

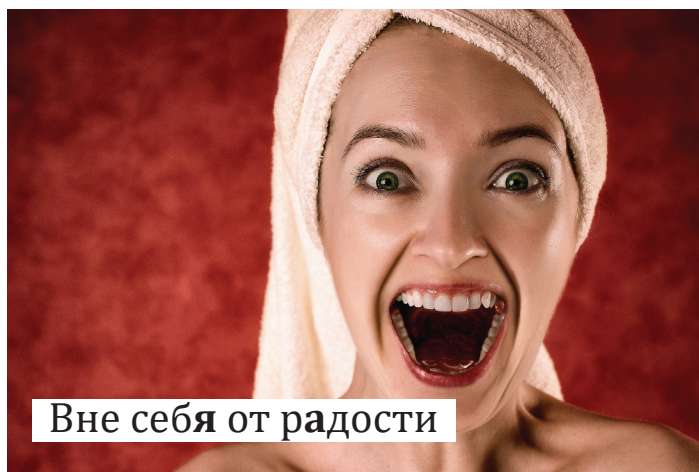
Lesson 10: Emotions

In this lesson, we will talk about feelings (**чу́вства**) and emotions (**эмо́ции**).

Нappiness (Сча́стье)

When we are very happy (**счастли́вый**) and even overjoyed, we are '**вне себя от радости**'. If we are thrilled, we are '**взволно́ванный**'. And delighted means '**восхищённый**'. These words are used to describe happy reactions on the events or news.

Calmer and less intense forms of happiness are feeling content (**чу́вство удовлетворéния**), glad (**ра́достный**), pleased (**довольный**). When you're happy, you smile (**улыба́ться**).



Вне себя от радости

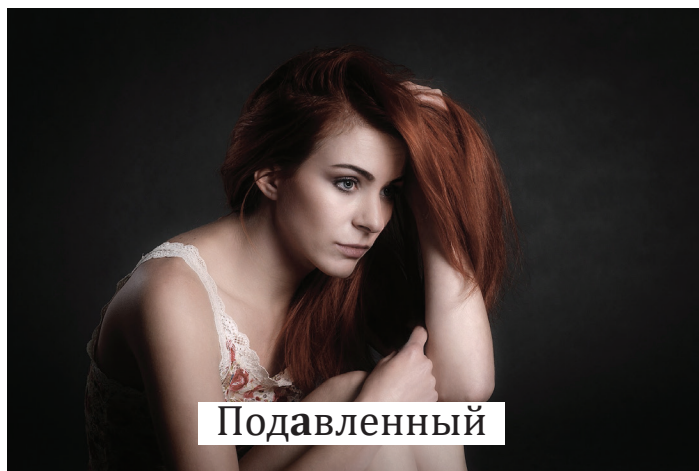


Радостный

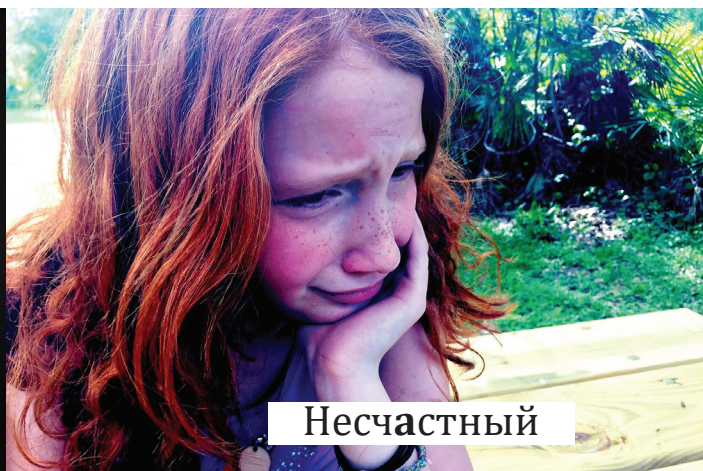
Sadness (Грусть)

If someone is extremely sad (**гру́стный**), we call such person miserable (**несча́стный**) or depressed (**пода́вленный**). Less intense feeling of sadness is called gloom (**мра́чный** or **угрю́мый**) or feeling a little down/blue (**в плохóм настроéнии**).

Another type of sadness is feeling melancholy (**тоска́**) – this means sad and pensive, thinking and reflecting a lot, not willing to do anything.



