

PHRASES TO DESCRIBE PERSONALITY AND APPEARANCE

POSITIVE PERSONALITY ADJECTIVES

Ambitious – determined and aspiring.

'Great things can be achieved if you are an ambitious person.' **Assertive**

– confident and strong.

'It's important to find the right balance between being assertive and learning how to take instructions when you work for a company.' **Chatty, talkative**– likes to talk.

'My sister is very chatty and talkative.' **Cheerful**

– a happy soul.

'Usually my boss is quite cheerful.' **Charming**

– enchanting.

'My brother is very charming sometimes. He always gets what he wants from our parents!'

Conscientious – reliable, hardworking.

'We have a team of conscientious workers who I can always rely on.' **Easy-going,**

laid-back – relaxed.

'I'm too easy-going sometimes and often forget to pay the bills.' **Funny**

– comic.

'My sister is very funny. She is always telling jokes.'

Fun – a person with whom you can have a good time.

'My uncle is a very fun person. He is the life and soul of a party.' **Kind**

– caring and good-hearted.

'Thank you for taking care of my dog. You are very kind.' **Mature**

– reliable, with an older mind.

'Is it true that the oldest sibling is more mature?'

Loyal – someone you can always trust to be there for you.

'Why do people love dogs?' 'Because they are loyal!' **Outgoing**

– sociable.

'I am not as outgoing as I used to be when I was a student.' **open-minded**

– someone who will listen to new ideas.

'It's important to be open-minded when trying to find a solution to a problem.'

Reliable – someone you can trust to do what you ask them to do.

'Don't worry, my girlfriend can pick you up from the airport, she is very reliable.' **Sensitive**

– someone who feels a lot of emotion (typically cries at sad movies).

'I cried when I watched Forest Gump.' *'Really? You're so sensitive!'* **Sensible**

– someone who is responsible.

'My daughter is very sensible and always does her homework as soon as she arrives home from school.'

Selfless – someone who does lots of things for other people.

'Mothers are often selfless when it comes to their children.' **Thoughtful**

– pensive.

'My sister is a very thoughtful person, who often thinks of others.' **Trustworthy**

– someone you can trust.

'It's important that the bank employs trustworthy people.' **Smart**

– intelligent.

'Nowadays we have smartphones, smartwatches and smart-fridges. What's next, smartcoffee-cups?'

Wise – a person who is intelligent and compassionate from their many years of experience.

'My grandmother was a very wise person who always used to give me great advice.'

NEGATIVE PERSONALITY ADJECTIVES

Arrogant – superior, egotistical.

'He always gets arrogant when he wins at cards.' **Bossy**

– domineering, authoritarian.

'My boss is very bossy. I guess that's why she's in charge.' **Closed-minded**

– not open to new ideas.

'People in this town are so closed-minded.'

Forgetful – someone who keeps forgetting things.

'I'm so forgetful. If I don't put my keys in the same place every night, I forget where they are.'

Immature – not mature.

'My cousin is so immature. He can't keep any job.'

Insecure – a person who suffers from anxiety and self-doubt.

'Don't be so insecure. You can wear what you want, it doesn't matter what others think.'

Insincere – dishonest and hypocritical.

'She said I did a good job but I think she was being insincere.' **Moody**

– your mood changes.

'Teenagers are often moody.'

Disorganised – not organised.

'When I was young, I was very disorganised – but now it's the opposite.' **Stubborn**

– obstinate, immovable.

'My father is so stubborn. He absolutely refuses to fly.' **Selfish**

– egotistical, self-centred.

'Why won't you clean the house with me? You're so selfish.'

Spoilt – someone (often a child) who has been given everything they want and are now rude and self-centred.

'Some of the kids at school are so spoilt. They get a new mobile phone every year and they are not grateful.'

Vain – someone who is constantly thinking about their appearance.

'Narcissist was a vain man from Greek mythology who was captivated by his own image in a river.'

APPEARANCE ADJECTIVES

BODIES

To have a belly/ paunch – to be quite slim but with a larger stomach.

To be slim – to be the correct weight.

To be skinny/thin – to be underweight.

To be overweight – to have an excess amount of weight.

To be muscular/ well-built – to have a muscly body.

To be tall/ short/ medium height – different heights for people.

HAIR

To have curly hair – hair with lots of curls.

To be bald – to have no hair.

To have blond, brown, black, grey, red hair – a description of hair colours.

To be a blond, brunette, red-head – the adjective used for people (usually women) with that hair colour.

'How strange! You can describe both men and women as blond but only a woman as a brunette or red-head.'

To have straight hair – hair with no curls.

To have wavy – hair with a slight curl.

ATTRACTIVENESS

Beautiful – a very attractive woman.

'To be beautiful in English, the woman would normally have to be extremely attractive like a famous model or actress.'

Pretty – a nice-looking woman or girl.

Cute – a nice-looking small thing like a baby, child or dog.

'Your dog is so cute. I love its little face.' **Handsome**

– a very attractive man.

Good-looking – a generic term for a man or woman who is attractive.

'Instead of beautiful, pretty or handsome, it's now more common to describe people as goodlooking.'

To be unattractive – not attractive.

Ugly – extremely unattractive.

'To describe a person as ugly is insulting. However, it's common to use the adjective for objects such as cars, houses or items of clothing.'

HAIRSTYLES

To have a ponytail – hair is collected at the back of the head in a 'tail.'

To have a bun – hair is collected at the back of the head without a 'tail.'

'Princess Leia in the first Star Wars movie wore two buns at the side of her head.'

A fringe (UK) / bangs (US) – the shorter piece of hair at the front of the face.

'Bangs go in and out of fashion.' 'What? Oh, in the UK we call them fringes.'

SKIN COLOURS

To be white

**To be black, to be Afro-American To
be brown.**

To have freckles – small brown marks on your skin from the sun.

To have pale skin – very white skin.

To have olive skin – darker, Mediterranean skin.

To have rosy cheeks – pink cheeks.

FACIAL HAIR

To have a beard – full facial hair.

To be clean-shaven – no facial hair.

To have a goatee – a small beard on your chin and nowhere else.

To have a moustache – a line of hair under your nose.

To have sideburns – hair which starts from your ear and goes down to your jaw.

APPROXIMATE AGE

If you don't know how old someone is then you say that:

Someone is in their **early, mid or late + decade.**

For example:

'She is in her late-30s.' *'He is in his mid-40s.'* *'We are in our early-20s.'*