

Speak English With Vanessa

Free PDF Worksheet

Speak about Feelings

Dear English Learner,

Get ready to speak confidently! I recommend reading the worksheet out loud and using the blank space on the last page to answer my challenge question. [Click here to watch the original video](#). Thanks so much for learning English with me!

*Your teacher,
Vanessa*

Common Expressions About Feelings

Can we talk / Can I talk to you about something? *This question can be used in many situations, sometimes serious, sometimes less serious. Sometimes people who are less comfortable talking about their feelings will start with this question to make sure the other person is open to a conversation.*

Can we talk? There's something that's been bothering me.

Can I talk to you about something?

I just need to vent. *This is a phrase people might say when they want to talk about something that is bothering them. They need to "let it out," and they just need you to listen.*

I have had a terrible day, and **I just need to vent.**

I'm okay, **I just need to vent** and let it all out.

I've been feeling a bit down / lost / frustrated lately. *These are ways of describing emotions that make people feel sad, have low energy, and just don't feel good about themselves.*

I've been feeling frustrated lately, like my boss doesn't see or care how hard I work.

I've been feeling a bit lost lately, like I'm not sure what I want to do with my life.

Note: this is typically referring to things like a career, relationships, and other life "milestones" that people think they need to accomplish in a certain order, by a certain age

I'm in a funk/rut. *This phrase means you feel unhappy, sad, depressed, unmotivated, or "stuck", not changing or moving forward.*

I've been in a funk since we broke up.

I'm in a rut, I always do the same thing every weekend—nothing!

I feel... when... *This is a phrase someone would use to describe when they feel a certain way.*

I feel happy **when** you're around.

I feel sad **when** I hear that song on the radio because it reminds me of him.

It's hard when...*something that is difficult or requires a lot of effort*

It's hard when everyone else but me seems to have their lives all figured out.

It's hard when I want to speak up about how I feel, but I don't know the words to use.

It's like / I just feel like... *another way of saying that something seems a certain way*

It's like I take on more projects than anyone else on my team, but I never get promoted.

I just feel like I take on more projects than anyone else on my team, but I never get promoted.

I feel like I can be myself with you. *This is a phrase meaning that someone feels like they don't have to pretend to be a certain way in order to be accepted by someone else.*

We haven't known each other for very long, but **I feel like I can be myself with you.**

Everyone expects me to be happy and energetic all the time and it's exhausting. **I feel like I can be myself with you.**

Thanks for letting me get that off my chest. *This is something someone might say after talking about their feelings or their problems. When you talk through something, you feel relief, like a burden has been lifted, maybe you even breathe easier.*

I really needed to talk, **thanks for letting me get that off my chest.**

Thanks for letting me get that off my chest, I feel so much better now.

Are you feeling alright? *This is a question that you would ask someone that you know pretty well, like a friend or family member.*

Are you feeling alright? I haven't heard from you in a while.

Are you feeling alright? You don't seem yourself.

Note: *Saying that someone doesn't look normal or happy can be quite rude if you don't do it carefully. Only use this if you say it kindly to a friend.*

Do you wanna talk about it? *This is a question you would ask if you aren't sure someone is ready to talk about something.*

It sounds like you had a rough day. **Do you wanna talk about it?**

I heard the bad news. **Do you wanna talk about it?**

That must have been... (hard, surprising, exciting, etc.) *This is a phrase to show that you are trying to empathize, or imagine yourself in a certain situation. You can say this to show that you understand why someone would feel a certain way.*

That must have been surprising when you found out your family was moving to another country.

You came to work and found out you didn't have a job anymore? **That must have been** a shock to you.

What can I do to support you? *This is a question to show that you are there for the other person and willing to do whatever they need, not just what you want to do.*

What can I do to support you? Would you like to watch your favorite movie together?

That sounds really stressful, **what can I do to support you?** Can I help you with some chores around your house?

Don't keep it inside / Don't bottle it up. *This is a way of encouraging someone to talk about their feelings as a way of feeling better.*

If you're upset about something, talk about it. **Don't keep it inside.**

When you feel like something is wrong, say something—**don't bottle it up.**

Thanks for sharing that with me. *This is something someone might say after someone shared their feelings or their problems, especially if it was a sensitive or difficult topic.*

It must be really hard to talk about that time in your life, **thank you for sharing that with me.**

Thanks for sharing that with me. I had no idea the situation you were in.

Sample Conversation

Vanessa: Hey Dan, **are you feeling alright?** You don't quite look yourself today.

Dan: Not really. **Can I talk to you about something?**

Vanessa: Of course, what's wrong?

Dan: Well, there's this thing at work. I worked really hard on it, and my coworker got all the credit. They didn't even do anything! **I feel like** the harder I work, the less recognition I get.

Vanessa: **That must be frustrating. It's hard** when you work really hard on something and feel like no one notices.

Dan: Yeah, **I just feel like** it's pointless to say anything because then it seems like I'm complaining.

Vanessa: Well, **don't bottle it up**, then you'll be angry with your boss and your coworkers, and then you might be distracted at your job.

Dan: That's a good point. **Thanks for letting me get that off my chest.**

Vanessa: **Thanks for sharing that with me.** I had no idea work was so stressful.

Dan: Thanks, Vanessa. I gotta go, I'll see you later!

Vanessa: Bye, Dan!

Your Conversation

Vanessa: Are you doing alright? You don't seem like yourself lately.

Student: [Your response] _____

Vanessa: That must have been really hard.

Student: [Your response] _____

Vanessa: What can I do to support you?

Student: [Your response] _____

Vanessa: I'm glad you didn't bottle this up. Thanks for sharing with me.

Vanessa's Challenge Question

Use the space below to write a few sentences answering this question:

Tell me about a time when you were in a funk or a rut. How did you get out of it?

Sample answer: *I was in a funk because I was working at a job that I didn't enjoy with people who weren't nice. It also didn't pay me very well. I finally decided that I would leave for what I hoped was a better job. I started reaching out and spending more time with my friends, and I started exercising more. I felt so much better, and I got out of my funk!*

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