PARTICIPLE ADJECTIVES (ED & ING)

Some participles (like 'bored' or 'boring') can be used as adjectives. These are used in a slightly different way from normal adjectives.

We usually use the past participle (ending in -ed) to talk about how someone feels:

- I was really **bored** during the flight (NOT: I was really boring during the flight).
- She’s **interested** in history (NOT: She's really interesting in history).
- John's **frightened** of spiders (NOT: John's frightening of spiders).

We usually use the present participle (ending in -ing) to talk about the person, thing, or situation which has caused the feeling:

- It was such a long, **boring** flight (so I was bored).
- I read a really **interesting** book about history (so I was interested).
- Many people find spiders **frightening** (so they're frightened when they see spiders).

Be careful! 'I'm boring' is very different from 'I'm bored'! 'I'm boring' means I cause other people to be bored. This is not good! Here are some examples of when one person causes a feeling in another person:

- I was talking to such a **boring** guy at the party. He talked about himself for an hour!
- She’s a really **interesting** woman. She’s lived all over the world and speaks five languages.
- My maths teacher at school was really **frightening**! He was always shouting at the students.

These participle adjectives make their comparative by using 'more' (not -er) and their superlative by using 'most' (not -est):

- I was **more frightened** of dogs than spiders when I was a child.
- That book is **more boring** than this one.
- I think Dr Smith's lesson was **more interesting** than Dr Brown's.
- For 24 hours on the flight to Australia, I was the **most bored** I've ever been.
- I think this is the **most interesting** talk we've heard today.
- It was the **most frightening** film that he'd ever seen.

**LIST OF COMMON -ED AND -ING ADJECTIVES**
<table>
<thead>
<tr>
<th>Adjective</th>
<th>Example 1</th>
<th>Example 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>alarming</td>
<td>What an alarming noise!</td>
<td>I was alarmed by the loud bang.</td>
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<tr>
<td>amusing</td>
<td>That TV programme is really amusing.</td>
<td>He was amused to hear his little son singing in the bath.</td>
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<tr>
<td>boring</td>
<td>I've never seen such a boring film!</td>
<td>The students looked bored as the teacher talked and talked.</td>
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<tr>
<td>confusing</td>
<td>I find these instructions very confusing! Could you come and help me?</td>
<td>I was confused, because I asked two people and they told me two different things.</td>
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<tr>
<td>depressing</td>
<td>This weather is depressing! Is it ever going to stop raining?</td>
<td>I was feeling depressed, so I stayed at home with hot chocolate and a good book.</td>
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<tr>
<td>embarrassing</td>
<td>That is the most embarrassing photo! I look terrible!</td>
<td>John was really embarrassed when he fell over in front of his new girlfriend.</td>
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<tr>
<td>exciting</td>
<td>It's a really exciting book. I couldn't wait to find out what happened at the end.</td>
<td>I'm so excited! I'm going on holiday tomorrow!</td>
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<tr>
<td>exhausting</td>
<td>I hate doing housework! It's exhausting!</td>
<td>Julie was so exhausted after her exams, she spent the next three days sleeping.</td>
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<tr>
<td>fascinating</td>
<td>The brain is fascinating, isn't it? It's amazing how much it can do.</td>
<td>Joan was fascinated by her grandmother's stories of life in the 1920s.</td>
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<tr>
<td>Adjective</td>
<td>Sentence</td>
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<tr>
<td>frightening</td>
<td>What a frightening film! I don't want to walk home on my own now!</td>
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<tr>
<td>frightened</td>
<td>I was really frightened of bees when I was little, but I don't mind them now.</td>
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<tr>
<td>frustrating</td>
<td>It's frustrating when you want to say something in another language, but you don't know the word.</td>
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<tr>
<td>frustrated</td>
<td>I tried all morning to send an email, but it wouldn't work. I was so frustrated!</td>
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<tr>
<td>interesting</td>
<td>That was a very interesting book.</td>
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<tr>
<td>interested</td>
<td>She's interested in animals, so she's thinking of studying to be a vet.</td>
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<tr>
<td>overwhelming</td>
<td>I find London a bit overwhelming. It's so busy and noisy.</td>
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<tr>
<td>overwhelmed</td>
<td>Julie felt overwhelmed. She'd moved house, got a new job and was learning to drive, all at the same time.</td>
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<tr>
<td>relaxing</td>
<td>A nice hot bath is so relaxing after a long day.</td>
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<tr>
<td>relaxed</td>
<td>She was so relaxed, sitting in front of the fire, that she didn't want to move.</td>
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<tr>
<td>satisfying</td>
<td>John loves his new job as a teacher. He says it's very satisfying when he makes a student understand.</td>
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<tr>
<td>satisfied</td>
<td>I'm very satisfied that I managed to order the meal in French.</td>
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<tr>
<td>shocking</td>
<td>What a shocking crime! It's terrible.</td>
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<tr>
<td>shocked</td>
<td>I was shocked when my co-worked admitted stealing some money.</td>
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<tr>
<td>surprising</td>
<td>It's surprising how many people don't want to travel to another country.</td>
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<tr>
<td>surprised</td>
<td>She was surprised when she arrived at her class and</td>
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</table>
found the other students doing an exam. She'd thought it was a normal lesson.

