VocabNote

# Emocions: 100 paraules en anglès

Nivell A2 · 100 paraules

Paraules per anomenar i descriure com us sentiu vosaltres i altres persones cada dia.

## Sentiments positius

| PARAULA | SIGNIFICAT | DEFINICIÓ EN ANGLÈS | EXEMPLE |
|---|---|---|---|
| **happy**<br>adjective · /ˈhæpi/ | feliç | Feeling or showing pleasure, contentment, or joy. | She felt very happy after receiving good news. |
| **glad**<br>adjective · /ˈglæd/ | content | Feeling happy or pleased about something good that has occurred. | I am glad that you could come to the party tonight. |
| **excited**<br>adjective · /ɪkˈsaɪtɪd/ | emocionat, il·lusionat | Feeling very happy and enthusiastic about something that is happening. | She was very excited about her upcoming trip to Japan. |
| **pleased**<br>adjective · /pliːzd/ | complagut | Feeling happy or satisfied with a particular situation or event. | I was very pleased with the results of the test. |
| **proud**<br>adjective · /ˈpɹaʊd/ | orgullós | Feeling deep pleasure or satisfaction as a result of one's own achievements. | She felt very proud after winning the first prize in the competition. |
| **grateful**<br>adjective · /ˈgɹeɪtfəl/ | agraït | Feeling or showing thanks to someone for something they have done. | I am very grateful for your help with my homework. |
| **thankful**<br>adjective · /ˈθæŋkfəl/ | agraït | Feeling or expressing gratitude for something that has happened or exists. | I am thankful for the help you gave me today. |
| **relieved**<br>adjective · /ɹɪˈlivd/ | alleujat | Feeling less worried or upset because a difficult situation has ended. | She felt relieved when her exam results finally arrived in the mail. |
| **relaxed**<br>adjective · /ɹɪˈlækst/ | relaxat | Feeling calm and comfortable, free from tension or worry. | After a long day, I felt very relaxed sitting by the fire. |
| **calm**<br>adjective · /ˈkɑm/ | tranquil | Feeling peaceful and not worried, angry, or excited. | She remained calm even when facing a very difficult situation. |
| **satisfied**<br>adjective · /ˈsætɪsfaɪd/ | satisfet | Feeling pleased because you have what you wanted or needed. | The manager felt satisfied with the team's excellent progress. |
| **hopeful**<br>adjective · /ˈhoʊpfəl/ | esperançat | Feeling or showing optimism about future events or outcomes. | She felt hopeful about getting the new job after a good interview. |
| **confident**<br>adjective · /ˈkɑnfədənt/ | segur de si mateix | Feeling sure of yourself and your abilities, not shy or nervous. | She felt confident about her presentation after practicing many times. |
| **surprised**<br>adjective · /səˈpraɪzd/ | sorprès | Feeling or showing shock because something unexpected has just happened. | She was very surprised to see her old friend again. |
| **amazed**<br>adjective · /əˈmeɪzd/ | meravellat | Feeling very surprised and impressed by something wonderful or unexpected. | She was amazed by the beautiful fireworks display in the night sky. |
| **interested**<br>adjective · /ˈɪntɹəstɪd/ | interessat | Wanting to learn more about or be involved with something. | She is very interested in learning how to play piano. |

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|---|---|---|---|
| **amused**<br>adjective · /əˈmjuzd/ | divertit | Feeling or showing that you find something funny or entertaining. | She was amused by the clown's silly tricks at the circus. |
| **impressed**<br>adjective · /ɪmˈprest/ | impressionat | Feeling admiration for someone or something due to their good qualities. | I was very impressed by her excellent singing last night. |
| **inspired**<br>adjective · /ɪnˈspaɪərd/ | inspirat | Filled with the urge or ability to do something creative. | The artist felt inspired to paint a beautiful landscape today. |
| **motivated**<br>adjective · /ˈmoʊtɪveɪtɪd/ | motivat | Feeling enthusiasm or determination to do something or achieve a goal. | She felt highly motivated to finish her difficult work project. |
| **eager**<br>adjective · /ˈigə-/ | delerós | Having or showing a strong desire or interest in something. | The children were eager to open their Christmas presents. |
| **curious**<br>adjective · /ˈkjʊɹiəs/ | curiós | Eager to know or learn new things. | The curious child asked many questions about how the world works. |
| **peaceful**<br>adjective · /ˈpiːs.fəl/ | serè | Free from disturbance and quiet in a calm and tranquil manner. | The lake was very peaceful during the early morning hours. |
| **joyful**<br>adjective · /ˈdʒɔɪfəl/ | alegre | Feeling or showing great happiness and pleasure. | The children were joyful when they saw all the presents. |
| **loved**<br>adjective · /lʌvd/ | estimat | Feeling that other people care about you and love you. | She felt very loved by her supportive family every day. |

