Lesson 23 – It’s Just Emotions
Lesson 23. It’s Just Emotions

Learning Objectives

After this lesson, students will be able to:

1. State possible effects of uncontrolled emotions.
2. Reconstruct sentences using more complex vocabulary.
3. Recognize emotions in random places and situations.
4. Distinguish the use of *rather than* and *instead of*.
5. Describe how emotions are expressed orally and behaviorally.
6. Define idioms related to emotions.
7. Point out words with a different sound among a set.
Watch the video and answer the questions.

How are the following words used in the video?

1. hate
2. behavior
3. chemical messages
4. threat
5. reward

https://www.youtube.com/watch?v=xNY0AAUtH3g
We all suffer from emotional overreactions. In the heat of the moment, we say something to a person we love without stopping to consider the shockwaves. Our emotions spill over and, by the time they recede, the damage is done.


What are the possible effects of being unable to control intense emotions?
Lesson 23. It’s Just Emotions

Extreme Emotions
Rewrite the sentences using the appropriate vocabulary below like in the example.

1. Jim was very happy when he won the lottery. => Jim was absolutely ecstatic when he won the lottery.
2. She was very pleased to meet her favorite movie star.
3. I felt very bad after wrecking Mark’s car.
4. I was very sad to hear about your mother’s sudden death.
5. We felt very scared when our boat capsized.
6. Jane felt very happy after she gave birth to her first child.
7. The boss was very angry when he found out about his employee’s bad behavior.
8. Calm down! You’re getting very emotional.
9. It was a very relaxing massage. Alison felt very good.
What emotions are typically shown by people in the following places?
1. Intense emotions aren’t all bad. Find some time to take stock of just how your uncontrolled emotions are affecting your day-to-day life. This will make it easier to identify problem areas (and track your success).

2. When learning to exercise control over emotions, make sure you aren’t just sweeping them under the rug. Healthy emotional expression involves finding some balance between overwhelming emotions and no emotions at all.

3. Taking a moment to check in with yourself about your mood can help you begin gaining back control.

4. Accepting emotions may lead to greater life satisfaction and fewer mental health symptoms. What’s more, people thinking of their emotions as helpful may lead to higher levels of happiness.

5. Writing down (or typing up) your feelings and the responses they trigger can help you uncover any disruptive patterns.

6. There’s much to be said for the power of a deep breath, whether you’re ridiculously happy or so angry you can’t speak.

7. There’s a time and place for everything, including intense emotions. Sobbing uncontrollably is a pretty common response to losing a loved one, for example. Screaming into your pillow, even punching it, might help you relieve some anger and tension after being dumped.

8. Getting some distance from intense feelings can help you make sure you’re reacting to them in reasonable ways, according to Botnick.

9. If you practice meditation already, it might be one of your go-to methods for coping with extreme feelings.

10. Mindfulness practices like meditation can help with stress, too. They won’t get rid of it, but they can make it easier to live with.

11. If your emotions continue to feel overwhelming, it may be time to seek professional support.

Source: https://www.healthline.com/health/how-to-control-your-emotions#therapy
Lesson 23. It’s Just Emotions

Match the headers with the paragraphs from the reading.

a. Stay on top of stress
b. Try meditation
c. Keep a mood journal
d. Accept your emotions — all of them
e. Aim for regulation, not repression
f. Take a look at the impact of your emotions
g. Identify what you’re feeling
h. Take a deep breath
i. Give yourself some space
j. Know when to express yourself
k. Talk to a therapist

Free Response

1. How do you manage your stress?
2. When giving yourself some “me time”, what activities are best to be done?
3. Are you an expressive type of a person?
4. Why are some people hesitant to seek professional help?
Rather than vs. Instead of

**Rather than** shows preference. This expression is generally used in 'parallel' structures.
*E.g.* - with two nouns, adjectives, adverbs, infinitives or -ing forms.

1). We ought to invest in machinery **rather than** buildings.
2). I prefer starting early **rather than** leaving things to the last minute.

**Instead of** suggests that one person, thing or action replaces another. Instead is not used alone as a preposition; we use the two words instead of. Instead of is not usually followed by an infinitive.

1). I'll have tea instead of coffee, please.
2). I stayed in bed all day instead of going to work.
3). Amit was invited to the reception, but he was ill, so Akash went instead of him.

**Note:** Instead (without of) is an adverb. It begins or ends a clause usually.

*E.g.* She didn't go to Greece after all. Instead, she went to America.
Lesson 23. It’s Just Emotions

How are the following emotions expressed and what would you rather say or do instead?

<table>
<thead>
<tr>
<th>Emotions</th>
<th>Orally</th>
<th>Gestures</th>
</tr>
</thead>
<tbody>
<tr>
<td>satisfaction</td>
<td></td>
<td></td>
</tr>
<tr>
<td>fury</td>
<td></td>
<td></td>
</tr>
<tr>
<td>doubt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>indifference</td>
<td></td>
<td></td>
</tr>
<tr>
<td>awkwardness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>misery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>gratefulness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>envy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>others</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Is it a pleasant, unpleasant or neutral emotion? Expound your choice.
What do the following idioms mean?

Don't get bent out of shape if you're delayed. We'll wait for you.

He was telling jokes at the dinner table that had us all in stitches.

Eva will go off the deep end if her kids leave the kitchen in a mess again.

When she was organizing the wedding reception, Laura got into a stew over the seating arrangements.
Express Yourself

1. Tell about a time when you received feedback on your performance, and you disagreed with the feedback. How did you handle the situation?
2. How would you handle a teammate who consistently does not pull his weight on group assignments?
3. How do you celebrate success? How do you deal with failure?
4. When was the last time you felt demotivated, and what did you do to overcome this?
5. Tell about a time when your mood had an impact on your work (this could be positively or negatively).
6. Describe a time when you had to deliver some bad news to someone.
7. Describe an example of when you have had to be confrontational to achieve results. What did you do and how was it received?
8. What is something that would make you feel over the moon instantly?
9. Growing up, have you had a change of heart on how you value different things?
10. How do you usually express mixed feelings towards a particular situation?
Lesson 23. It’s Just Emotions

Choose the odd one out.

ice  eyes  sip  lost
follows  falls  wears  sleeps
plays  laughs  tries  sees
hence  sin  cause  science
leisure  chef  passion  ancient
The End