

STOP TRANSLATING. START EXPRESSING.

SPEAK YOUR EMOTIONS

in English



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EXCELLENCE ACADEMY

TREŚĆ

WSTĘP	1
Bo emocje zasługują na więcej niż "I'm fine."	
O AUTORCE	2
Uczę innych tak, jak sama chciałam się uczyć.	
SECTION 1	3-6
SECTION 2	7-10
SECTION 3	11-14
REVIEW	15-18
Challenge yourself!	
ANSWER KEY	19-23
MINI-DICTIONARY	24

WSTĘP

Bo emocje zasługują na więcej niż “I’m fine.”

Mówienie o emocjach po angielsku bywa trudne. A ja wiem o tym doskonale, bo każdego dnia zaczynam zajęcia, pytając moich uczniów, jak się czują.

Czasami jest tak, że znasz podstawowe wyrażenia: *happy*, *sad*, *angry*- ale gdy chcesz opisać coś bardziej złożonego, czujesz, że brakuje Ci słownictwa i zacinasz się. Albo mówiąc masz wrażenie, że to nie oddaje to dokładnie tego, co czujesz.

Ten **mini-book** powstał właśnie z myślą o takich sytuacjach.

Znajdziesz w nim **25 precyzyjnie dobranych wyrażen** związanych z emocjami, które pomogą Ci mówić o uczuciach swobodnie, naturalnie i trafnie- bez wkuwania i bez tłumaczenia w głowie.

Zobaczysz tu **trzy mini-lekcje**, w których każde słowo pojawia się najpierw w kontekście, a następnie wraca w różnorodnych ćwiczeniach, byś mógł je naprawdę zrozumieć, zapamiętać, a co najważniejsze, użyć z łatwością w rozmowie. Wszystkie wyrazy dobrane zostały na podstawie rzeczywistych potrzeb, jakie obserwuję w mojej praktyce: pracy z uczniami dorosłymi i nastoletnimi.

Ten mini-book to **efekt doświadczeń z setkami uczniów**, którzy mówili:
„I can speak English, ale nie potrafię dobrze wyrazić, co czuję.”

Mam nadzieję, że pomoże Ci zrobić kolejny kroki i mówić tak, jak naprawdę chcesz.

Życzę przyjemnej i owocnej nauki!

Julia Kędzierska

LET'S STAY IN TOUCH!



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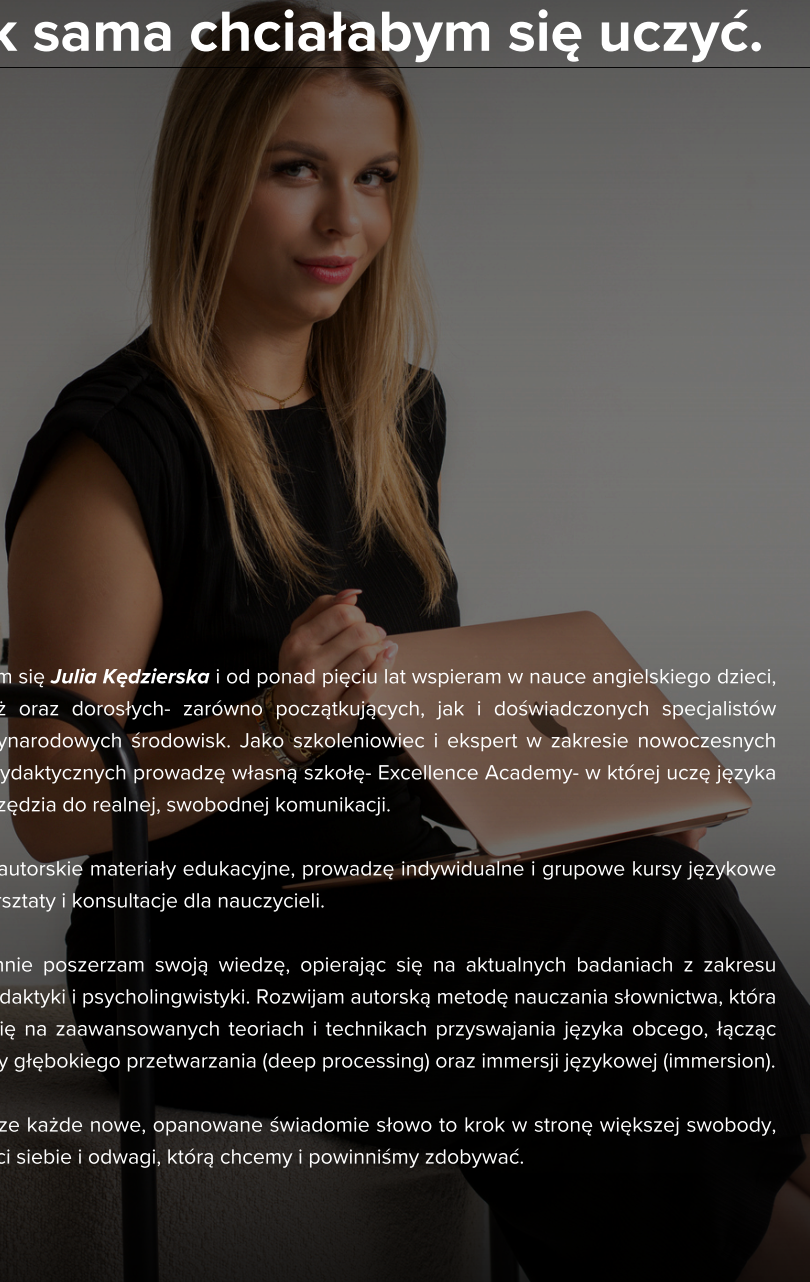


