

KONU PSYCHOLOGY

③ What is mood?

A mood is an emotional state that may last anywhere from a few minutes to several weeks.

③ Are mood and personality the same things?

Moods differ from personality primarily in that they are less static than personality—they tend to change more. Although moods can last for an extended period of time, personality tends to be longer-lasting. However, personality and mood do affect one another. People with optimistic personalities are more likely to display an upbeat, happy mood. People with pessimistic or insecure personality traits may be more likely to exhibit a depressed mood.

③ What factors affect mood?

Moods and emotions are complex. It's thought three factors combine to create them in the brain: biology (for example, hormones and brain chemicals), psychology (such as personality and learned responses), and environment (like illness and emotional stress).

Idioms describing feelings or mood

③ To express positive feelings, moods and states:

Jo's as happy as the day is long. (extremely content)

Mary seems to be on cloud nine these days. (extremely pleased/happy)

Everyone seemed to be in high

HERE ARE SOME WORDS RELATED TO MOODS AND MOOD TONES:

| Positive | | | Negative | | |
|-----------|------------|----------|-------------|---------------|-----------|
| amused | emphatetic | calm | threatening | disrespectful | shocked |
| approving | excited | humorous | depressed | sarcastic | anxious |
| sincere | joyful | hopeful | upset | embrassed | desperate |
| | | | miserable | childish | blunt |
| | | | bossy | | |



spirits. (lively, enjoying things)

She seems to be keeping her chin up. (happy despite bad things)

③ To express negative feelings, moods and states:

He had a face as long as a fiddle.

(looked very depressed/sad)

She certainly looked down in the dumps. (looked depressed/sad)

Garry is in a (black) mood. (a bad mood, temper)

Mark was like a bear with a sore head. (extremely irritable)

SORULAR

Choose the correct option.

1- My father looks - - - now. We had better not bother him or he will shout us.

- A) confused B) shocked
C) bossy D) angry
E) happy

Cevap: D

2- She turned me off with her - - - manner.

- A) sleepy B) bossy
C) happy D) dizzy
E) funny

Cevap: B

3-

Nora:

– I'm bored! What shall we do?

Madison:

– Let's play table tennis.

Nora:

– No, I hate table tennis.

Madison:

– Why do you hate it?

Nora:

-----.

- A) I think it's just for me
B) I shouldn't eat so much junk food
C) Because I can't play it very well.
D) But we should come back earlier
E) And we can do another activity.

Cevap: C