VocabNote

Emotions: 100 English Words

Level A2 · 100 words

Words to name and describe how you and other people feel each day.

Positive feelings

WORD	ENGLISH DEFINITION	EXAMPLE
happy adjective · /ˈhæpi/	Feeling or showing pleasure, contentment, or joy.	She felt very happy after receiving good news.
glad adjective · /ˈglæd/	Feeling happy or pleased about something good that has occurred.	I am glad that you could come to the party tonight.
excited adjective · /ɪkˈsaɪtɪd/	Feeling very happy and enthusiastic about something that is happening.	She was very excited about her upcoming trip to Japan.
pleased adjective · /pliːzd/	Feeling happy or satisfied with a particular situation or event.	I was very pleased with the results of the test.
proud adjective · /ˈpɹaʊd/	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 adjective · /ˈgɹeɪtfəl/	Feeling or showing thanks to someone for something they have done.	I am very grateful for your help with my homework.
thankful adjective · /ˈθæŋkfəl/	Feeling or expressing gratitude for something that has happened or exists.	I am thankful for the help you gave me today.
relieved adjective · /ɹɪˈlivd/	Feeling less worried or upset because a difficult situation has ended.	She felt relieved when her exam results finally arrived in the mail.
relaxed adjective · /ɹɪˈlækst/	Feeling calm and comfortable, free from tension or worry.	After a long day, I felt very relaxed sitting by the fire.
calm adjective · /ˈkɑm/	Feeling peaceful and not worried, angry, or excited.	She remained calm even when facing a very difficult situation.
satisfied adjective · /ˈsætɪsfaɪd/	Feeling pleased because you have what you wanted or needed.	The manager felt satisfied with the team's excellent progress.
hopeful adjective · /ˈhoʊpfəl/	Feeling or showing optimism about future events or outcomes.	She felt hopeful about getting the new job after a good interview.
confident adjective · /ˈkɑnfədənt/	Feeling sure of yourself and your abilities, not shy or nervous.	She felt confident about her presentation after practicing many times.
surprised adjective · /səˈpɹaɪzd/	Feeling or showing shock because something unexpected has just happened.	She was very surprised to see her old friend again.
amazed adjective · /əˈmeɪzd/	Feeling very surprised and impressed by something wonderful or unexpected.	She was amazed by the beautiful fireworks display in the night sky.
interested adjective · /ˈɪntɹəstɪd/	Wanting to learn more about or be involved with something.	She is very interested in learning how to play piano.
amused adjective · /əˈmjuzd/	Feeling or showing that you find something funny or entertaining.	She was amused by the clown's silly tricks at the circus.
impressed adjective · /ɪmˈpɹest/	Feeling admiration for someone or something due to their good qualities.	I was very impressed by her excellent singing last night.

Positive feelings

WORD	ENGLISH DEFINITION	EXAMPLE
inspired adjective · /ɪnˈspaɪərd/	Filled with the urge or ability to do something creative.	The artist felt inspired to paint a beautiful landscape today.
motivated adjective · /ˈmoʊtɪveɪtɪd/	Feeling enthusiasm or determination to do something or achieve a goal.	She felt highly motivated to finish her difficult work project.
eager adjective · /ˈigə˞/	Having or showing a strong desire or interest in something.	The children were eager to open their Christmas presents.
curious adjective · /ˈkjʊɹiəs/	Eager to know or learn new things.	The curious child asked many questions about how the world works.
peaceful adjective · /ˈpiːs.fəl/	Free from disturbance and quiet in a calm and tranquil manner.	The lake was very peaceful during the early morning hours.
joyful adjective · /ˈdʒɔɪfəl/	Feeling or showing great happiness and pleasure.	The children were joyful when they saw all the presents.
loved adjective · /lʌvd/	Feeling that other people care about you and love you.	She felt very loved by her supportive family every day.

Negative feelings

WORD	ENGLISH DEFINITION	EXAMPLE
sad adjective · /sæd/	Feeling or showing sorrow, unhappiness, or a sense of regret.	She felt very sad after hearing the bad news today.
angry adjective · /ˈæŋ.gri/	Feeling or showing strong annoyance, displeasure, or hostility toward someone.	The teacher felt very angry about the student's rude behavior.
scared adjective · /ˈskɛɹd/	Feeling very frightened or afraid; experiencing fear.	The little child was scared of the dark room.
afraid adjective · /əˈfɹeɪd/	Feeling fear or anxiety; scared of something or someone.	She was afraid of the dark and always slept with a nightlight.
worried adjective · /ˈwɜːrid/	Feeling anxious or troubled about actual or potential problems or events.	She felt worried about the results of her medical test.
nervous adjective · /ˈnɜ˞vəs/	Feeling anxious or worried about something, often with physical symptoms.	She felt very nervous before her first job interview.
upset adjective · /ʌpˈsɛt/	Unhappy, disappointed, or worried about a particular situation or event.	She felt very upset after hearing the bad news today.
unhappy adjective · /ənˈhæpi/	Feeling or showing sadness; not pleased or content.	She felt unhappy after hearing the bad news from her friend.
bored adjective · /ˈbɔɹd/	Feeling tired and uninterested because something is not exciting or new.	The children were bored with the long car ride.
lonely adjective · /ˈloʊnli/	Feeling sad because one has no friends or company around.	She felt very lonely living in that big empty house.
jealous adjective · /ˈdʒɛləs/	Feeling unhappy because someone has something that you want yourself.	He felt very jealous when she started dating his friend.
frustrated adjective · /ˈfɹʌstɹeɪtəd/	Feeling annoyed or impatient because you cannot achieve what you want.	She felt frustrated when she couldn't solve the difficult puzzle.
annoyed adjective · /əˈnɔɪd/	Feeling slightly angry, irritated, or impatient about a specific situation.	She felt annoyed because the meeting took too long.

