

Expressing social feelings

COMMUNICATION

LEVEL
Intermediate

NUMBER
B1_3067X_EN

LANGUAGE
English





Goals

- Can recall common phrases used to express a range of emotions.
- Can accurately and naturally use common phrases to express a range of emotions in different situations.







Preview and warm-up

- In this lesson, we are going to learn how to express common feelings such as **empathy**, **sympathy**, and **antipathy**.



I really feel for her; she was left alone to deal with the company's bankruptcy.



Words of beauty and self-acceptance

self-esteem

**self-
acceptance**

unconditional

admirable



proportion

wholeheartedly

**negative self-
talk**

trait



Words of beauty and self-acceptance



He has very low **self-esteem**, he doesn't think he can do anything right.

She loves him **unconditionally**, even though he is insensitive.



I am not sure whether I have achieved **self-acceptance**. It is a long-term project.

She is difficult to be around because she engages in a lot of **negative self-talk**.





Words of beauty and self-acceptance



She loves her daughter **wholeheartedly** and would go to the ends of the Earth for her.

I love her because she has so many positive personality **traits**.



Her free-spiritedness is one of her most **admirable** qualities.

I really like yoga because it feels like a **holistic** way to look after my body.



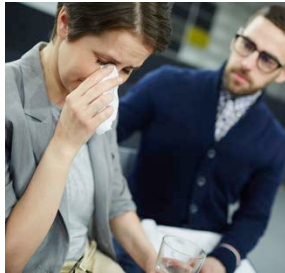
learning phrases to express sympathy

Sympathy has two different and yet similar meanings:

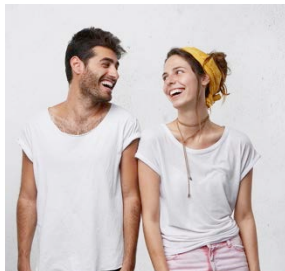
It can express an **understanding of someone else's bad luck** such as when someone passes away or if a car crash happens. In this case, it expresses **pity or sorrow** for another person.

It can also mean that there is a **shared feeling or agreement** between two or more people.

Let's take a look at some **common phrases** that express a **sympathetic attitude**.



My **sympathies** are with you. He was such a wonderful man.



I completely **sympathise** with your point of view.

my condolences



The family wrote their **condolences** in a book after the funeral.
At a funeral people sometimes just say **my condolences** to the grieving family.

What a shame!

Too bad!



What a shame it didn't work out with him!
Too bad he was married!

my heart goes out to you



That's really terrible. I hope they will be okay; **my heart goes out to the family** as they prepare for the funeral.

I don't envy you



She has just qualified as a doctor; **I don't envy her at all**. The next couple of months will involve long working hours.

Bless him!

Bless her!



Bless them! I hope it all goes well with the new baby.
Bless them or **him** or **her** is used to express agreement with someone's action, particularly if it is a morally good action.

you can't win them all



Well, look, **you can't win them all!** Maybe you'll get another chance in the next couple of months.



Sympathising with the odd one out

Which words or phrases do not express sympathy?
What kind of emotion do they express?
Have you heard of them before?





Expressing sympathy

**What phrases would you use to express sympathy in these situations?
Compare your answers with your classmates or teacher.**

A meeting with
your boss about
the closure of
the company.



A person who
has just lost their
house to a fire.



A funeral of a
close family
friend.



A man who has
missed out on a
promotion.

