



SPEAK ENGLISH NOW!

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

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

The screenshot shows the website header with the logo "SPEAK ENGLISH NOW!" and the URL "SPEAKENGLISHPOD.COM". Below the header is a navigation menu with links for "PODCAST", "PRODUCTS", "FREE VIDEO COURSE", "TESTIMONIALS", "GROUP", "FAQ?", and "CONTACT".

The main content area features a comment from Mauro Cruz on July 12, 2018, at 11:30 am. The comment text is: "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." Below the comment is the name "Mauro Cruz" and the location "Juiz de Fora, Brazil". A "Reply" button is visible next to the comment.

Below Mauro Cruz's comment is a reply from GEORGIANA on July 14, 2018, at 6:58 pm. The reply text is: "Hi, Mauro! Thank you for your positive feedback. I'm so happy that the podcast is working so well for you!" Below the reply is the name "GEORGIANA" and a "Reply" button.

At the bottom of the comment section is a "Submit a Comment" button and a note: "Your email address will not be published. Required fields are marked *".

On the right side of the screenshot is a promotional banner for "SPEAK ENGLISH FLUENTLY X3 TIMES FASTER!". The banner features a photo of Georgiana and a "START NOW!" button with a right-pointing arrow.

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."

"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."

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

(practice your speaking)

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'm going to use the past and plural. I recommend that you listen several times until it's easy to answer.

Yesterday, my friends and I went to a mall.

Where did you go?

To a mall. My friends and I went to a 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 a 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 a 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 you my Fluency Course.

You can get it at Fluency.SpeakEnglishPod.com

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

And if you're still not part of the Speak English Now community join us at:

 Community.SpeakEnglishPodcast.com



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

Georgiana

founder of SpeakEnglishPodcast.com