Negative feelings

WORD	ENGLISH DEFINITION	EXAMPLE
disappointed adjective · /ˌdɪs.əˈpɔɪn.tɪd/	Unhappy because someone or something failed to meet your expectations.	She was disappointed by the poor results of her test.
embarrassed adjective · /ɪmˈbærəst/	Feeling ashamed, uncomfortable, or self-conscious in front of other people.	She felt embarrassed when she dropped her tray of food.
ashamed adjective · /əˈʃeɪmd/	Feeling embarrassed or guilty because of something you have done.	She felt ashamed after realizing her mistake and apologized immediately.
guilty adjective · /ˈgɪlti/	Feeling responsible for doing something wrong or for a mistake.	He felt guilty after forgetting his friend's birthday party.
confused adjective · /kənˈfjuːzd/	Unable to think clearly or understand what is happening right now.	I was very confused by the teacher's strange new rules.
stressed adjective · /ˈstɹɛst/	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 adjective · /ˈæŋkʃəs/	Feeling worried, nervous, or uneasy about something uncertain.	She felt anxious about her job interview the next morning.
homesick adjective · /ˈhoʊmsɪk/	Sad and depressed because you are away from your home.	He felt very homesick during his first year at university.
shocked adjective · /ˈʃɑkt/	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 adjective · /ənˈkʌmfə-təbəl/	Feeling awkward or nervous in a situation.	I felt uncomfortable when everyone at the party stared at me.
offended adjective · /əˈfendɪd/	Feeling hurt, upset, or angry because of something said or done.	She felt deeply offended by his very rude comments today.
disgusted adjective · /dɪsˈgʌstɪd/	Feeling intense dislike or strong disapproval toward something or someone unpleasant.	She felt disgusted by the mess in the old kitchen.
envious adjective · /ˈɛnviəs/	Feeling or showing a desire to have what someone else has.	She felt envious of her friend's new car.
irritated adjective · /ˈɪɹəteɪɾɪd/	Feeling annoyed, impatient, or slightly angry about something.	He felt irritated by the constant noise from the construction site.
helpless adjective · /ˈhelp.ləs/	Unable to defend oneself or act without help from other people.	I felt helpless when my little sister was sick and crying.
hopeless adjective · /ˈhoʊpləs/	Feeling or showing no expectation that something will turn out well.	He felt completely hopeless about passing the difficult final exam.
overwhelmed adjective · /ˌoʊvəˈwɛlmd/	Feeling buried or crushed by too many tasks or strong emotions.	She felt overwhelmed by all the work at the office.

Strength & nuance

WORD	ENGLISH DEFINITION	EXAMPLE
delighted adjective · /dɪˈlaɪɾɪd/	Feeling or showing great pleasure and happiness about something.	She was absolutely delighted with the surprise birthday party her friends threw.
thrilled adjective · /θrɪld/	Feeling extremely happy, excited, and pleased about a specific event.	She was absolutely thrilled with her new job offer today.
overjoyed adjective · /ˌəʊvəˈdʒɔɪd/	Extremely happy or pleased about something that has happened.	She was overjoyed to hear the good news today.

Strength & nuance

WORD	ENGLISH DEFINITION	EXAMPLE
ecstatic adjective · /ɛkˈstætɪk/	Feeling overwhelming happiness or joyful excitement, often to an extreme degree.	She was ecstatic when she heard the news of her promotion.
furious adjective · /ˈfjʊə.ri.əs/	Extremely angry about something.	She was absolutely furious after missing her important morning train.
miserable adjective · /ˈmɪzərəbl/	Feeling very unhappy and sad.	She felt miserable after hearing the very sad news today.
terrified adjective · /ˈterɪfaɪd/	Feeling or showing extreme fear or being very frightened of something.	The young child was terrified by the loud thunderstorm outside.
heartbroken adjective · /ˈhɑːrtˌbroʊkən/	Extremely sad and upset, especially because of a lost relationship.	She felt heartbroken after ending her long term relationship today.
devastated adjective · /ˈdevəsteɪtɪd/	Extremely sad, shocked, or upset because of a bad event.	She was devastated when she heard the very sad news.
horrified adjective · /ˈhɔɹəfaɪd/	Feeling extremely shocked, scared, or disgusted by something terrible.	She was horrified by the news of the accident on the highway.
astonished adjective · /əˈstɒnɪʃt/	Feeling or showing great surprise and wonder at something unexpected.	She was astonished by the incredible news this morning.
stunned adjective · /stʌnd/	Feeling shocked, confused, or unable to react due to surprise.	She was stunned by the sudden news of her promotion.
concerned adjective · /kənˈsɜːrnd/	Feeling worried, troubled, or anxious about a particular situation or matter.	She was concerned about the results of her medical test.
uneasy adjective · /ʌnˈiːzi/	Feeling anxious, worried, or uncomfortable about a particular situation.	She felt uneasy about walking home alone at night.
puzzled adjective · /ˈpʌzəld/	Feeling confused because you do not understand something clearly.	She looked puzzled by the difficult question on the math test.