## Sentiments negatius

| PARAULA | SIGNIFICAT | DEFINICIÓ EN ANGLÈS | EXEMPLE |
|---|---|---|---|
| **sad**<br>adjective · /sæd/ | trist | Feeling or showing sorrow, unhappiness, or a sense of regret. | She felt very sad after hearing the bad news today. |
| **angry**<br>adjective · /ˈæŋ.gri/ | enfadat | Feeling or showing strong annoyance, displeasure, or hostility toward someone. | The teacher felt very angry about the student's rude behavior. |
| **scared**<br>adjective · /ˈskɛɹd/ | espantat | Feeling very frightened or afraid; experiencing fear. | The little child was scared of the dark room. |
| **afraid**<br>adjective · /əˈfɹeɪd/ | amb por | Feeling fear or anxiety; scared of something or someone. | She was afraid of the dark and always slept with a nightlight. |
| **worried**<br>adjective · /ˈwɜːrid/ | preocupat | Feeling anxious or troubled about actual or potential problems or events. | She felt worried about the results of her medical test. |
| **nervous**<br>adjective · /ˈnɜ-vəs/ | nerviós | Feeling anxious or worried about something, often with physical symptoms. | She felt very nervous before her first job interview. |
| **upset**<br>adjective · /ʌpˈsɛt/ | disgustat | Unhappy, disappointed, or worried about a particular situation or event. | She felt very upset after hearing the bad news today. |
| **unhappy**<br>adjective · /ənˈhæpi/ | infeliç | Feeling or showing sadness; not pleased or content. | She felt unhappy after hearing the bad news from her friend. |
| **bored**<br>adjective · /ˈbɔɹd/ | avorrit | Feeling tired and uninterested because something is not exciting or new. | The children were bored with the long car ride. |