Подавленный



Несчастный

Another type of sadness is feeling nostalgic – the longing for people (**тоска́ по че-ловéку**), places (**тоска́ по ме́сту**) or time (**тоска́ по вре́мени**). It is bitter sweet as you remember something good, but you are sad about losing it.

Fear (Страх)

To be afraid of something is '**боя́ться**'. If someone is extremely afraid, you can say that person is terrified (**в у́жасе**). If you can't move in fear it is called 'petrified' (**за-сты́ть в у́жасе** or **засты́ть в стра́хе**).

When you're afraid of something that's coming in the future, you can say you're dreading it (**опаса́ться**). You can also use the word uneasy (**беспоко́биться**) for feeling anxious and uncomfortable in general.



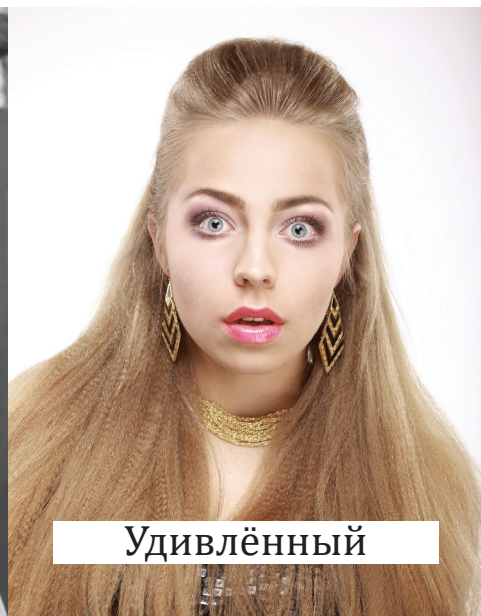
Surprise (Удивлéние)

If someone is very surprised we say that person is amazed (**поражéнный**). In Russian this word fits both for negative and positive sense. For a great surprise in a bad way you can say you are appalled (**потрясéнный**). Same goes for being shocked (**шокíрованный**) – in Russian it has mostly negative sense.

To be surprised (**удивлéнный**) is the moderate rate of surprise, and to look perplexed (**недоумéнный**) – for the slight surprise.



Поражённный



Удивлённый

Hurt, Embarrassment, and Shame (Оби́да, Сму́щение, Сты́д)

The words 'hurt' (**оби́да**) we use to describe the feelings after we got offended (**оскорблённый**) by someone. For example, by some negative comment on appearance.

The more intense word is 'crushed' (**разда́вленный**). Someone can be crushed after receiving a lot of negative responses on his or her job. And the most intense word is 'devastated' (**опустошённый**), when a person feels almost nothing, or does not want to do anything from the hurt and stress, such person literally feels empty.

Feeling humiliated (**уни́женный**) is usually a result of what someone else did to you. For example, someone made you feel very embarrassed by their words/actions, ridiculing or mocking you in front of your friends.

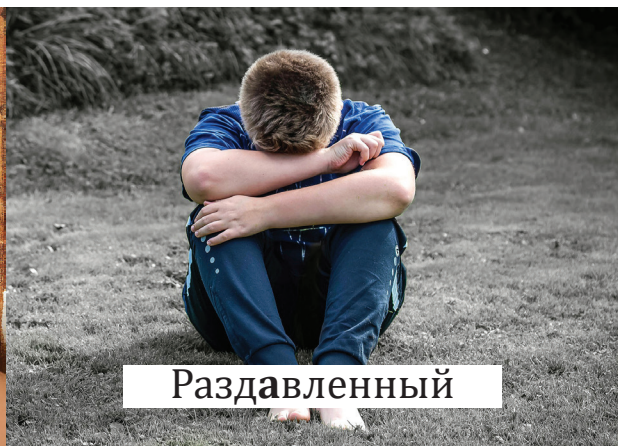
There are also two similar words: embarrassed (**сму́щенный**) and ashamed (**присты́женный**). Embarrassed means you feel uncomfortable in front of other people – you can be embarrassed about the mistake you made, for example, as a public speaker.

In case of being ashamed you feel bad/guilty about something you did intentionally. For example, for breaking your sister's toys.

You can also feel ashamed of other people's bad behaviour – this is like feeling disappointed that they acted badly. For example, being ashamed of your children when they misbehave at school.



Смущённый



Раздавленный

Anger (Гнев)

If you are very angry, you're furious (**в ярости**). If a person is very angry, but does his (or her) best to hide it, it's called 'cold fury' (**холодная ярость**).

