

STEACHER

Emotions and Behaviors

How are you?

When someone asks you that, what do you say? You can say you are "Well" or "Bad". When you say you are "well" it may be comfortable, happy, balanced. If you say "bad" it can be bored, lonely, anxious, nervous. Can you recognize your emotions? If you can see the differences instead of just feel "well" or "bad", you can identify your feelings and have a guide to improve your life. Our emotions are part of our personality and the way we react to the world. Of course we can think, not just only feel like an animal does. But in a conflict between reason and emotion, normally the emotions win.

For example, if you are angry with someone you can talk to the person, argue, demand him / her to stop the offensive behavior, or just avoid that person. This would be reasonable (done with "reason".). If you are unable to do this you can fight with the person and maybe commit a crime. Knowing your emotions mean control them and live well. Remember that human beings are not animals. We can make decisions before acting. That's why we are always responsible for our actions. Know some emotion names in English. And know yourself a bit better.

Have fun!

Como já virou habito neste site, aqui vai uma lista de algumas emoções e sentimentos.

Entre parênteses () a pronúncia figurada.

English	Portuguese
Amazed (ameizid)	Espantado (a)
Angry (éngri)	Zangado(a)
Anxious (ank xious)	Ansioso (a)
Ashamed (axeimed)	Envergonhado (a)
Asleep / numb (aslip / nâmb)	Adormecido (a)
Careless (ker lés)	Descuidado (a)
Confident (konfi dent)	Confiante
Confused (konfiu zed)	Confuso (a)
Crushed (krâ xed)	Acabrunhado (a)
Depressed (dipre cid)	Deprimido (a)
Disgusted (dis gâs tid)	Enojado(a)
Dizzy (dizi)	Tonto, atordoado (a)
Ecstatic (éks tatic)	Extático(a), paralisado
Embarrassed (embar ced)	Embaraçado(a), sem jeito

Exhausted (ek zosted)	Exausto(a), esgotado (a)
Fearful (fér ful)	Amedrontado (a)
Frightened (frait ned)	Assustado (a)
Frustrated (frás treitid)	Frustrado (a)
Gloomy (glumi)	Melancólico (a)
Grief (grif)	Mágoa, desgosto
Guilty (guilti)	Culpado(a)
Happy (épi)	Feliz
Hopeful (ope ful)	Esperançoso (a)
Hysterical (istéricól)	Histérico (a)
Lonely (loneli)	Solitário (a)
Pessimistic (peci mistic)	Pessimista
Sad (séd)	Triste
Shocked (xoked)	Chocado (a) abalado (a)
Shy (xai)	Tímido (a)
Sorry (sórri)	Sentido (a), magoado (a)
Stunned (istâned)	Atordoado (a)

Uma lista de comportamentos

ENGLISH	PORTUGUES
Active	Ativo(a)
Aggressive	Agressivo(a)
Ambitious (ambixious)	Ambicioso(a)
Arrogant (arrogant)	Arrogante
Assertive	Assertivo(a)
Bad tempered (béd temperd)	Mau humorado(a)
Bossy	Mandão / mandona
Cautious (cotious)	Cauteloso (a)
Careless (kerlés)	Descuidado(a)
Charming(xarmin)	Encantador(a)
Curious	Curioso(a)
Cheeky (xiki)	Atrevido / descarado
Deceitful (dicitful)	Enganador(a) /
Faithful (feit ful)	Fiel / Leal
Fickle (ficol)	Volúvel, inconstante
Grumpy (grâmpi)	Rabugento(a)
Hurried (arri éd)	Apressado (a)

Hysterical (istéricól)	Histérico (a)
Jealous (jélous)	Ciumento (a)
Love struck (love strâk)	Apaixonado (a)
Mischievous (mixivius)	Travesso
Mocking (mókin)	Zombador /Zombaria
Praise (preize)	Elogiar / Louvar
Praiseful (preizi ful)	Elogioso (a)
Pretend (pri tend)	Fingir
Pretender (pritender)	Fingidor (a)
Proud (praud)	Orgulhoso (a)
Sly (islai)	Manhoso(a) / astuto(a)
Sloth (islot)	Preguiça
Slothful / lazy (islot ful / Leizi)	Preguiçoso (a)
Smug (smâg)	Presunçoso (a)
Sneeze (isnizi)	Espirrar
Suspicious (saspixius)	Suspeito (a)
Sweat (suét)	Suar
Sweaty (suéti)	Suado (a), suarento (a)
Thoughtless (tsotless)	Negligente, descuidado(a)
Throw up (trou ap)	Vomitar
To mock (tu mók)	Zombar
Trustworthy (turstuórti)	Confiável / fidedigno
Weep (uip)	Chorar
Yawn (ión)	Bocejar

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