

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
Feelings					
awkward	adjective	'ɔ:kwə(r)d	'ɔkwərd	not comfortable, relaxed, or confident	He's always really awkward when meeting new people.
devastated	adjective	'devə,sterɪd	'devə,sterɪd	feeling very shocked and upset	Olga was devastated to learn her car had been stolen.
disgusted	adjective	dɪs'gʌstɪd	dɪs'gʌstəd	feeling very angry and upset about something that you do not approve of	I was disgusted by the way he treated his employees.
frustrated	adjective	frʌ'streɪtɪd	'frʌ,streɪtəd	feeling annoyed and impatient because you are prevented from achieving something	I'm just frustrated by our overall lack of progress.
furious	adjective	'fjʊəriəs	'fjʊriəs	extremely angry	Yuri was absolutely furious that I'd scratched her car.
horrified	adjective	'hɒrɪfaɪd	'hɒrɪ,faɪd	very shocked or frightened	Dad was horrified when he saw the prices on the menu.
impressed	adjective	ɪm'prest		admiring someone or something very much, especially because of an unusually good achievement, quality, or skill	I was very impressed by the level of customer service.
overwhelmed	adjective	əʊvə(r)'welmd	ˌoʊvər'hwelmd	feeling unable to cope with all the things that need to be done	I'm just a little overwhelmed to be honest – there's so much to do!
relieved	adjective	rɪ'li:vɪd	rɪ'lɪvd	happy and relaxed because something bad has not happened or because a bad situation has ended	Mum wasn't angry, just relieved that I'd made it home safely.
stunned	adjective	stʌnd		very shocked or upset, especially so that you are unable to act normally	Barcelona were left stunned by Liverpool's last-minute winner.
tense	adjective	tens		feeling nervous and not relaxed, usually because you are worried about what is going to happen	He was tired, but too tense to sleep.
thrilled	adjective	θrɪld		very pleased and excited	Ben was thrilled to win the competition.
Personality adjectives					
ambitious	adjective	æm'bɪʃəs		wanting to be successful, rich, famous, etc	Anna is pretty ambitious ; I don't think she'll stay unless they promote her.
arrogant	adjective	'ærəɡənt		someone who is arrogant thinks they are better or more important than other people and behaves in a way that is rude and too confident	To be honest, I thought she was rude and arrogant !
determined	adjective	dɪ'tɜ:(r)mɪnd	dɪ'tɜrmɪnd	not willing to let anything prevent you from doing what you have decided to do	Aishia was always determined to make it as a dancer.
down-to-earth	adjective	'daʊn tə ˌɜ:(r)θ	'daʊn tə ˌɜθ	practical and sensible	Jane's so down-to-earth ; she's great in a crisis.

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easy-going	adjective	ˌiːziˈgəʊɪŋ	ˌiːziˈɡoʊɪŋ	relaxed, calm, and not getting easily upset about things	Marco won't mind if we're a bit late; he's very easy-going .
flexible	adjective	ˈfleksəb(ə)l		able to make changes or deal with a situation that is changing	You need to be more flexible in your approach.
loyal	adjective	ˈlɔɪəl		willing to support, work for, or be a friend to someone, even in difficult times	In his 45 years with the family, Randell remained a loyal employee.
naïve	adjective	naɪˈiːv	nɑɪˈiv	lacking experience in life and too ready to trust or believe in others	Jim's so naïve he'll believe whatever anyone tells him.
open-minded	adjective	ˈəʊpən ˌmaɪndɪd	ˈoʊpən ˌmaɪndəd	willing to consider new ideas	Talk to the new manager about it – she's pretty open-minded .
optimistic	adjective	ˌɒptɪˈmɪstɪk	ˌɑptɪˈmɪstɪk	hopeful about the future and expecting good things to happen	The CEO seemed pretty optimistic about the future of the company.
passionate	adjective	ˈpæʃ(ə)nət		showing or expressing strong beliefs, interest or enthusiasm	Cody has been a passionate Boston Celtics fan his entire life.
pessimistic	adjective	ˌpesəˈmɪstɪk		thinking that the worst thing will happen in every situation	Try not to be so pessimistic ; it'll probably be fine.
self-centred	adjective	ˈself ˌsentə(r)d	ˈself ˌsentərd	too interested in yourself, so that you do not think about what other people feel or need	Chris is so self-centred ; he never thinks of anyone else!
sensitive	adjective	ˈsensətɪv		likely to become upset quickly	If I'd known Juan was so sensitive , I wouldn't have teased him.
stubborn	adjective	ˈstʌbə(r)n	ˈstʌbɜrn	not willing to change ideas or to consider anyone else's reasons or arguments	He definitely won't change his mind; he's too stubborn .
witty	adjective	ˈwɪti		clever and funny	Hassan struggled to think of something original and witty to say.
Noun suffixes					
arrogance	noun	ˈærəɡəns		behaviour that shows that you think you are better or more important than other people	Frankly, I'm amazed by your level of arrogance .
confidence	noun	ˈkɒnfɪd(ə)ns	ˈkɑnfɪdəns	the belief that you are able to do things well	You should have more confidence in yourself!
determination	noun	dɪˌtɜː(r)mɪˈneɪʃ(ə)n	dɪˌtɜrmɪˈneɪʃ(ə)n	the refusal to let anything prevent you from doing what you have decided to do	You've got to admire his determination ; he never gives up.
loyalty	noun	ˈlɔɪəlti		support that you always give to someone or something because of your feelings of duty and love towards them	Barry inspires great loyalty among his employees.
optimism	noun	ˈɒptɪˌmɪzəm	ˈɑptɪˌmɪzəm	a tendency to be hopeful and to expect that good things will probably happen	There's much greater optimism within the company now.
responsibility	noun	rɪˌspɒnsəˈbɪləti		blame for something that has happened	I take full responsibility for the problems that we are facing