Emotion nouns

WORD	ENGLISH DEFINITION	EXAMPLE
feeling noun · /ˈfiliŋ/	An emotion or a physical sensation in your body.	She had a strange feeling that something important was about to happen.
emotion noun · /ɪˈmoʊʃən/	A strong feeling such as love, anger, fear, or joy.	She tried to hide her emotion, but her eyes showed her sadness.
mood noun · /ˈmud/	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 noun · /ɪkˈsaɪtmənt/	A feeling of great enthusiasm and eagerness about something happening soon.	The children could not hide their excitement for the party.
anxiety noun · /æŋˈzaɪ.ə.ti/	A feeling of worry, nervousness, or unease about something uncertain.	She felt great anxiety before her big job interview today.
confidence noun · /ˈkɒn.fɪ.dəns/	The belief that you can do things well.	She has great confidence in her ability to win today.
embarrassment noun · /ɪmˈbɛɹəsmənt/	A feeling of shame or discomfort, often in a public situation.	She felt a deep embarrassment after tripping in front of everyone.
pride noun · /praɪd/	A feeling of deep satisfaction from one's own achievements or qualities.	She felt a great sense of pride in her work.

Emotion nouns

WORD	ENGLISH DEFINITION	EXAMPLE
jealousy noun · /ˈdʒɛləsi/	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 noun · /ˈloʊnlinəs/	The unhappy feeling caused by being alone or lacking social connection.	She felt a deep sense of loneliness in the city.
guilt noun · /gɪlt/	A feeling of sadness or regret after doing something wrong.	She felt deep guilt for breaking her friend's favorite vase.
relief noun · /rɪˈlif/	A feeling of comfort or reassurance when something difficult has ended.	It was a great relief when the exam was finally over.
disappointment noun · /dɪsəˈpɔɪntmənt/	Sadness or frustration caused by the failure of hopes or expectations.	There was great disappointment when the team lost the championship game.
frustration noun · /frəˈstreɪʃən/	The feeling of annoyance caused by being unable to do something.	He felt great frustration when he couldn't solve the difficult puzzle.
gratitude noun · /ˈgrætɪtjuːd/	The quality of being thankful and ready to show appreciation.	She expressed her sincere gratitude for all their hard work.

Phrases

WORD	ENGLISH DEFINITION	EXAMPLE
calm down phrasal verb · /kɑːm daʊn/	To become less excited, angry, or upset after feeling strong emotions.	You need to calm down before we discuss the problem.
cheer up phrasal verb · /tʃɪər ʌp/	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 idiom · /ɪn ə gʊd muːd/	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 idiom · /ɪn ə bæd muːd/	Feeling angry, unhappy, or annoyed during a specific period of time.	She is in a bad mood because of the rain.
feel down phrasal verb · /fiːl daʊn/	To experience feelings of sadness, depression, or lack of energy.	She tends to feel down during the cold winter months.
fed up adjective · /ˌfed ˈʌp/	Annoyed or bored because something has continued for too long.	I am fed up with all of this rainy weather.
freak out phrasal verb · /friːk aʊt/	To become extremely emotional, anxious, or frightened suddenly.	I will freak out if we miss the last train.
stressed out phrase · /strest aʊt/	Feeling very worried or anxious due to pressure or too much work.	She felt very stressed out before her final math exam.
chill out phrasal verb · /tʃɪl aʊt/	To relax completely and stop feeling angry or very nervous.	You need to chill out and forget your stressful work.
lose your temper idiom · /luːz jɔːr ˈtɛmpər/	To suddenly become very angry and lose control of your emotions.	Please try not to lose your temper at the meeting.
burst into tears phrase · /bɜːrst ˈɪntuː tɪərz/	To start crying suddenly and with a lot of emotion.	She suddenly burst into tears after hearing the sad news.
over the moon idiom · /ˈəʊvə ðə muːn/	To be extremely pleased and happy about something that happened.	She was over the moon about her new job offer.
on edge idiom · /ɒn ɛdʒ/	Feeling tense, nervous, or easily irritated by something or someone.	She was on edge before her big job interview today.

Phrases

WORD	ENGLISH DEFINITION	EXAMPLE
mixed feelings idiom · /mɪkst ˈfiːlɪŋz/	Having both positive and negative opinions about a specific situation simultaneously.	I have mixed feelings about moving to a new city.
pull yourself together idiom · /pʊl jɔːrˈsɛlf təˈgɛðər/	To regain control of your emotions and behave in a calm way.	You must pull yourself together before the big meeting starts.