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O AUTORCE

Uczę innych tak, jak sama chciałabym się uczyć.



Nazywam się **Julia Kędzierska** i od ponad pięciu lat wspieram w nauce angielskiego dzieci, młodzież oraz dorosłych- zarówno początkujących, jak i doświadczonych specjalistów z międzynarodowych środowisk. Jako szkoleniowiec i ekspert w zakresie nowoczesnych metod dydaktycznych prowadzę własną szkołę- Excellence Academy- w której uczę języka jako narzędzia do realnej, swobodnej komunikacji.

Tworzę autorskie materiały edukacyjne, prowadzę indywidualne i grupowe kursy językowe oraz warsztaty i konsultacje dla nauczycieli.

Nieustannie poszerzam swoją wiedzę, opierając się na aktualnych badaniach z zakresu neurodydaktyki i psycholingwistyki. Rozwijam autorską metodę nauczania słownictwa, która opiera się na zaawansowanych teoriach i technikach przyswajania języka obcego, łącząc elementy głębokiego przetwarzania (deep processing) oraz immersji językowej (immersion).

Wierzę, że każde nowe, opanowane świadomie słowo to krok w stronę większej swobody, pewności siebie i odwagi, którą chcemy i powinniśmy zdobywać.

SECTION ONE

Welcome to the first section! Here you will learn **9 common and positive feelings** that you can use every day. Read the short sentences to get to know them better.

No translation needed- just use your intuition!

- **hopeful**
- **thrilled**
- **confident**
- **proud**
- **relieved**
- **grateful**
- **impressed**
- **delighted**
- **content**

Marta feels **hopeful** because she believes her job interview will go well tomorrow.

Robert Lewandowski is **proud** when he scores a goal and helps his team win.

My parents were **impressed** by the amazing concert they attended last night.

Ozzy was **thrilled** to meet his favorite singer, Taylor Swift, backstage.

Ola felt **relieved** after finishing all her exams before the holidays.

My cousin was **delighted** when our family threw him a surprise party for his birthday.

Kasia felt **confident** presenting her project to her classmates as she was well-prepared and sure about the material.

Michał and his wife were **grateful** for our help when we transported their furniture to the new house.

I felt **content** spending a quiet Sunday reading my favorite book.

EXERCISE 1.1

In each sentence, choose the word that best fits the meaning. Both options are similar, but only one is correct.

1. After finishing her exam, she felt very **proud / confident**.
2. He was **thrilled / delighted** when he heard he won the prize.
3. She was **relieved / hopeful** to see her lost dog again.
4. The view from the mountain made them feel **impressed / content**.
5. I am very **grateful / proud** for the help you gave me.
6. After a long day, I felt **content / thrilled** sitting with a cup of tea.
7. She felt **hopeful / relieved** about her future and believed good things would happen.
8. Before the presentation, he felt **confident / delighted**.
9. They were **impressed / proud** by the amazing show.

EXERCISE 1.2

Read each question carefully and answer YES (✓) or NO (✗). These questions will help you check if you understand the meaning of each emotion.

- | | |
|---|-----|
| 1. When you are hopeful, do you think something bad will happen soon? | ✓ ✗ |
| 2. When you are proud, do you feel happy about something you did? | ✓ ✗ |
| 3. When you are impressed, do you think something is ordinary? | ✓ ✗ |
| 4. When you are thrilled, do you feel very excited and happy? | ✓ ✗ |
| 5. When you are relieved, do you feel more worried or stressed? | ✓ ✗ |
| 6. When you are delighted, do you feel very happy about something? | ✓ ✗ |
| 7. When you are confident, do you feel unsure about yourself? | ✓ ✗ |
| 8. When you are grateful, do you feel thankful for something someone did? | ✓ ✗ |
| 9. When you are content, do you feel unhappy or angry? | ✓ ✗ |

EXERCISE 1.3

Read the beginnings and endings of sentences carefully. Draw a line to connect each beginning (1-8) with the correct ending (a-i) to make a complete sentence with the right meaning.