## Sentiments negatius

| PARAULA | SIGNIFICAT | DEFINICIÓ EN ANGLÈS | EXEMPLE |
|---|---|---|---|
| **lonely**<br>adjective · /ˈloʊnli/ | sol | Feeling sad because one has no friends or company around. | She felt very lonely living in that big empty house. |
| **jealous**<br>adjective · /ˈdʒɛləs/ | gelós, envejós | Feeling unhappy because someone has something that you want yourself. | He felt very jealous when she started dating his friend. |
| **frustrated**<br>adjective · /ˈfɹʌstɹeɪtəd/ | frustrat | Feeling annoyed or impatient because you cannot achieve what you want. | She felt frustrated when she couldn't solve the difficult puzzle. |
| **annoyed**<br>adjective · /əˈnɔɪd/ | molest | Feeling slightly angry, irritated, or impatient about a specific situation. | She felt annoyed because the meeting took too long. |
| **disappointed**<br>adjective · /ˌdɪs.əˈpɔɪn.tɪd/ | decebut | Unhappy because someone or something failed to meet your expectations. | She was disappointed by the poor results of her test. |
| **embarrassed**<br>adjective · /ɪmˈbærəst/ | cohibit, avergonyit | Feeling ashamed, uncomfortable, or self-conscious in front of other people. | She felt embarrassed when she dropped her tray of food. |
| **ashamed**<br>adjective · /əˈʃeɪmd/ | avergonyit | Feeling embarrassed or guilty because of something you have done. | She felt ashamed after realizing her mistake and apologized immediately. |
| **guilty**<br>adjective · /ˈgɪlti/ | culpable | Feeling responsible for doing something wrong or for a mistake. | He felt guilty after forgetting his friend's birthday party. |
| **confused**<br>adjective · /kənˈfjuːzd/ | confós | Unable to think clearly or understand what is happening right now. | I was very confused by the teacher's strange new rules. |
| **stressed**<br>adjective · /ˈstɹɛst/ | estressat | Feeling worried and under pressure, often because you have too much to do. | She felt very stressed before her big exam and could not relax. |
| **anxious**<br>adjective · /ˈæŋkʃəs/ | ansiós | Feeling worried, nervous, or uneasy about something uncertain. | She felt anxious about her job interview the next morning. |
| **homesick**<br>adjective · /ˈhoʊmsɪk/ | enyorat | Sad and depressed because you are away from your home. | He felt very homesick during his first year at university. |
| **shocked**<br>adjective · /ˈʃɑkt/ | impactat, xocat | Very surprised and upset because something bad or unexpected has happened. | She was shocked to hear the news of her friend's sudden departure. |
| **uncomfortable**<br>adjective · /ənˈkʌmfɚ-təbəl/ | incòmode | Feeling awkward or nervous in a situation. | I felt uncomfortable when everyone at the party stared at me. |
| **offended**<br>adjective · /əˈfendɪd/ | ofès | Feeling hurt, upset, or angry because of something said or done. | She felt deeply offended by his very rude comments today. |
| **disgusted**<br>adjective · /dɪsˈgʌstɪd/ | fastiguejat | Feeling intense dislike or strong disapproval toward something or someone unpleasant. | She felt disgusted by the mess in the old kitchen. |
| **envious**<br>adjective · /ˈɛnviəs/ | envejós | Feeling or showing a desire to have what someone else has. | She felt envious of her friend's new car. |
| **irritated**<br>adjective · /ˈɪɹəteɪtəd/ | irritat | Feeling annoyed, impatient, or slightly angry about something. | He felt irritated by the constant noise from the construction site. |

## Sentiments negatius

| PARAULA | SIGNIFICAT | DEFINICIÓ EN ANGLÈS | EXEMPLE |
|---|---|---|---|
| **helpless**<br>adjective · /ˈhelp.ləs/ | indefens, impotent | Unable to defend oneself or act without help from other people. | I felt helpless when my little sister was sick and crying. |
| **hopeless**<br>adjective · /ˈhoʊpləs/ | desesperançat | Feeling or showing no expectation that something will turn out well. | He felt completely hopeless about passing the difficult final exam. |
| **overwhelmed**<br>adjective · /ˌoʊvərˈwɛlmd/ | aclaparat | Feeling buried or crushed by too many tasks or strong emotions. | She felt overwhelmed by all the work at the office. |