When you are angry (**злой**), but in a calm way, it is called 'exasperated' (**сердитый**). You would probably be exasperated if you have to wait for several hours because of someone else's mistake.

The person who easily gets angry is called cranky (**раздражительный**). Some people are very cranky before they get their morning coffee.

There is also the word 'upset' (**расстроенный**), which can describe sadness, hurt, anger depending on the situation.

Finally, if you have a lot of mixed emotions all at once, you have 'mixed feelings' (**смешанные чувства**).



В ярости



Сердитый

Упражнения по произношению (Pronunciation practice)

Чувство, эмоция, счастье, счастливый, вне себя от радости, взволнованный, восхищённый, чувство удовлетворения, радостный, довольный, улыбаться, грусть, грустный, несчастный, подавленный, мрачный, угрюмый, в плохом настроении, тоска, тоска по человеку, тоска по месту, тоска по времени, страх, в ужасе, застыть в ужасе, застыть в страхе, опасаться, беспокоиться, удивление, поражённый, потрясённый, шокированный, удивлённый, недоумённый, обида, смущение, стыд, оскорблённый, раздавленный, опустошённый, униженный, смущённый, пристыженный, гнев, в ярости, холодная ярость, злой, сердитый, раздражительный, расстроенный, смешанные чувства.

Quiz 1. Emotional Story

Смущённый, удивлённый, радостный, злой, беспокоиться, тосковать, расстроенный, счастливый, потрясён, взволнованный.

It was a nice sunny day, and I felt so p_____ about it, because I hadn't seen the sun for several months. I was going to the university to teach my students Russian. So I б_____ how it will go. I was introduced as the best lecturer in the world first time I came, so I was really с_____ and с_____ about it.

I entered the class and started the lecture, but then I noticed there was no one in the room! I became р_____. "So, – I thought, – no one came, huh? Let's see how you will perform on your exam! You will т_____ for the time when I wasn't such a з_____ person!". Suddenly, someone opened the door. It was one of my students. He looked у_____, and asked: "What are you doing here, miss? Your students are in the other class, they've been waiting for you for hours!".

I was п_____! I was so в_____, so I confused both place and time of the lecture!

Quiz 2. Fill in the blanks

Раздражительный, раздавленный, удивлённый, вне себя от радости, в ярости, унижен, обиженный, в ужасе, счастливый, смешанные чувства.

1. He was so p_____ when they fired him! He worked there for 20 years!
2. I was в_____ when I saw him hitting a dog! I almost killed him.
3. She is still о_____, I didn't like her cooking.

4. He was so y when she refused his proposal in the restaraunt.
5. I was в _____ when my son was born.
6. She is not p _____, she just needs some rest.
7. I am so c _____ she finally left him, he was a terrible person.
8. I am not sure about the film. I have c _____ about it.
9. She looked very y _____! Didn't she expect her plan would work?
10. He was в y _____. I never thought someone could be so afraid of doves!

Keys to the Quiz 1. Emotional Story

It was a nice sunny day, and I felt so радостный about it, because I hadn't seen the sun for several months. I was going to the university to teach my students Russian. So I беспокоиться how it will go. I was introduced as the best lecturer in the world first time I came, so I was really смущённый and счастливый about it.

I entered the class and started the lecture, but then I noticed there was no one in the room! I became расстроенный. "So, – I thought, – no one came, huh? Let's see how you will perform on your exam! You will тосковать for the time when I wasn't such a злой person!". Suddenly, someone opened the door. It was one of my students. He looked удивлённый, and asked: "What are you doing here, miss? Your students are in the other class, they've been waiting for you for hours!".

I was потрясённый! I was so взволнованный, so I confused both place and time of the lecture!

Keys to the Quiz 2. Fill in the blanks

Раздражительный, раздавленный, удивлённый, вне себя от радости, в ярости, унижен, обиженный, в ужасе, счастливый, смешанные чувства.

1. He was so раздавленный when they fired him! He worked there for 20 years!
2. I was в ярости when I saw him hitting a dog! I almost killed him.
3. She is still обиженный, I didn't like her cooking.
4. He was so униженный when she refused his proposal in the restaraunt.
5. I was вне себя от радости when my son was born.
6. She is not раздражительный, she just needs some rest.
7. I am so счастливый she finally left him, he was a terrible person.
8. I am not sure about the film. I have смешанные чувства about it.
9. She looked very удивлённый! Didn't she expect her plan would work?
10. He was в ужасе. I never thought someone could be so afraid of doves!