- | | |
|---|---|
| 1. Emma felt hopeful | a. because she knew all the answers. |
| 2. Carlos was proud | b. when they saw the beautiful art. |
| 3. Aisha and Tom were impressed | c. because he completes all his work. |
| 4. Lucas is thrilled | d. to start a new project. |
| 5. After the test, Mia was relieved | e. to get help from my friends. |
| 6. Sophie and Mark were delighted | f. that she could find a solution. |
| 7. Before the meeting, David felt confident | g. about the success of his team. |
| 8. I'm grateful, says Julia | h. to hear the good news. |
| 9. After a long day, Noah feels content | i. and ready to face difficult questions. |

EXERCISE 1.4

Read each sentence carefully. Choose the best word from the list to complete the sentence. Some words may be used more than once, so think carefully about the meaning of each sentence.

**hopeful, proud, impressed, thrilled, relieved, delighted,
confident, grateful, content**

- Emma studied hard for the test. When she got a good grade, she felt very _____.
- Carlos was _____ because he helped his team win the game.
- When Mia found her lost keys under the sofa, she was _____.
- Lucas is _____ about his new job and can't wait to start.
- Sophie smiled because she was _____ to see her best friend again.
- After traveling for many hours, Noah was _____ to be home.
- Julia said "thank you" and felt _____ for all the gifts she received.
- David practiced speaking English every day, so he feels _____ now.
- Aisha and Tom watched a magic show and were very _____.
- After cleaning her room, Mia felt _____ and relaxed.
- Even when things are hard, Emma stays _____ and thinks good things will happen.
- The children were _____ when they opened their birthday presents.

EXERCISE 1.5

Name the emotion (a-c) that you can see in the picture (1-4).

1.



- a) impressed
- b) thrilled
- c) grateful

2.



- a) relieved
- b) impressed
- c) grateful

3.



- a) confident
- b) content
- c) relieved

4.



- a) proud
- b) relieved
- c) hopeful

SECTION TWO

In this section, you will learn **9 words for moments when you are not sure what is happening**, when you feel stressed, or when something is difficult. Some words are about the past, and some are about when things don't go as you planned. Let's take a closer look & practice!

- suspicious
- irritated
- anxious
- frustrated
- embarrassed
- nostalgic
- overwhelmed
- puzzled
- cautious

I was **suspicious** when I noticed my colleague acting strangely at work.

Ewa felt **irritated** because her little brother kept playing loud music while she was studying.

Adam was **anxious** before his first public speech at the conference.

Zofia and her teammates felt **frustrated** after losing the championship match by just one point.

My son was **embarrassed** when he forgot the scenario during the school play.

Hania's grandparents felt really **nostalgic** looking at old photos from their childhood.

Elen's husband was really **overwhelmed** when he had to prepare three presentations in one week.

I always feel **puzzled** by the rules of board games- I can never understand them fully!

Paweł and his friends were **cautious** when hiking in the mountains and took much professional equipment.

EXERCISE 2.1

In each sentence, choose the word that best fits the meaning. Both options are similar, but only one is correct.

1. When the phone rang at midnight, Anna felt ***anxious*** / ***cautious***.
2. Tom was ***irritated*** / ***puzzled*** because someone left his desk messy.
3. Maria felt ***nostalgic*** / ***embarrassed*** looking at old photos from her childhood.
4. Before the exam, Sarah was very ***anxious*** / ***frustrated*** and couldn't stop thinking.
5. Jack was ***frustrated*** / ***suspicious*** after losing his keys for the third time.
6. Lucy felt ***embarrassed*** / ***cautious*** when she forgot her lines during the play.
7. The instructions were so confusing that Ben was ***puzzled*** / ***irritated***.
8. Kate felt ***cautious*** / ***nostalgic*** crossing the busy street without a crosswalk.
9. James was ***suspicious*** / ***relieved*** about the new neighbor because he didn't know him.

EXERCISE 2.2

Read each question carefully and answer YES (✓) or NO (✗). These questions will help you check if you understand the meaning of each emotion.