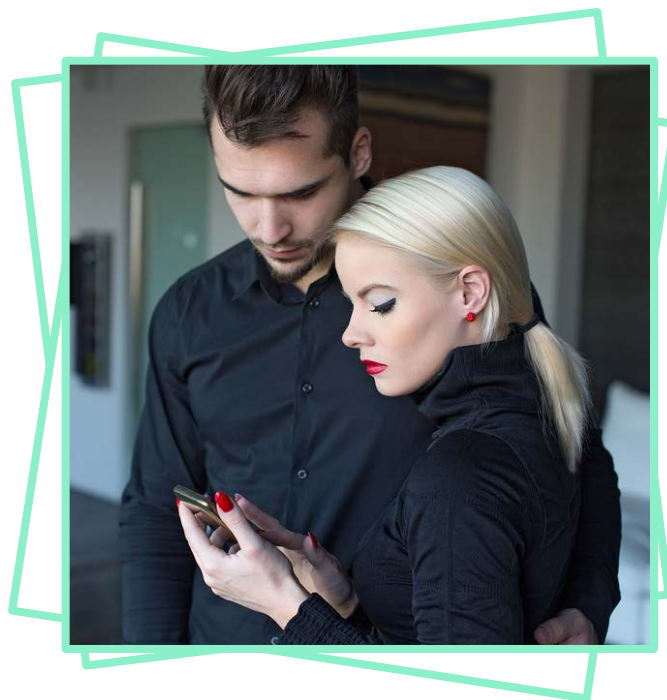




Expressing your condolences

You have just been to a funeral. Write a short message that expresses, in your own words, your condolences to the family of the deceased (the person who has died). Your message will be added to a loving book of memories.

A blank sheet of lined paper with a spiral binding on the left side, intended for writing a message.



learning phrases to express antipathy

Antipathy is a deep feeling of **dislike** for something. Common **synonyms** for **antipathy** are: **aversion**, **dislike**, **animosity**, and **abhorrence**. They all mean having a strong feeling against something.



The little girl hated broccoli. In fact, she had an **aversion** towards all vegetables.

Her **antipathy** towards vegetables was well established by the time she was three years old.

he's not my cup of tea

we do not get on well
together



That dress does not go with my complexion. **It's not my cup of tea!**

he's not my type



He spent the whole time talking about football. I was so bored; **he is** definitely **not my type**.



Practising expressing sympathy and antipathy

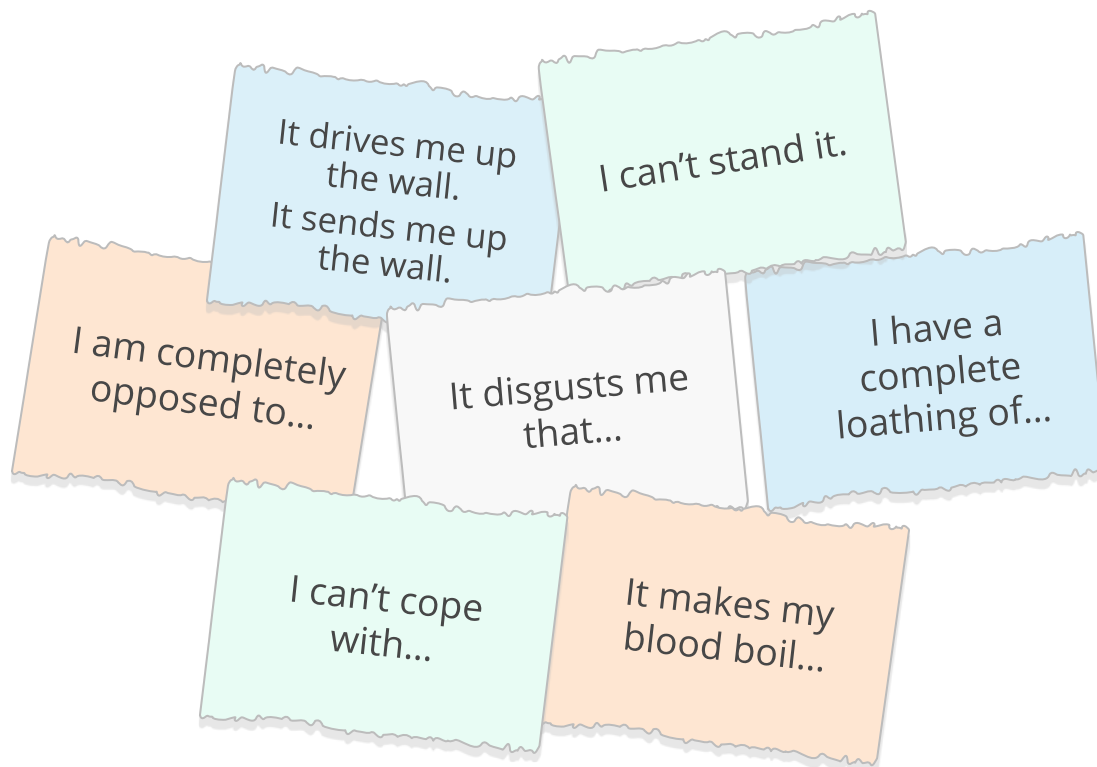
Your child is being bullied at school. The bullying is happening online and in the playground. With your teacher, role play a conversation between a parent and teacher. The teacher is expressing sympathy towards the parent and the parent is expressing an aversion to bullying.





