Talk About Handling Emotions

B2 · Speaking · WORKSHEET

Name: _____ Date: _____

1. Choose the best answer.

Choose the best answer.

1. Choose the best description.
   Choices: When I’m stressed, I tend to bottle things up. / Stressed when tend bottle up things. / I stress tend bottle.

   Answer: _____

2. Choose the best help statement.
   Choices: It helps me to go for a run. / Helps me go running to. / It me helps running.

   Answer: _____

3. Choose the best advice.
   Choices: If I were you, I’d talk to someone you trust. / If I would be you, I talk someone. / I were you talk someone.

   Answer: _____

4. Choose the best reflection.
   Choices: Over time, I’ve learned to vent instead of bottling things up. / Over time I learned vent instead bottle. / I time learned vent.

   Answer: _____

2. Complete the sentence.

Write one or two words.

1. When I’m stressed, I ___ to bottle things up.

2. It ___ me to go for a run.

3. If I ___ you, I’d talk to someone.

4. Over ___ , I’ve learned to vent.

3. Your turn.

Write your own answers.

3. Your turn. (continued)

1. Describe how you react to stress.

2. Describe what helps you.

3. Give advice to a friend.