- | | |
|--|-----|
| 1. If you are suspicious , do you fully trust the person? | ✓ ✗ |
| 2. If you are irritated , are you calm and relaxed? | ✓ ✗ |
| 3. If you are anxious , are you worried something bad might happen? | ✓ ✗ |
| 4. If you are frustrated , do you feel happy because everything is going well? | ✓ ✗ |
| 5. If you are embarrassed , do you feel uncomfortable because of something you or others did? | ✓ ✗ |
| 6. If you are nostalgic , do you feel warm emotions when thinking about the past? | ✓ ✗ |
| 7. If you are overwhelmed , do you feel there is too much to handle at once? | ✓ ✗ |
| 8. If you are puzzled , do you clearly understand what is happening? | ✓ ✗ |
| 9. If you are cautious , are you careful to avoid danger or mistakes? | ✓ ✗ |

EXERCISE 2.3

Complete the gaps in the conversation (1-6) using the sentences listed below (a-f). You can use each sentence only once.

Mia: Hey, you seemed quiet at lunch today. Is something wrong?

Jake: Yeah... (1) _____

Mia: Oh, I get it. Waiting for something important can be really stressful.

Jake: And then, when I talked to Sarah about it, (2) _____

Mia: Really? That doesn't sound like her.

Jake: Later on, during the meeting, (3) _____

Mia: Oh no... that must have been annoying.

Jake: And after work, I met up with Alex. (4) _____

Mia: That sounds kind of romantic actually.

Jake: Yeah, but when I got home and opened my phone, (5) _____

Mia: Wow... no wonder you're so tired.

Jake: Oh, and when I told Ben about my day, (6) _____

- A. Honestly, I was so irritated when they kept interrupting me.
- B. We felt really nostalgic walking around our old school building.
- C. I was completely overwhelmed by all the messages I had to answer.
- D. He seemed suspicious, as if we were hiding something from him.
- E. I'm feeling really anxious about my driving test tomorrow.
- F. She looked a bit puzzled, like she didn't understand what I meant.

EXERCISE 2.4

Study the situations (1-9). Match them with the emotions in the box. You can use each emotion only once.

suspicious, irritated, anxious, frustrated, embarrassed,
nostalgic, overwhelmed, puzzled, cautious

1. Marta will have her first job interview tomorrow and can't stop thinking about it. _____
2. Tom's friend didn't look him in the eyes and kept hiding his phone during the conversation. _____
3. Anna's computer crashed again and she lost her work. _____

4. Paul got many emails and calls in one hour and didn't know what _____
to answer first.
5. Kate didn't understand the instructions from her teacher. _____
6. Bartek walked into a glass door by accident in front of his _____
classmates.
7. Sarah heard a strange noise outside and decided to check it slowly _____
and carefully.
8. John's sister kept singing loudly while he was trying to study. _____
9. Emma looked at old photos from her school trip to Italy and _____
remembered good times.

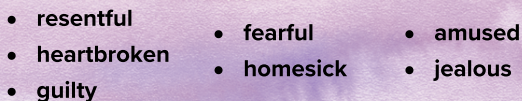
EXERCISE 2.5

Read each sentence carefully. Choose the best word from the list to complete the sentence. Some words may be used more than once, so think carefully about the meaning of each sentence.

1. Anna feels really _____ because she has an important test tomorrow.
2. When Max's phone stopped working, he was really _____ and angry.
3. Olivia was _____ when everyone laughed at her mistake.
4. They were _____ by all the work they had to do before the deadline.
5. Michał felt _____ when a strange man was following him in the store.
6. Tom looked _____ because he didn't understand the question.
7. We felt _____ when we saw old photos from our childhood. They were so cute!
8. Please be _____ when you cross the street at night.
9. I get _____ when people talk loudly while I'm working. I can't focus.
10. Sarah is _____ about her job interview next week. She is afraid it will be really
hard and stressful.
11. Adam was _____ when the printer stopped working again during his
presentation.
12. Emily was _____ because the directions were confusing and she couldn't get to
the train station.

SECTION THREE

In this section, you will discover **7 emotions that can be difficult to describe** but are part of everyone's life. Some of them are light and funny, others are deep and powerful. You might recognise them from your own experiences or from stories you've heard. Let's explore them and see how many you already know!

- 
- **resentful**
 - **heartbroken**
 - **guilty**
 - **fearful**
 - **homesick**
 - **amused**
 - **jealous**

I felt **resentful** when the boss ignored my ideas in the team meeting.

Dad was literally **heartbroken** when his favorite football club lost the final.

Sylvie felt **guilty** because she forgot to call her grandmother on her birthday.

Me and my friends felt **fearful** walking alone through the dark streets late at night.

Alicja felt **homesick** while studying abroad, missing her family and friends back home.

I always feel **amused** watching funny videos his cousin sent him.

I felt **jealous** when my sister got a new phone first- I really wanted it!

EXERCISE 3.1

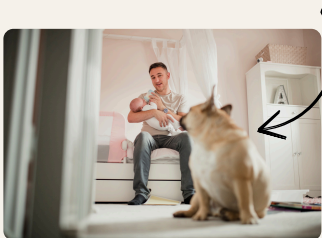
Name the emotion (a-c) that you can see in the picture (1-4).