More idioms of antipathy

Have you heard of these idioms before? Practise using them with your teacher. Can you think of any other ways to express a strong dislike of something? Do you have similar idioms in your native language?





Practise expressing strong likes and dislikes

What do you love to hate?

What do you hate to love?

Practise using phrases of sympathy and antipathy to see what you have in common with your classmates and teacher.



Group activities
are really not my
thing.



Social media?
I couldn't live
without it!

learning phrases to express empathy

Empathy is the **ability to understand and share the feelings of another person**. Remember that sympathy is mostly used to **express understanding** when another person has **bad luck**.

An **empathetic person** understands the feelings of another in areas of life other than bad luck.



I know how he feels!



New words

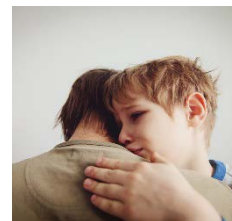
I know how you feel

I know how you feel. It's really terrible when someone just leaves like that.



I see what you mean

I see what you mean, it is upsetting for you.



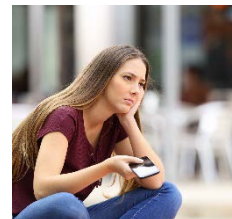
I understand what you are saying

I understand what you are saying. I have exactly the same problem with my own fur.



I've experienced this recently too

I've experienced this recently too. I am sure things will work out.

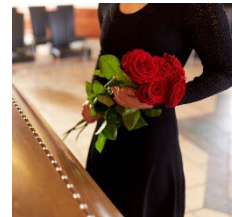




New phrases

I don't know what to say

I am really sorry for your loss. **I don't know what to say.**



It makes me really sad to hear this

My mum told me earlier, **it makes me really sad to hear this.** I will really miss him.



I'm glad you told me

I'm really glad you told me. It's important to share when you don't feel very happy at the moment.



I'm sorry you had to deal with this

I'm sorry you had to deal with this, I'll talk to the teacher and ask her if you can have some extra help in English.





Understanding sympathy, empathy, and antipathy

Write down as many phrases in the following lists as you can remember. Can you think of any other phrases that you would use to express these feelings?



I'm so sorry
to hear that.



My feelings
go out to you!



Sympathy

Empathy

Antipathy



Practise expressing empathy

Role play having an empathetic conversation using any of the phrases you have learnt so far.

I feel like my boss only compliments the other team members.



I know how it feels. Have you tried asking him for more feedback?

Person A:

You are a woman who is having trouble at work. Be creative and invent a story about the problems you are having with your boss.

Person B:

You are a good friend and have had similar problems before. Draw on your experience to empathise.



Practising empathy or sympathy

With your classmates or teacher, choose two of these scenarios. Practise using any of the phrases you have learnt so far to describe the situation and to respond to it in a role play.

A grandmother is feeling unhappy about having to babysit her grandchildren every weekend.

A young man is frustrated about not being able to travel overseas because he has a young family and a mortgage.

A 6-year-old boy doesn't know how to tell his friend at school that he doesn't like it when he teases him about his red hair and freckles.

