad start. Then, when I was 17, I **went out with**<sup>2</sup> a girl for three months, but we **broke up**<sup>3</sup> when she met a boy who was two years older than me, and had a car. My first **serious relationship**<sup>4</sup> was when I went to university. I **got to know**<sup>5</sup> Melanie because we were on the same course. At first we were just friends, then we started going out with each other, and after a few months we realised we were **in love**. We **got engaged**<sup>6</sup> **a couple of**<sup>7</sup> years after we left university and then ...”

<sup>1</sup> a planned romantic meeting

<sup>2</sup> had a romantic relationship with

<sup>3</sup> the relationship ended

<sup>4</sup> important romantic relationship

<sup>5</sup> became friends with

<sup>6</sup> formally agreed to marry

<sup>7</sup> two, perhaps three



(bride) groom

## B

## Marriage\*

“... we **got married**<sup>1</sup> the following year. We didn't want a big **ceremony**<sup>2</sup>, so we had the **wedding**<sup>3</sup> in the local church near Melanie's home with just family and a few friends. afterwards we had the **reception**<sup>4</sup> in a small hotel nearby, and then went on our **honeymoon**<sup>5</sup> to Greece.”

\* the time when you are married

<sup>1</sup> became husband and wife

<sup>2</sup> an important public event

<sup>3</sup> the ceremony when people get married

<sup>4</sup> the wedding party

<sup>5</sup> a holiday just after getting married



bride

## Common mistakes

She **got to know** Darren at university. (NOT She ~~knew~~ Darren at university.)

Now they plan to **get married**. (NOT They plan to get ~~marry~~; or They plan to ~~married~~.)

She's getting married **to** Darren next year. (NOT She's getting married ~~with~~ Darren next year.)

## C

## Children

“Just over three years later Melanie **got pregnant**, and our first child, Cal, was born just two days after our fourth wedding **anniversary**<sup>1</sup>. We had a big **celebration**<sup>2</sup>.”

<sup>1</sup> a day that is exactly one or more years after an important event

<sup>2</sup> a time when you do something you enjoy because it is a special day



## Language help

adjective	noun	verb	noun
engaged	<b>engagement</b>	<b>celebrate</b>	celebration
pregnant	<b>pregnancy</b>	<b>marry</b>	marriage

## D

## Divorce\*

“Things started to **go wrong**<sup>1</sup> when I got a job as manager of a sportswear company. I was working six days a week and I had to do a lot of travelling. It was difficult for Melanie as well. She was working during the week, then at weekends she was often **alone / on her own**<sup>2</sup> with two young children. I felt I couldn't **give up**<sup>3</sup> my job, and in the end Melanie decided to **leave**<sup>4</sup> me. The following year we **got divorced**<sup>5</sup>.”

\* when a marriage officially ends

<sup>1</sup> become a problem

<sup>2</sup> without other people

<sup>3</sup> stop doing

<sup>4</sup> stop living with me

<sup>5</sup> the marriage officially ended



# Exercises

## 15.1 Put the events in a logical order.

- I went out with Gabriel.
- We got married.
- I got pregnant three months later.
- We got engaged.
- I got to know Gabriel.
- Our son was born just after our first anniversary.
- We went on our honeymoon.
- I met Gabriel at a party.
- We had a big reception.

7



## 15.2 Which words are being defined?

- 1 The big party you have after the wedding. *reception*
- 2 A romantic meeting you plan before it happens. ....
- 3 The period of time when you are married. ....
- 4 How you describe a woman who is going to have a baby. ....
- 5 The day that is exactly one year, or a number of years, after an important event. ....
- 6 The name given to the woman and man on their wedding day. .... and  
.....
- 7 Stop doing a job or activity. .... something up

## 15.3 Complete the dialogues.

- 1 A: When did they get *engaged* ..... ?  
B: Last week. They plan to get married in a ..... of years.
- 2 A: Where did they meet?  
B: I think he got ..... her at university.  
A: And now they're married?  
B: Yes, the ..... was last week.
- 3 A: Is it going to be a big wedding?  
B: No, they're having a small ..... in the village church.  
A: And what about the reception?  
B: They're having a reception but no ..... . They're going straight back to work.
- 4 A: So, it's all over.  
B: Yes. Lily ..... him and moved out last month.  
A: Oh dear. Have they had problems for a long time?  
B: I think it all started to go ..... when they moved to Woodbridge.  
A: And what about Oliver? Is he alone now?  
B: Yes, completely on ..... . He doesn't want any new relationships yet.  
A: But the marriage is definitely over?  
B: Yes, I'm afraid they're getting .....

## 15.4 Over to you

Answer the questions for you, then, if possible, ask a friend and write their answers.

- 1 Can you remember your first date? (When, and who with?)
- 2 Can you remember your first serious relationship? (Who was it with? Did you break up, or are you still with the same person?)
- 3 Whose was the last wedding you went to?
- 4 What was the last big celebration (other than a wedding) that you went to?