## Intensitat i matisos

| PARAULA | SIGNIFICAT | DEFINICIÓ EN ANGLÈS | EXEMPLE |
|---|---|---|---|
| **delighted**<br>adjective · /dɪˈlaɪtəd/ | encantat | Feeling or showing great pleasure and happiness about something. | She was absolutely delighted with the surprise birthday party her friends threw. |
| **thrilled**<br>adjective · /θrɪld/ | entusiasmat | Feeling extremely happy, excited, and pleased about a specific event. | She was absolutely thrilled with her new job offer today. |
| **overjoyed**<br>adjective · /ˌəʊvəˈdʒɔɪd/ | boig d'alegria | Extremely happy or pleased about something that has happened. | She was overjoyed to hear the good news today. |
| **ecstatic**<br>adjective · /ɛkˈstætɪk/ | extasiat | Feeling overwhelming happiness or joyful excitement, often to an extreme degree. | She was ecstatic when she heard the news of her promotion. |
| **furious**<br>adjective · /ˈfjʊə.ri.əs/ | furiós | Extremely angry about something. | She was absolutely furious after missing her important morning train. |
| **miserable**<br>adjective · /ˈmɪzərəbl/ | abatut, desgraciat | Feeling very unhappy and sad. | She felt miserable after hearing the very sad news today. |
| **terrified**<br>adjective · /ˈterɪfaɪd/ | aterrit | Feeling or showing extreme fear or being very frightened of something. | The young child was terrified by the loud thunderstorm outside. |
| **heartbroken**<br>adjective · /ˈhɑːrtˌbroʊkən/ | amb el cor trencat | Extremely sad and upset, especially because of a lost relationship. | She felt heartbroken after ending her long term relationship today. |
| **devastated**<br>adjective · /ˈdevəsteɪtɪd/ | destrossat | Extremely sad, shocked, or upset because of a bad event. | She was devastated when she heard the very sad news. |
| **horrified**<br>adjective · /ˈhɔɹəfaɪd/ | horroritzat | Feeling extremely shocked, scared, or disgusted by something terrible. | She was horrified by the news of the accident on the highway. |
| **astonished**<br>adjective · /əˈstɒnɪʃt/ | astorat | Feeling or showing great surprise and wonder at something unexpected. | She was astonished by the incredible news this morning. |
| **stunned**<br>adjective · /stʌnd/ | atordit, estupefacte | Feeling shocked, confused, or unable to react due to surprise. | She was stunned by the sudden news of her promotion. |
| **concerned**<br>adjective · /kənˈsɜːrnd/ | amoïnat | Feeling worried, troubled, or anxious about a particular situation or matter. | She was concerned about the results of her medical test. |
| **uneasy**<br>adjective · /ʌnˈiːzi/ | inquiet, intranquil | Feeling anxious, worried, or uncomfortable about a particular situation. | She felt uneasy about walking home alone at night. |
| **puzzled**<br>adjective · /ˈpʌzəld/ | desconcertat | Feeling confused because you do not understand something clearly. | She looked puzzled by the difficult question on the math test. |

## Noms d'emocions

| PARAULA | SIGNIFICAT | DEFINICIÓ EN ANGLÈS | EXEMPLE |
|---|---|---|---|
| **feeling**<br>noun · /ˈfiliŋ/ | sentiment | An emotion or a physical sensation in your body. | She had a strange feeling that something important was about to happen. |
| **emotion**<br>noun · /ɪˈmoʊʃən/ | emoció | A strong feeling such as love, anger, fear, or joy. | She tried to hide her emotion, but her eyes showed her sadness. |
| **mood**<br>noun · /ˈmud/ | estat d'ànim | The way you are feeling at a particular time; your emotional state. | Her mood changed quickly from happy to sad after hearing the news. |
| **excitement**<br>noun · /ɪkˈsaɪtmənt/ | il·lusió, entusiasme | A feeling of great enthusiasm and eagerness about something happening soon. | The children could not hide their excitement for the party. |
| **anxiety**<br>noun · /æŋˈzaɪ.ə.ti/ | ansietat | A feeling of worry, nervousness, or unease about something uncertain. | She felt great anxiety before her big job interview today. |
| **confidence**<br>noun · /ˈkɒn.fɪ.dəns/ | confiança, seguretat | The belief that you can do things well. | She has great confidence in her ability to win today. |
| **embarrassment**<br>noun · /ɪmˈbɛɹəsmənt/ | vergonya | A feeling of shame or discomfort, often in a public situation. | She felt a deep embarrassment after tripping in front of everyone. |
| **pride**<br>noun · /praɪd/ | orgull | A feeling of deep satisfaction from one's own achievements or qualities. | She felt a great sense of pride in her work. |
| **jealousy**<br>noun · /ˈdʒɛləsi/ | gelosia | An unhappy feeling caused by wanting what someone else has or fearing loss. | Her jealousy grew when her friend received a promotion at work. |
| **loneliness**<br>noun · /ˈloʊnlinəs/ | soledat | The unhappy feeling caused by being alone or lacking social connection. | She felt a deep sense of loneliness in the city. |
| **guilt**<br>noun · /gɪlt/ | culpa | A feeling of sadness or regret after doing something wrong. | She felt deep guilt for breaking her friend's favorite vase. |
| **relief**<br>noun · /ɹɪˈlif/ | alleujament | A feeling of comfort or reassurance when something difficult has ended. | It was a great relief when the exam was finally over. |
| **disappointment**<br>noun · /dɪsəˈpɔɪntmənt/ | decepció | Sadness or frustration caused by the failure of hopes or expectations. | There was great disappointment when the team lost the championship game. |
| **frustration**<br>noun · /fɹəˈstɹeɪʃən/ | frustració | The feeling of annoyance caused by being unable to do something. | He felt great frustration when he couldn't solve the difficult puzzle. |
| **gratitude**<br>noun · /ˈgrætɪtjuːd/ | gratitud | The quality of being thankful and ready to show appreciation. | She expressed her sincere gratitude for all their hard work. |