A 30-year-old is unhappy about being unemployed after having spent years at university.

learning phrases to express sorrow, trust and thankfulness

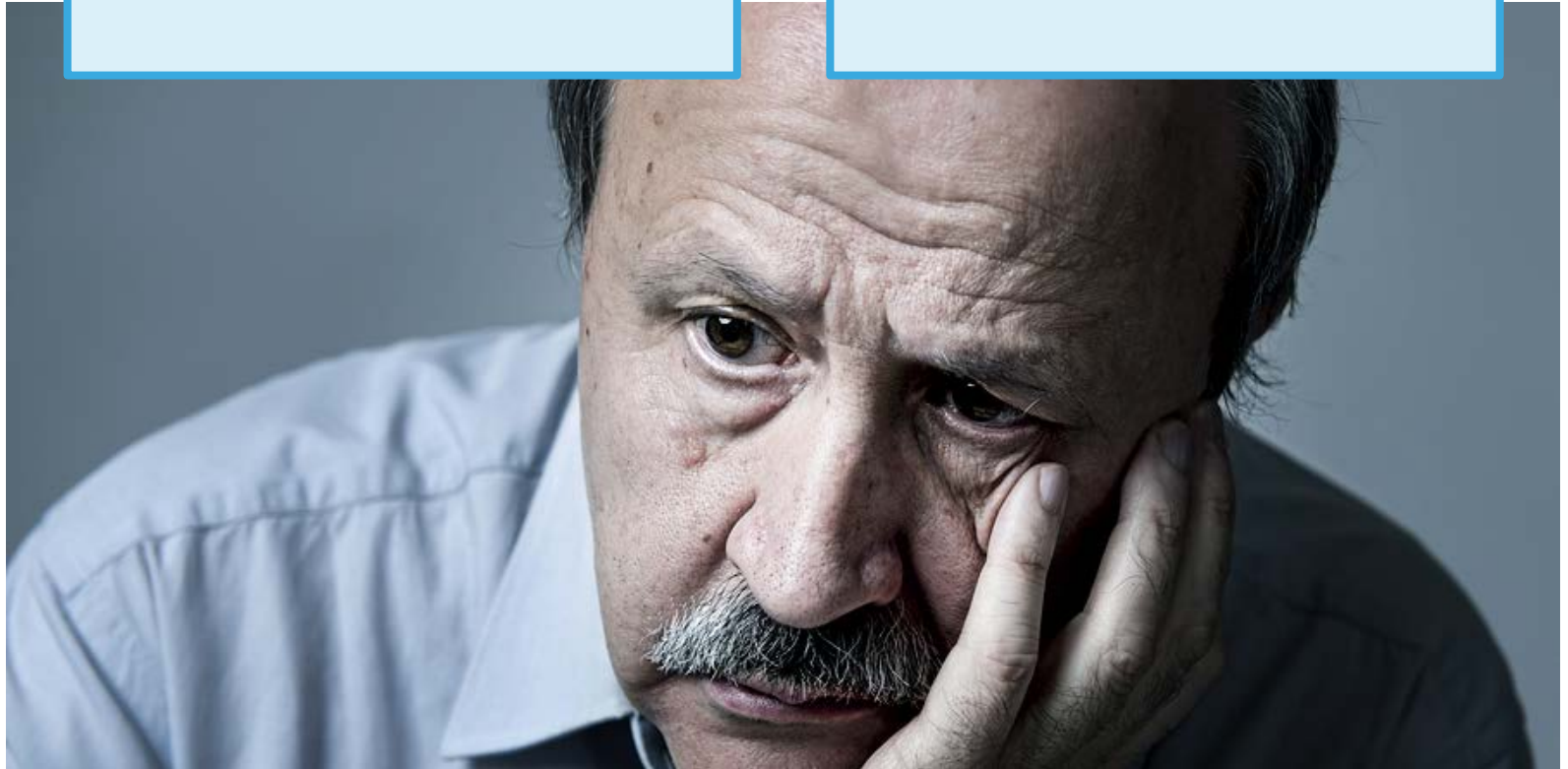
Sorrow is a feeling of deep unhappiness. It is often used in songs and poetry to express **grief**, but it is not used much in everyday conversation. People will often say they are feeling **depressed** instead. **Sorrow** is a strong word and suggests that someone is **very sad** and **deeply upset**.



