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Feelings and Mindset Collocations: Expressing Emotions and Confidence

Easy | Medium | B1 | Intermediate | B2 | Upper Intermediate | Adjective | Phrasal verb | Preposition | Verb | Collocations | Idiom | Vocabulary

1. Complete Jake's motivational speech to his team. Select ALL the phrases that correctly express building confidence or positive mindset.

Jake wants to encourage his basketball team before the championship game. Which expressions can he use?

Select all that apply.

- **A)** We need to build up our confidence.
- **B)** Stay positive and believe in yourselves!
- **C)** Let's make our confidence higher.
- **D)** Keep your spirits up, team!
- **E)** We should grow our positive thinking.
- **F)** Boost your self-esteem and play your best!

2. Choose the correct collocation to complete the sentence about Sarah's emotions.

Sarah always feels really _____ her upcoming exams, even though she studies hard every day.

Select one.

- **A)** stressed on
- **B)** stressed about
- **C)** stressed with
- **D)** stressed for

3. Help complete Jake's motivational speech to his basketball team.

Team, I know we lost the last game, but we can't let that _____ our confidence. We need to _____ our self-esteem back up before the championship. Remember, confidence doesn't come overnight - you have to _____ it through practice and positive thinking. Let's go out there and show them what we're made of!

Choose the correct option for each gap.

Blank 1

- **A)** shake
- **B)** break
- **C)** hurt

Blank 2

- **A)** build
- **B)** make
- **C)** grow

Blank 3

- **A)** develop
- **B)** create
- **C)** form

4. Help Sarah complete her diary entry about building confidence. Choose the correct word for each gap.

Today I decided to _____ my confidence by speaking up in class. I was nervous at first, but I managed to _____ my composure during the presentation.

Choose the correct option for each gap.

Blank 1

- **A)** boost
- **B)** build
- **C)** grow

Blank 2

- **A)** keep
- **B)** maintain
- **C)** hold

5. Complete Emma's diary entry about her emotional roller coaster week. Select ALL the phrases that correctly express different emotional states.

Emma had a challenging week and wants to write about her feelings. Which expressions fit naturally?

Select all that apply.

- **A)** I was in high spirits after getting the promotion.
- **B)** I felt down in the dumps when my friend moved away.
- **C)** I was making good mood all morning.
- **D)** My confidence took a hit after that presentation.
- **E)** I was doing depression yesterday.
- **F)** I'm on cloud nine about my vacation plans!

6. Complete Tom's conversation with his counselor about his recent mood swings.

"I've been having a really tough time lately. My mood keeps _____ from happy to sad for no reason. Sometimes I _____ down in the dumps, and other times I'm on top of the world. It's like I'm on an emotional _____. Do you think this is normal for someone my age?"

Choose the correct option for each gap.

Blank 1

- **A)** changing
- **B)** switching
- **C)** moving

Blank 2

- **A)** feel
- **B)** get
- **C)** become

Blank 3

- **A)** roller coaster
- **B)** ride
- **C)** journey

7. Choose the correct word to complete Emma's weekend plan.

"I'm going to the spa this weekend to _____ some stress before the busy work week starts again," Emma told her roommate.

Select one.

- **A)** reduce
- **B)** relieve
- **C)** remove
- **D)** release

8. Complete this wellness blog post about managing anxiety. Choose the correct words to complete the sentences.

Learning to _____ anxiety takes practice and patience. Many people find it helpful to _____ their feelings with trusted friends or family members.

Choose the correct option for each gap.

Blank 1

- **A)** control
- **B)** overcome
- **C)** beat

Blank 2

- **A)** express
- **B)** share
- **C)** tell

9. Choose the correct word to complete the advice about personal growth.

"You can't _____ your self-esteem overnight – it takes time and practice," the life coach reminded her client.

Select one.

- **A)** make
- **B)** build
- **C)** create
- **D)** construct

10. Complete Jake's advice about handling workplace pressure. Choose the correct word for each gap.

When deadlines approach, try not to _____ stress unnecessarily. Instead, learn to _____ with pressure by breaking tasks into smaller steps.

Choose the correct option for each gap.

Blank 1

- **A)** experience
- **B)** undergo
- **C)** encounter

Blank 2

- **A)** cope
- **B)** struggle
- **C)** compete

11. Choose the correct word to complete the therapist's advice.

"The first step to _____ your anxiety is to understand what triggers it," the counselor explained to her patient.

Select one.

- **A)** defeat
- **B)** overcome
- **C)** beat
- **D)** win

12. Complete this student's reflection on building emotional strength. Choose the correct word for each gap.

University life taught me how to _____ my emotions during stressful exam periods. I've learned that it's important to _____ positive even when things get challenging.

Choose the correct option for each gap.

Blank 1

- **A)** handle
- **B)** tackle
- **C)** face

Blank 2

- **A)** stay
- **B)** become
- **C)** turn

13. Complete Lisa's explanation of her mood swings to her therapist. Select ALL the phrases that correctly describe changing emotions and moods.

Lisa is discussing her emotional patterns during therapy. Which expressions accurately describe mood changes?

Select all that apply.

