Dealing with Emotions

B2 · Vocabulary · WORKSHEET

Name: _____ Date: _____

1. Choose the best answer.

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1. Feeling that you have too much to deal with is feeling…
   Choices: overwhelmed / indifferent / thrilled

   Answer: _____

2. To hide your feelings is to…
   Choices: bottle them up / vent them / share them

   Answer: _____

3. To express strong feelings to someone is to…
   Choices: vent / snap / bottle up

   Answer: _____

4. To suddenly speak angrily is to…
   Choices: snap / unwind / keep calm

   Answer: _____

2. Complete the sentence.

Write one or two words.

1. I tend to ___ up my feelings until I explode.

2. Talking to a friend helps me ___ my frustration.

3. She tried to ___ calm during the argument.

4. When I'm under pressure, I sometimes ___ at people.

3. Your turn.

Write your own answers.

1. Describe how you react to stress.

3. Your turn. (continued)

2. Describe a strategy that helps you.

3. Describe how you feel when you are overwhelmed.