

Name: _____ Class: _____

1 Choose the correct option to complete the sentences.

- 0 After his long holiday he felt very *stressed* (*relaxed*).
- 1 Joanne isn't *afraid* / *satisfied* of heights so she enjoys living in a top floor apartment.
- 2 I am *uneasy* / *surprised* to see Annie here. I thought she was away on holiday.
- 3 I'm *anxious* / *relaxed* about the test because I haven't studied for it.
- 4 I don't understand this. I'm very *determined* / *confused*.
- 5 Josh was *disappointed* / *joyful* that his team lost the match.
- 6 Agata often gets *annoyed* / *stressed* with her little brother.
- 7 Julie's very *miserable* / *afraid* today. It's unusual because she is a very cheerful person.
- 8 Ewa is *surprised* / *determined* to complete her challenge as quickly as possible.

_____ / 8

2 Complete the sentences. The first letters of the missing words are given.

- 0 You should **b**e yourself when you meet him.
- 1 You should always **m**_____ yourself do new things.
- 2 It's important to **k**_____ yourself. This can improve your confidence.
- 3 You need to **t**_____ yourself that you can do anything you wish.
- 4 It's a good thing to **c**_____ yourself when you do something well.
- 5 Do you ever **t**_____ to yourself when you're alone?

_____ / 5

3 Complete the sentences with the verbs from the box.

boost	change	get	give	have	give	make	take
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- 0 It's always good to make plans for the future.
- 1 She's happy to _____ her opinion when we discuss things.
- 2 It can _____ your confidence when someone says something nice to you.
- 3 Do you _____ a buzz out of doing new things?
- 4 They never _____ their routine. Every day is the same.
- 5 You should _____ on board what he says. He's an expert.
- 6 He was bored at home and he wanted to _____ a new adventure.
- 7 Don't be afraid! Just _____ it a go, I'm sure you'll enjoy it.

_____ / 7

Total: _____ / 20