- **A)** My mood swings from happy to sad without warning.
- **B)** I go through phases of feeling really optimistic.
- **C)** My emotions are making changes every hour.
- **D)** Sometimes I'm in a funk for days.
- **E)** My spirits lift when I spend time in nature.
- **F)** I'm doing mood shifts all the time.

14. Complete Lisa's blog post about maintaining a positive mindset during difficult times by choosing the most natural collocations.

Life has thrown me some curveballs recently, but I'm determined to _____ a positive attitude. When negative thoughts creep in, I try to _____ my focus to things I'm grateful for. It's not always easy to _____ optimistic, especially when everything seems to go wrong, but I've learned that our mindset really does shape our reality. Small daily practices can make a huge difference!

Choose the correct option for each gap.

Blank 1

- **A)** maintain
- **B)** preserve
- **C)** sustain

Blank 2

- **A)** shift
- **B)** transfer
- **C)** redirect

Blank 3

- **A)** stay
- **B)** keep
- **C)** continue

15. Help Tom finish his text message about improving his mood. Choose the correct word for each gap.

This weekend really helped me _____ my mood after a tough week. I feel like I can finally _____ my confidence for the upcoming job interview.

Choose the correct option for each gap.

Blank 1

- **A)** improve
- **B)** brighten
- **C)** better

Blank 2

- **A)** face
- **B)** regain
- **C)** get

16. Choose the most formal and professional word to complete the business consultant's presentation.

"In corporate leadership, executives must _____ a positive attitude during challenging periods to inspire their teams and drive organizational success," the consultant explained to the board of directors.

Select one.

- **A)** keep
- **B)** hold
- **C)** maintain
- **D)** carry

17. Help Dr. Martinez give advice about managing workplace stress. Select ALL the phrases that correctly describe stress and its effects.

Dr. Martinez is counseling employees about work-life balance. Which expressions can she use?

Select all that apply.

- **A)** You're under a lot of pressure lately.
- **B)** You're inside much stress these days.
- **C)** This job is really getting to you.
- **D)** You seem overwhelmed by your responsibilities.
- **E)** You're having stress in your work.
- **F)** You're burning out from working too hard.

18. Complete Sarah's diary entry about her hectic week at university.

This week has been absolutely crazy! I'm under so much _____ because of my final exams. Yesterday I was feeling quite _____ by all the assignments I need to finish. My roommate told me I need to _____ my stress better, so I'm going to try some meditation tonight.

Choose the correct option for each gap.

Blank 1

- **A)** stress
- **B)** pressure
- **C)** tension

Blank 2

- **A)** overwhelmed
- **B)** overtaken
- **C)** overworked

Blank 3

- **A)** manage
- **B)** handle
- **C)** control

19. Help Tom express his concerns about his teenage daughter. Select ALL the phrases that correctly show worry or concern.

Tom is talking to his wife about their 16-year-old daughter's behavior. Which expressions can he use?

Select all that apply.

- **A)** I'm worried sick about her staying out so late.
- **B)** I'm making worry about her friends.
- **C)** She's constantly on my mind these days.
- **D)** I'm concerned about her grades slipping.
- **E)** I'm doing anxiety about her future.
- **F)** I can't help but worry about her safety.

20. Complete Dr. Wilson's advice column response about managing workplace anxiety.

Dear Worried Worker, it's completely normal to feel _____ about starting a new job. Many people _____ anxiety when facing unfamiliar situations. The key is not to let these feelings _____ you. Try to focus on the positive aspects of this opportunity and remember that everyone feels uncertain sometimes. With time, your confidence will grow naturally.

Choose the correct option for each gap.

Blank 1

- **A)** anxious
- **B)** nervous
- **C)** scared

Blank 2

- **A)** experience
- **B)** have
- **C)** feel

Blank 3

- **A)** consume
- **B)** eat
- **C)** take

21. Choose the correct word to complete what Jake said to his friend.

"I need to _____ my frustration somehow, or I'm going to explode!" Jake said after his third job rejection this week.

Select one.

- **A)** show
- **B)** tell
- **C)** express
- **D)** speak

22. Help Maria describe how her friend supported her during difficult times. Choose the correct word for each gap.

When I was feeling down, my best friend helped me _____ my spirits. She always knows how to _____ my confidence in myself.

Choose the correct option for each gap.

Blank 1

- **A)** lift
- **B)** raise
- **C)** elevate

Blank 2

- **A)** restore
- **B)** maintain
- **C)** protect

23. Complete Maria's text message to her best friend about her job interview.

Hey! Just finished my job interview. I was so nervous beforehand - I could feel my heart _____ like crazy! But once I started talking, I began to feel more _____. The interviewer was really nice and helped me _____ my composure. Fingers crossed I get the job!

Choose the correct option for each gap.

Blank 1

- **A)** racing
- **B)** running
- **C)** beating

Blank 2

- **A)** at ease
- **B)** in peace
- **C)** with calm

Blank 3

- **A)** regain
- **B)** get back
- **C)** find again

24. Choose the correct word to complete the manager's advice.

"To succeed in this job, you need to _____ your confidence and speak up during meetings," the manager told the new employee.

Select one.

- **A)** raise
- **B)** boost
- **C)** lift
- **D)** grow