

Adjectives ending with *-ed* & *-ing*.

Level C1

- **-ED** adjectives describe how someone feels, or states.
- **-ING** adjectives describe the thing or situation that causes the feeling, or a feature.

-ED (feeling/state)	-ING (cause/description)	Example Sentence
overwhelmed	overwhelming	She felt overwhelmed by the overwhelming number of tasks.
intrigued	intriguing	I was truly intrigued by his intriguing theory.
unsettled	unsettling	The movie left me unsettled — the ending was so unsettling.
disillusioned	disillusioning	Many voters felt disillusioned after the disillusioning political scandals.
appalled	appalling	They were appalled by the appalling conditions in the factory.
exhausted	exhausting	It was an exhausting day, and I'm completely exhausted.
enlightened	enlightening	The book was enlightening, and I felt enlightened afterward.
discouraged	discouraging	The test results were discouraging, and many students felt discouraged.
puzzled	puzzling	I'm puzzled by his puzzling behavior lately.
disturbed	disturbing	She was disturbed by the disturbing images in the documentary.

Exercise 1. Answer the questions

1. Have you ever felt completely **overwhelmed** by responsibilities? What made it so **overwhelming**?
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2. What's the most **intriguing** idea or story you've heard recently? Why did it leave you so **intrigued**?
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3. Have you ever had an **unsettling** dream or experience? How did it leave you feeling **unsettled**?
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4. Can you recall a time when you became **disillusioned** with someone or something you once admired? What was **disillusioning** about it?
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5. What's the most **appalling** thing you've seen or heard in the news? Why were you so **appalled**?
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6. Can you describe the most **exhausting** day you've had recently? What left you feeling **exhausted**?
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7. Have you ever read a book or watched a documentary that truly **enlightened** you? What was so **enlightening** about it?
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8. Have you ever felt **discouraged** when learning something new? What made it **discouraging** and how did you push through?
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9. What's the most **puzzling** thing about human behavior to you? Have you ever been **puzzled** by a friend's actions?
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10. Have you seen a film or read a book that left you feeling **disturbed**? What was so **disturbing** about it?
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Exercise 2. For each sentence below, write one question and one reaction.

1. "Lately, I've been feeling completely **overwhelmed** - work, family, and everything else just feels so **overwhelming** all at once."

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2. "I was really **intrigued** by something you said last session - it was such an **intriguing** way of looking at my anxiety."

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3. "After that dream, I woke up feeling really **unsettled**. It was such an **unsettling** image, and I can't get it out of my head."

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4. "I think I've become quite **disillusioned** with the idea that hard work always pays off. The last few years have been really **disillusioning**."

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5. "When I looked back at how I let myself be treated, I was honestly **appalled**. The way they spoke to me was just **appalling**."

6. "I'm constantly **exhausted**, emotionally and physically. Even simple interactions feel **exhausting** right now."

7. "That exercise you gave me was surprisingly **enlightening** - I actually feel a bit more **enlightened** about where these feelings are coming from."

8. "I've been trying to make progress, but it's really **discouraging** when I fall back into old habits. It leaves me feeling so **discouraged**."