## Expressions

| PARAULA | SIGNIFICAT | DEFINICIÓ EN ANGLÈS | EXEMPLE |
|---|---|---|---|
| **calm down**<br>phrasal verb · /kɑːm daʊn/ | calmar-se | To become less excited, angry, or upset after feeling strong emotions. | You need to calm down before we discuss the problem. |
| **cheer up**<br>phrasal verb · /tʃɪər ʌp/ | animar-se | To become happier or to make someone else feel more cheerful. | You should cheer up because tomorrow is a new day. |
| **in a good mood**<br>idiom · /ɪn ə ɡʊd muːd/ | de bon humor | Feeling happy, positive, and cheerful in a specific moment in time. | She is in a good mood after the great news. |
| **in a bad mood**<br>idiom · /ɪn ə bæd muːd/ | de mal humor | Feeling angry, unhappy, or annoyed during a specific period of time. | She is in a bad mood because of the rain. |

## Expressions

| PARAULA | SIGNIFICAT | DEFINICIÓ EN ANGLÈS | EXEMPLE |
|---|---|---|---|
| **feel down**<br>phrasal verb · /fiːl daʊn/ | estar desanimat | To experience feelings of sadness, depression, or lack of energy. | She tends to feel down during the cold winter months. |
| **fed up**<br>adjective · /ˌfed ˈʌp/ | fart, tip | Annoyed or bored because something has continued for too long. | I am fed up with all of this rainy weather. |
| **freak out**<br>phrasal verb · /friːk aʊt/ | posar-se histèric | To become extremely emotional, anxious, or frightened suddenly. | I will freak out if we miss the last train. |
| **stressed out**<br>phrase · /strest aʊt/ | atabalat, estressat | Feeling very worried or anxious due to pressure or too much work. | She felt very stressed out before her final math exam. |
| **chill out**<br>phrasal verb · /tʃɪl aʊt/ | relaxar-se | To relax completely and stop feeling angry or very nervous. | You need to chill out and forget your stressful work. |
| **lose your temper**<br>idiom · /luːz jɔːr ˈtɛmpər/ | perdre els estreps | To suddenly become very angry and lose control of your emotions. | Please try not to lose your temper at the meeting. |
| **burst into tears**<br>phrase · /bɜːrst ˈɪntuː tɪərz/ | arrencar a plorar | To start crying suddenly and with a lot of emotion. | She suddenly burst into tears after hearing the sad news. |
| **over the moon**<br>idiom · /ˈəʊvə ðə muːn/ | al setè cel | To be extremely pleased and happy about something that happened. | She was over the moon about her new job offer. |
| **on edge**<br>idiom · /ɒn ɛdʒ/ | amb els nervis a flor de pell | Feeling tense, nervous, or easily irritated by something or someone. | She was on edge before her big job interview today. |
| **mixed feelings**<br>idiom · /mɪkst ˈfiːlɪŋz/ | sentiments contradictoris | Having both positive and negative opinions about a specific situation simultaneously. | I have mixed feelings about moving to a new city. |
| **pull yourself together**<br>idiom · /pʊl jɔːrˈsɛlf təˈgɛðər/ | refer-se | To regain control of your emotions and behave in a calm way. | You must pull yourself together before the big meeting starts. |