

Sam

Welcome to BBC Learning English. I'm Sam and today I'm happy.

In fact, I'm **very happy**. I'm **really happy**. Thrilled! I'm **really thrilled!** I'm **absolutely thrilled!**

My happiness keeps getting bigger and bigger.

I started with the word 'happy'. 'Happy' is a gradable adjective, so I can be happy – here.

Quite happy – here. **Very** or **really** happy – here.

What's another way to say '**very**' or '**really** happy'? Thrilled!

Thrilled is not a gradable adjective. It's an extreme adjective. It's already up here. So, can we make it stronger? Yes! You can use **really**. I'm **really thrilled**. Or **absolutely**. I'm **absolutely thrilled**. But you can't use **very**.