

International Conversation Café

Lifestyle Topic: Feelings

Definition of feelings: The emotional side of someone's character; emotional responses.

Try out these “feeling” idioms. Explain what the idiom means and use it in your own sentence.

hard feelings- feelings of resentment or anger. *The argument caused a lot of hard feelings, but finally we got over it.*

mixed feelings (about someone or something)- uncertainty about someone or something. *I have mixed feelings about Bob. Sometimes I think he likes me; other times I don't. I have mixed feelings about my trip to England. I love the people, but the climate upsets me.*

sinking feeling- the feeling that everything is going wrong; a bad feeling in the base of one's stomach. *I get a sinking feeling whenever I think of the night of the accident.*

gut feeling and gut reaction; gut response- a personal, intuitive feeling or response. *I have a gut feeling that something bad is going to happen. My gut reaction is that we should hire Susan for the job.*

hurt someone's feelings- to cause someone emotional pain. *It hurts my feelings when you talk that way. I'm sorry. I didn't mean to hurt your feelings*

no hard feelings and not any hard feelings- no anger or resentment. *I hope you don't have any hard feelings. No, I have no hard feelings.*

The Culture of Feelings

1. *Did your family encourage you to share your feelings? In what ways?*
2. *Did your friends and school encourage you to share your feelings? In what ways?*
3. *Why is it better to make "I feel" statements rather than "you are" statements when you have a disagreement with someone?*
"I feel angry when I see the kitchen is a mess," instead of "You are so inconsiderate. You never clean up your mess."
4. *Should a person say what they are feeling concerning a disagreement at work or school? When do you think one should be quiet about one's feelings regarding a disagreement?*
5. *Depression has been called "the common cold of the mind." How common is depression in your home country? Do people talk about the condition openly?*
6. *Look at the chart below. Name some of the basic emotions people feel? Which are considered positive and which are negative? Should one express negative emotions and if so how?*

Intensity of Feelings- Give examples of situations that cause intensity of emotions and use the words in a sentence.

	Happy	Sad	Angry	Afraid	Ashamed
High	elated	depressed	furious	terrified	sorrowful
Medium	cheerful	heartbroken	upset	scared	apologetic
Mild	glad	unhappy	annoyed	nervous	embarrassed