She sang great love songs as a way of working through her **grief** and **sorrow**.

I am very troubled

I am very worried



I am very troubled. I just lost my job and I have bills to pay.

I am very concerned

it is a great worry to me



I am so worried about my Mum. She has gone into hospital again.

I would follow you blindly

I trust you completely



I won't let go of your hand. Do you trust me?
Yes, dad. **I trust you completely.**



New phrases

I am very
thankful for

I am **very thankful for** having such a beautiful, loving family.



I believe
everything s/he
says

I **believe everything she says**. She is very knowledgeable.



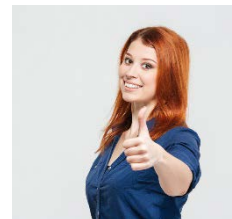
I would like to
express my
gratitude

You have been an asset to the team and **I would like to express my gratitude** for all your hard work.



I would
especially like
to thank

I would especially like to thank my teachers for supporting me and making this day possible.





Imagine you are either...

...someone who is worried about their business going bankrupt or someone who wants to give special thanks to their neighbour for feeding and walking their dog while they were in hospital

There are some examples below to help you.

- I am really worried about the bank. They've sent me five letters and told me if I don't pay up by September, I may lose the house. I am deeply concerned and I don't know what to do.



- I would like to give you my special thanks for caring for my dog whilst I was in hospital. I don't know what I could have done without you!





Trusting the world

**Can you describe a
time when you
trusted someone
blindly?**

I've just trusted
in the cosmos
my whole life!

When I went
skydiving...

My mother,
always.

I trusted my
supervisor at
university.

I trust my
friends
unconditionally.



Responding to sorrow

**How do you usually
respond to another
person's
unhappiness?**

With a joke! I
want to make
them feel
better.

I empathise...
then tell them
to see a
therapist.

I make light of the
situation and tell
them all my bad
news. Everyone
has bad news!



Game

- What type of emotion is being expressed in the photos below?
- Pick a phrase that matches this situation.
- Your classmates and or teacher have to guess the picture you have chosen.





Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

no





Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?