1.



- a) jealous
- b) homesick
- c) amused

2.



- a) jealous
- b) fearful
- c) amused

3.



- a) resentful
- b) jealous
- c) amused

4.



- a) fearful
- b) guilty
- c) homesick

EXERCISE 3.2

In each sentence, choose the word that best fits the meaning. Only one of them is correct.

1. I felt really **heartbroken** / **amused** when she lost my favorite necklace.
2. Sarah felt **guilty** / **jealous** because she forgot to call her parents last weekend.
3. Mark was **fearful** / **amused** about the scary movie they watched last night.
4. Lucy was **jealous** / **homesick** when her sister talked to her boyfriend.
5. After moving abroad, John felt **homesick** / **resentful** and missed his family.
6. Emma was **resentful** / **jealous** when her colleague used her work and got compliments.
7. Peter was **jealous** / **guilty** when he saw his girlfriend texting with another guy.

EXERCISE 3.3

Read each sentence carefully. Think about the feeling it describes and decide if it is true (✓) or false (✗).

- | | |
|--|-----|
| 1. You feel resentful when someone treats you unfairly. | ✓ ✗ |
| 2. You feel heartbroken when you get a really good surprise. | ✓ ✗ |
| 3. You feel jealous when you really want something that someone else has. | ✓ ✗ |
| 4. You feel guilty when you do something you know is wrong. | ✓ ✗ |
| 5. You feel fearful when you see a scary animal. | ✓ ✗ |
| 6. You feel homesick when you miss your family and home. | ✓ ✗ |
| 7. You feel amused when you hear a funny joke. | ✓ ✗ |

EXERCISE 3.4

Match the first part of the sentence (1-7) with the correct second part (A-G).

- | | |
|---------------------------|---|
| 1. Isabella was resentful | A. because his team lost the final match. |
| 2. Kai felt heartbroken | B. when he forgot his homework at school. |
| 3. Mateo felt guilty | C. because he was afraid of the dark. |
| 4. Amina was fearful | D. because she missed her family a lot. |
| 5. Soren was homesick | E. because someone took her idea at work. |
| 6. Lila was amused | F. because the joke made her laugh loudly. |
| 7. Jasper was jealous | G. of his friend's new car because he couldn't afford it. |

EXERCISE 3.5

Read each sentence carefully. Choose the best word from the list to complete the sentence. Some words may be used more than once.

**resentful, fearful, homesick, guilty, jealous,
amused, heartbroken**

1. Mia felt _____ when her best friend didn't invite her to the party.
2. After watching a sad movie, Tom was completely _____.
3. Sara was _____ because her colleague got a promotion instead of her.
4. David feels _____ as he lives away from his family. He comes from Scotland, but he lives in New York.
5. I was _____ when I forgot to do my homework again.
6. Emily was _____ when her little brother broke her favorite toy.
7. Jack is _____ of his sister because she has a new phone.
8. Laura was _____ after hearing a funny story at the café.
9. Peter feels _____ walking alone in the dark at night.
10. I felt _____ when my friend borrowed my book and didn't return it.

REVIEW

EXERCISE 4.1

In each sentence, choose the word that best fits the meaning. Only one of them is correct.

1. Ania was **hopeful** / **thrilled** / **guilty** when she finally passed her driving test.
2. Tomasz felt **proud** / **heartbroken** / **amused** because he lost his favorite necklace.
3. Zuzanna was **delighted** / **amused** / **suspicious** when her friend told a funny joke.
4. Marek was **relieved** / **content** / **heartbroken** when his dog ran away.
5. Kasia was **anxious** / **jealous** / **confident** because she was nervous before her exam.
6. Jan saw something strange and felt **suspicious** / **puzzled** / **grateful**.
7. Ewa felt **resentful** / **delighted** / **fearful** when her ideas were ignored at work.
8. Piotr felt **guilty** / **thrilled** / **amused** because he forgot to do his homework.
9. Maria missed her family during the trip and felt **irritated** / **cautious** / **homesick**.
10. Dawid was very **furious** / **cautious** / **delighted** because he carefully crossed the street.

EXERCISE 4.2

Complete the dialogue by choosing the correct missing sentence for each gap. Use each sentence only once.

Anna: Hey, you look different today. Everything okay?

Bartek: Yeah, it's been a crazy week.

(1) _____

Anna: Oh no, that sounds really stressful!

Bartek: I had so many deadlines, I was really drowning in work.

(2) _____

Anna: I can imagine! Sometimes it's hard to keep up.

Bartek: Yesterday I got a message from my old friend, and it brought back so many memories.

(3) _____

Anna: That must have been a nice surprise!