| terrifying | terrified |
| What a terrifying dog! It's huge! | My little son is terrified of the dark. We always leave a light on in his room at night. |

| thrilling | thrilled |
| What thrilling music! It's some of the most beautiful music I've ever heard. | I was thrilled to win first prize in the competition. |

| tiring | tired |
| My job is really tiring. I don't get home until 10pm sometimes. | David's too tired to come to the cinema tonight. He's going to go to bed early. |

**Exercise 1**
Choose the correct adjective:

1. My nephew was (amusing / amused) by the clown.
2. It’s so (frustrating / frustrated)! No matter how much I study I can’t seem to remember this vocabulary.
3. This lesson is so (boring / bored)!
4. I’m feeling (depressed / depressing), so I’m going to go home, eat some chocolate, and go to bed early with a good book.
5. I thought her new idea was absolutely (fascinated / fascinating).
6. This maths problem is so (confusing / confused). Can you help me?
7. The teacher was really (amusing / amused) so the lesson passed quickly.
8. The journey was (exhausting / exhausted)! Twelve hours by bus.
9. The plane began to move in a rather (alarming / alarmed) way.
10. He was (frightening / frightened) when he saw the spider.
11. I was really (embarrassing / embarrassed) when I fell over in the street.
12. That film was so (depressing / depressed)! There was no happy ending for any of the characters.
13. I’m sorry, I can’t come tonight. I’m completely (exhausting / exhausted).
14. We are going in a helicopter? How (exciting / excited)!
15. Don’t show my baby photos to people, Mum! It’s so (embarrassing / embarrassed)!
16. It’s okay, it’s only me. Don’t be ( alarming / alarmed).
17. My sister is so (exciting / excited) because she is going on holiday tomorrow.
18. I hate long flights, I’m always really (boring / bored).
19. She looked very (confusing / confused) when I told her we had to change the plan.
20. John was (fascinated / fascinating) by Mandarin when he first started learning languages. He decided to study more and now he can speak it fluently.

Answers:
1. My nephew was amused by the clown.
2. It’s so frustrating! No matter how much I study I can’t seem to remember this vocabulary.
3. This lesson is so boring!
4. I’m feeling depressed, so I’m going to go home, eat some chocolate, and go to bed early with a good book.
5. I thought her new idea was absolutely fascinating.
6. This maths problem is so confusing. Can you help me?
7. The teacher was really amusing so the lesson passed quickly.
8. The journey was exhausting! Twelve hours by bus.
9. The plane began to move in a rather alarming way.
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11. I was really embarrassed when I fell over in the street.
12. That film was so depressing! There was no happy ending for any of the characters.
13. I’m sorry, I can’t come tonight. I’m completely exhausted.
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15. Don’t show my baby photos to people, Mum! It’s so embarrassing!
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17. My sister is so excited because she is going on holiday tomorrow.
18. I hate long flights, I’m always really bored.
19. She looked very confused when I told her we had to change the plan.
20. John was fascinated by Mandarin when he first started learning languages. He decided to study more and now he can speak it fluently.

Exercise 2
Choose the correct adjective:
1. I am so (relaxing / relaxed) I don’t want to move.
2. I find horror films really (frightening / frightened) and not at all fun to watch.
3. Sometimes I get really (frustrating / frustrated) when I can’t express myself well in English.
4. We were stopped by a man with a knife who took our money. It was (terrifying / terrified).
5. The program was really (interesting / interested).
6. She was (overwhelming / overwhelmed) when everyone cheered and we gave her presents.
7. If I feel stressed, I find taking a bath is often (relaxing / relaxed).
8. I am really (tiring / tired); I think I’ll go to bed.
9. He’s very (interesting / interested) in history.
10. The trip was (overwhelming / overwhelmed), with so many things to do and it was all so new.
11. She is never (satisfying / satisfied) with her work.
12. Cleaning is so (tiring / tired)! I think I’ll have a rest!
13. She thought the ride on the rollercoaster was (thrilled / thrilling).
14. I was really (surprising / surprised) when I saw you. I had thought you were on holiday.
15. My grandmother was (shocking / shocked) by the man’s bad language.
16. My niece is (terrifying / terrified) of dogs.
17. Thank you so much for the prize! I’m (thrilled / thrilling)!
18. My job is very (satisfying / satisfied), I love helping people.
19. The news was so (shocking / shocked) that she burst into tears.
20. My exam results were great! It’s really (surprising / surprised) but good, of course

Answers:
1. I am so relaxed I don’t want to move.
2. I find horror films really frightening and not at all fun to watch.
3. Sometimes I get really frustrated when I can’t express myself well in English.
4. We were stopped by a man with a knife who took our money. It was terrifying.

5. The program was really interesting.

6. She was overwhelmed when everyone cheered and we gave her presents.

7. If I feel stressed, I find taking a bath is often relaxing.

8. I am really tired; I think I’ll go to bed.

9. He’s very interested in history.

10. The trip was overwhelming, with so many things to do and it was all so new.

11. She is never satisfied with her work.

12. Cleaning is so tiring! I think I’ll have a rest!

13. She thought the ride on the rollercoaster was thrilling.

14. I was really surprised when I saw you. I had thought you were on holiday.

15. My grandmother was shocked by the man’s bad language.

16. My niece is terrified of dogs.

17. Thank you so much for the prize! I’m thrilled!

18. My job is very satisfying, I love helping people.

19. The news was so shocking that she burst into tears.

20. My exam results were great! It’s really surprising but good, of course!