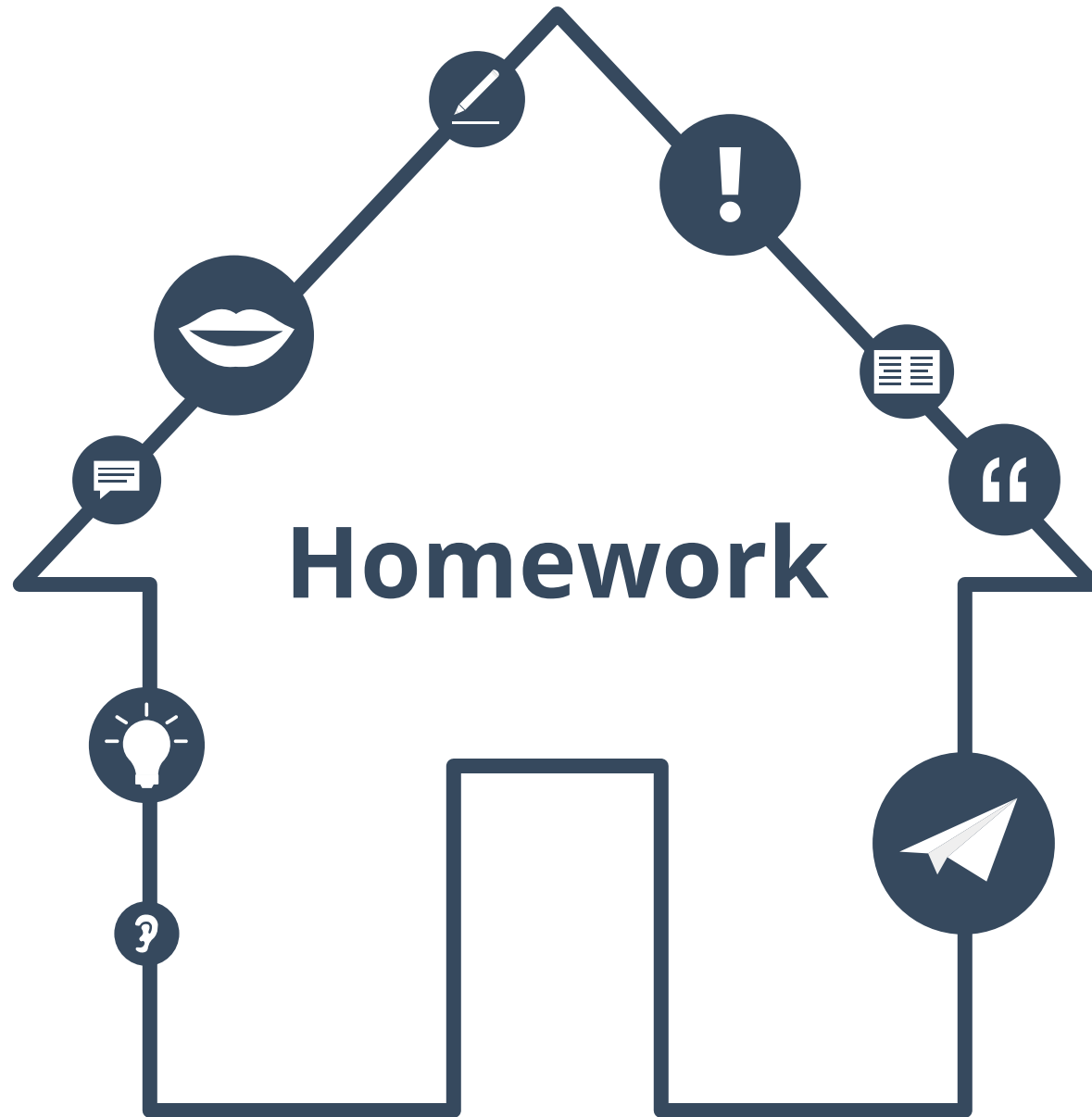
If you have time, go over
the most difficult slides again



Answer key

Activity p. 15: You brought it on yourself; Don't say I didn't warn you!; LOL; Too bad, so sad; I'm just saying; Well, it is your fault. These phrases generally express a lack of sympathy. They suggest that whatever has happened is some way the person's fault with the exception of LOL, which is an acronym for laugh out loud.

Activity p. 16: Sample answers: A meeting with your boss about the closure of the company: I don't envy you. A person who has just lost their house in a fire: my heart goes out to you. A man who has missed out on a promotion: You can't win them all. A funeral: My condolences.





Sympathy, antipathy, or empathy?

What a shame!

We don't get on
well!

My condolences.

Too bad!

My heart goes out
to them.

I completely
understand.

He's not my cup of
tea!

Bless them!

This too will pass.

I am so sorry to
hear that.

Everything has a
reason.

She's not my type

Sympathy

Antipathy

Empathy



Practising expressing empathy

Your friend has just written you a letter saying that her partner has been diagnosed with a serious illness. Write a card to her that expresses your sympathies and or empathy towards her situation.

I don't know
what to say.

I'm so sorry to
hear to that.

Thanks for
sharing.

I know how you
feel.

This too shall
pass.

I don't envy you
at all.



Dear Sally,



I am so sorry to hear this bad new.



Thanks for sharing it with me. I don't



really know what to say, but...





Homework answer key

Activity p.48

Sympathy: What a shame! My condolences; Bless them; My heart goes out to them; **Empathy:** I understand completely; I'm so sorry to hear that; This too will pass. Everything has a reason. **Antipathy:** He's not my cup of tea; She's not my type; We don't get on well.



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