Bartek: After my presentation, I felt like I did a really good job.

(4) _____

Anna: You always speak with such confidence.

Bartek: Thanks! But before the meeting, I was a bit nervous.

(5) _____

Anna: Everyone feels nervous sometimes, that's normal.

Bartek: When I saw the project results, I was very happy — better than expected.

(6) _____

Anna: Congratulations! You earned it.

Bartek: But later, when someone doubted my numbers, I felt like they didn't trust me at all.

(7) _____

Anna: That's frustrating, but you know your work is solid.

Bartek: Yesterday, I accidentally sent an email to the wrong person.

(8) _____

Anna: Oh no! That must have been embarrassing.

Bartek: Anyway, I really appreciate your support today.

(9) _____

A. I was overwhelmed by all the tasks I had to finish in one day.

B. I felt nostalgic remembering all the fun times we had back then.

C. I was proud of myself and the effort I put into it.

D. I was fearful that I might forget something important.

E. I was delighted to see that everything turned out so well.

F. I was suspicious when they questioned the accuracy of my data.

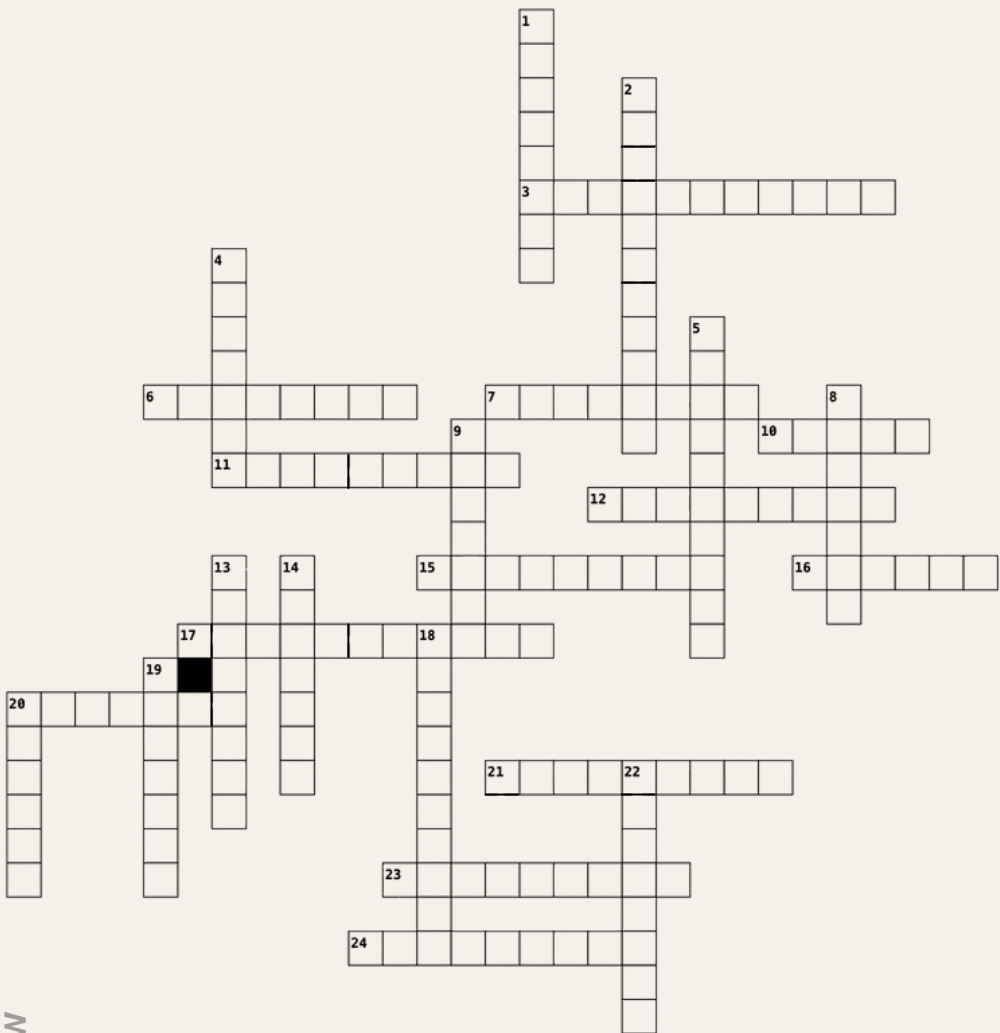
G. I was frustrated because it seemed like nobody believed me.

H. I was embarrassed and worried about what they might think.

I. I'm really grateful to have a friend like you.

EXERCISE 4.3

Read the clues and write the correct word in the crossword. Each clue describes a feeling.