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Health and fitness					
anxiety	noun	æŋ'zæti		the feeling of being very worried that something bad is going to happen	It's generally agreed that too much caffeine can cause anxiety .
calorie	noun	'kæləri		units for measuring how much energy you get from food	How many calories are there in a slice of pizza?
cholesterol	noun	kə'lestərəʊl	kə'lestərəl	a type of fat in the blood that can cause heart disease if you have too much	Try to avoid fatty foods that are high in cholesterol .
depression	noun	dɪ'preʃ(ə)n		a medical condition in which a person is so unhappy they cannot live a normal life	He has suffered from depression for years.
level of fitness	phrase	'lev(ə)l əv 'fɪtnəs		how healthy and strong someone is	Regular cycling can help increase your level of fitness .
life expectancy	noun	laɪf ɪk'spektənsi		the length of time that someone is likely to live	Medical advances have helped increase life expectancy .
mental health	noun	'ment(ə)l helθ		the condition of your mind	Adel has suffered from various mental health problems for years now.
obesity	noun	əʊ'bi:səti	oʊ'bisəti	a condition in which someone is too fat in a way that is dangerous for their health	Unhealthy school dinners contribute to obesity in children.
physical	adjective	'fɪzɪk(ə)l		relating to your body rather than your mind	Adults are generally advised to do at least 30 minutes of physical activity every day.
processed foods	noun	'prəʊsest fu:dz	prə'sest fudz	edible products that are manufactured	My doctor suggested I cut down on processed foods .
reduce the risk	phrase	rɪ'dju:s ðə rɪsk	rɪ'dʊs ðə rɪsk	to lower the chances of something bad happening	Cutting down on fatty foods can reduce the risk of heart disease.
slow the ageing process	phrase	sləʊ ðə 'eɪdʒɪŋ 'prəʊses	sləʊ ðə 'eɪdʒɪŋ prə'ses	to reduce the speed at which people's bodies deteriorate	Eating well and doing exercise can slow the ageing process .
stress	noun	stres		pressure or worry caused by problems in everyday life	I just couldn't take the stress of working in the city anymore.
Adverbs of stance					
admittedly	adverb	əd'mɪtɪdli	əd'mɪtədli	saying something is true even though it may weaken your argument	I'm sure it was her although, admittedly , she was wearing a different coat.
apparently	adverb	ə'pærəntli	ə'pærəntli	based only on what you have heard, not on what you are certain is true	Apparently , Felix is looking for a new job.
frankly	adverb	'fræŋkli		saying that you are about to give your honest opinion, even though the person you are talking to might not like it	Frankly , I don't care who you are.
merely	adverb	'mɪə(r)li	'mɪrli	saying that something is small or unimportant	This job is merely a way for me to pay the bills.
naturally	adverb	'nætʃ(ə)rəli		saying that something happened in the way that you would expect	Naturally , Maria was very keen to meet the new starters.

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sadly	adverb	'sædli		saying that you think something is bad or wrong	She made it through to the last round, but sadly , didn't get the job.
simply	adverb	'sɪmpli		used for emphasising that what you are saying is nothing more than what you say it is	We simply don't have time to go through everything now.
undoubtedly	adverb	ʌn'daʊtɪdli		saying that something is certainly true or is accepted by everyone	In my opinion, she was undoubtedly the best person for the job.
Adverb + adjective collocations					
absolutely ridiculous	adjective phrase	'æbsəlu:tli rɪ'dɪkjələs	'æbsəlu:tli rɪ'dɪkjələs	very silly or unreasonable and deserving to be laughed at	Steph looks absolutely ridiculous in that hat.
bitterly disappointed	adjective phrase	'bɪtə(r)li ,dɪsə'pɔɪntɪd	'bɪtərli ,dɪsə'pɔɪntəd	unhappy because something that you hoped for or expected did not happen or because someone or something was not as good as you expected	They were bitterly disappointed to lose on the final day of the season.
deeply concerned	adjective phrase	'di:pli kən'sɜ:(r)nd	'dipli kən'sɜ:rnd	very worried about something	I'm deeply concerned about your lack of progress this year.
highly likely	adjective phrase	'haɪli 'laɪkli		very probable	It seems highly likely that she will step down at the end of the month.
ridiculously easy	adjective phrase	rɪ'dɪkjələsli 'i:zi	rɪ'dɪkjələsli 'izi	not difficult to do, or not needing much work	These days, it's ridiculously easy to keep in touch with friends.