

(1) Okay, -ING versus -ED in Adjectives

(2) -ING. It refers to the source, the subject, the doer

For example:

My teacher is so **boring.**

My teacher is the source of the boredom.

Her music is **calming.**

(Not my teacher's, somebody else's)
The music is the source of the calm

Exercise is so **energizing.**

Exercise is the source of the energy.

The CoVid test is **horrifying.**

The CoVid test is the source of the horror,
(which, from what I heard, is true)!

(3) with -ED, it refers to the subject or object BEING AFFECTED

My classes make me **bored.**

Even though my class is the source of the boredom, but I am the one **being bored**.

After exercise, I'm so **energized.**

I am affected by the exercise - I am energized.

I have my tickets! I am so **excited!**

Getting the tickets caused me to be excited.

After the news, we were all **horrified.**

The news caused us to become horrified.

(4) So -ING or -ED?

Ask yourself who is causing the emotion?

My teacher is so ...

boring? or bored?

Is she causing the boredom?

IF YES - then: My teacher is BORING.

IF NO (it's the movie she's watching) then:

My teacher is BORED. She's bored by the boring movie.

I was

horrifying? or horrified?

Am I causing the horror?

YES! - I'm dressed as a zombie and I came out of a grave.

then: I am HORRIFYING.

NO! Something else is making me feel horror.

then: I am HORRIFIED.

**I know my lessons are so
STIMULATING!**

My students are **EXCITED to
learn from me!**

**Learning English is
AMAZING.**

I would be **PERPLEXED if you
stopped taking lessons with**

**I think this lesson is
CLARIFYING the matter for**

I hope you all are **SATISFIED
with this explanation.**

LET'S TRY SOME PRACTICE SENTENCES:

SELECT THE CORRECT WORD FOR EACH SENTENCE.

- (1) My kids are always complaining that their classes are **boring/bored.**
- (2) That night we were walking in the dark downtown, right where the murder had happened, we were **horrifying/horrified.**
- (3) The ocean air is always so **refreshing/refreshed.**
- (4) The kids came home from the day at the beach completely **exhausting/exhausted.**
- (5) Physics and chemistry have always been so **stimulating/stimulated** for me.
- (6) I love word games, but my husband is so **boring/bored** by them.
- (7) We love the local football team. The games are always so **exciting/ excited.**
- (8) When I work out in the mornings, I feel so **energizing/energized.**
- (9) Your all-american apple pie is so **satisfying/satisfied.**
- (10) I am so **calming/calmed** by the music she plays on the piano.

ANSWERS:

- (1) My kids are always complaining that their classes are **boring**.
- (2) That night we were walking in the dark downtown, right where the murder had happened, we were **horrified**.
- (3) The ocean air is always so **refreshing**.
- (4) The kids came home from the day at the beach completely **exhausted**.
- (5) Physics and chemistry have always been so **stimulating** for me.
- (6) I love word games, but my husband is so **bored** by them.
- (7) We love the local football team. The games are always so **exciting**.
- (8) When I work out in the mornings, I feel so **energized**.
- (9) Your all-american apple pie is so **satisfying**.
- (10) I am so **calmed** by the music she plays on the piano.