EXERCISE 4.3

ACROSS →

3. You feel _____ when you have too many things to do and feel stressed.
6. You feel _____ when a problem or worry disappears.
7. You feel _____ when someone helps you and you appreciate it.
10. You feel _____ when you achieve something important.
11. You feel _____ when something makes you very happy.
12. You feel _____ when someone does something amazing.
15. You feel _____ when you believe in yourself and your abilities.
16. You feel _____ when you think you did something wrong.
17. You feel _____ when you do something that makes you feel shy or awkward.
20. You feel _____ when you are nervous about something that might happen.
21. You feel _____ when something annoys you a little bit.
23. You feel _____ when you remember happy times from the past.
24. You feel _____ when you feel angry because someone treated you unfairly.

DOWN ↓

1. You feel _____ when you are careful to avoid danger or mistakes.
2. You feel _____ when you feel very sad after losing someone or something important.
4. You feel _____ when you don't understand something and feel confused.
5. You feel _____ when things don't go the way you want.
8. You feel _____ when you believe something good will happen soon.
9. You feel _____ when you want what someone else has or you are afraid of losing someone.
13. You feel _____ when you miss your home and family.
14. You feel _____ when you are scared or afraid of something.
18. You feel _____ when you think something is not right or someone is hiding something.
19. You feel _____ when you are calm and satisfied with your life.
20. You feel _____ when something makes you laugh or smile.
22. You feel _____ when you are very excited and happy about something.

ANSWER KEY - SECTION 1

EXERCISE 1.1

1. proud
2. thrilled
3. relieved
4. content
5. grateful
6. content
7. hopeful
8. confident
9. impressed

EXERCISE 1.2

1. no
2. yes
3. no
4. yes
5. no
6. yes
7. no
8. yes
9. no

EXERCISE 1.3

1. f
2. g
3. b
4. d
5. a
6. h
7. i
8. e
9. c

EXERCISE 1.4

1. proud
2. proud
3. relieved
4. hopeful
5. delighted
6. relieved
7. grateful
8. confident
9. impressed
10. content
11. hopeful
12. thrilled

EXERCISE 1.5

1. C
2. B
3. C
4. A

ANSWER KEY - SECTION 2

EXERCISE 2.1

1. anxious
2. irritated
3. nostalgic
4. anxious
5. frustrated
6. embarrassed
7. puzzled
8. cautious
9. suspicious

EXERCISE 2.2

1. no
2. no
3. yes
4. no
5. yes
6. yes
7. yes
8. no
9. yes

EXERCISE 2.3

1. E
2. F
3. A
4. B
5. C
6. D

EXERCISE 2.4

1. anxious
2. suspicious
3. frustrated
4. overwhelmed
5. puzzled
6. embarrassed
7. cautious
8. irritated
9. nostalgic

EXERCISE 2.5

1. anxious
2. frustrated
3. embarrassed
4. overwhelmed
5. suspicious
6. puzzled
7. nostalgic
8. cautious
9. irritated
10. anxious
11. frustrated
12. puzzled

ANSWER KEY - SECTION 3

EXERCISE 3.1

1. B
2. A
3. C
4. A

EXERCISE 3.4

1. E
2. A
3. B
4. C
5. D
6. F
7. G

EXERCISE 3.2

1. heartbroken
2. guilty
3. fearful
4. jealous
5. homesick
6. resentful
7. jealous

EXERCISE 3.5

1. resentful
2. heartbroken
3. jealous
4. homesick
5. guilty
6. resentful
7. jealous
8. amused
9. fearful
10. resentful

EXERCISE 3.3

1. true
2. false
3. true
4. true
5. true
6. true
7. true
8. true

ANSWER KEY - REVIEW

EXERCISE 4.1

1. thrilled
2. heartbroken
3. amused
4. heartbroken
5. anxious
6. suspicious
7. resentful
8. guilty
9. homesick
10. cautious

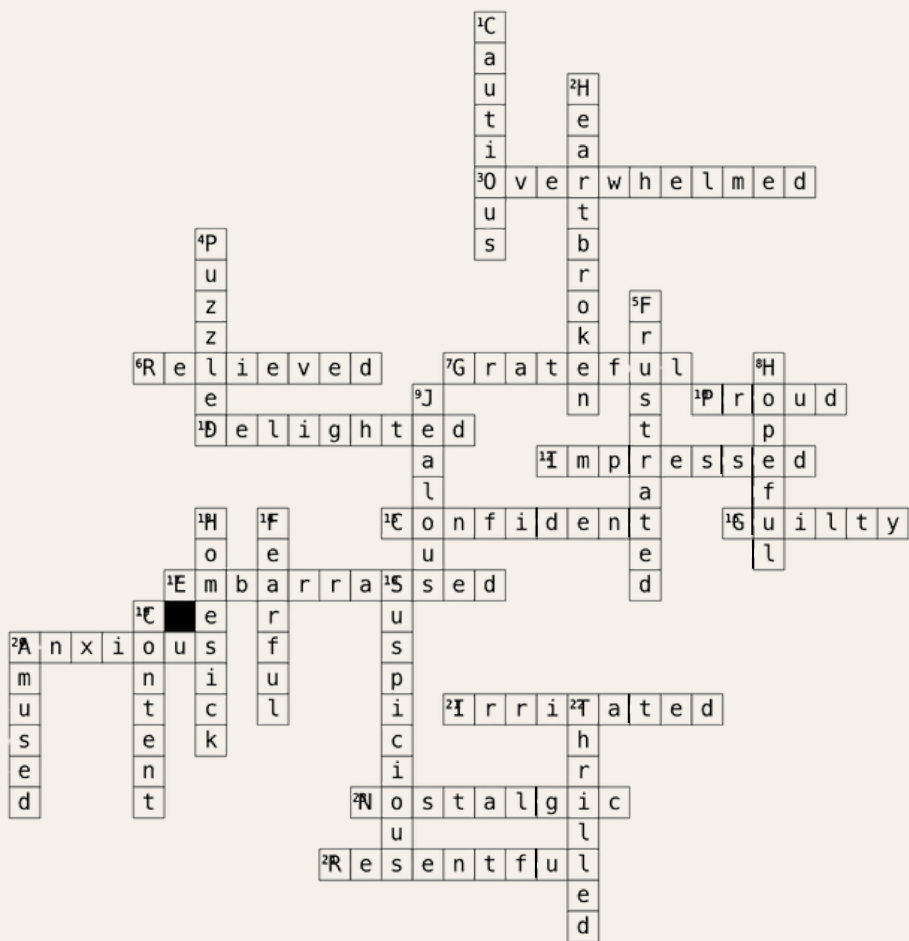
EXERCISE 4.2

1. A
2. G
3. B
4. C
5. D
6. E
7. F
8. H
9. I

ANSWER KEY - REVIEW

EXERCISE 4.3

ANSWER KEY - REVIEW




MINI-DICTIONARY

- **hopeful**- pełen nadziei, mający pozytywne oczekiwania co do przyszłości
- **proud**- dumny
- **impressed**- pod wrażeniem, zachwycony czymś lub kimś
- **thrilled**- bardzo podekscytowany, przepełniony radością
- **relieved**- odczuwający ulgę, uspokojony po stresującej sytuacji
- **delighted**- zachwycony
- **confident**- pewny siebie
- **grateful**- wdzięczny
- **content**- zadowolony, usatysfakcjonowany
- **suspicious**- podejrzliwy, nieufny, czujący, że coś jest nie tak
- **irritated**- zirytowany, zniecierpliwiony, lekko zdenerwowany
- **anxious**- zaniepokojony, nerwowy, pełen obaw przed czymś
- **frustrated**- sfrustrowany, rozczarowany, zły, bo coś nie idzie po jego myśli
- **embarrassed**- zawstydzony, speszony, czujący się niekomfortowo w sytuacji
- **nostalgic**- tęskniący za przeszłością, z sentymentem wspominający dawne czasy
- **overwhelmed**- przytłoczony (przez nadmiar obowiązków lub emocji)
- **puzzled**- zdezorientowany, zaskoczony, nie rozumiejący sytuacji
- **cautious**- ostrożny, uważny, unikający ryzyka
- **resentful**- urażony, czujący żal z powodu niesprawiedliwości lub złego traktowania
- **heartbroken**- zdruzgotany, zraniony emocjonalnie, np. po rozstaniu lub stracie
- **guilty**- winny, czujący się odpowiedzialnym za coś złego lub niewłaściwego
- **fearful**- przestraszony, pełen obaw przed niebezpieczeństwem
- **homesick**- tęskniący za domem, rodziną, miejscem, w którym się wychował
- **amused**- rozbawiony, zadowolony z czegoś zabawnego
- **jealous**- zazdrosny

Dziękuję za wspólną naukę!

Mam nadzieję, że ten mini-book pomógł Ci poznać nowe, przydatne słowa i że czujesz się pewniej, mówiąc o emocjach po angielsku.

To dopiero początek!



Jeśli chcesz dalej rozwijać swoje umiejętności, zapraszam Cię do świata moich autorskich materiałów edukacyjnych, które tworzę specjalnie dla moich uczniów.

Dzięki nim nauka staje się prosta, przyjemna i dostosowana do Twoich potrzeb. Napisz do mnie, a pokażę Ci, jak krok po kroku możesz mówić po angielsku płynniej, swobodniej i z większą pewnością siebie.

Razem osiągniemy Twoje cele językowe!



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