VocabNote

Følelser: 100 engelske ord

Nivå A2 · 100 ord

Ord for å navngi og beskrive hvordan du og andre mennesker føler seg hver dag.

Positive følelser

ORD	BETYDNING	ENGELSK DEFINISJON	EKSEMPEL
happy adjective · /ˈhæpi/	glad, lykkelig	Feeling or showing pleasure, contentment, or joy.	She felt very happy after receiving good news.
glad adjective · /ˈglæd/	glad	Feeling happy or pleased about something good that has occurred.	I am glad that you could come to the party tonight.
excited adjective · /ɪkˈsaɪtɪd/	spent, begeistret	Feeling very happy and enthusiastic about something that is happening.	She was very excited about her upcoming trip to Japan.
pleased adjective · /pliːzd/	fornøyd	Feeling happy or satisfied with a particular situation or event.	I was very pleased with the results of the test.
proud adjective · /ˈpɹaʊd/	stolt	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/	takknemlig	Feeling or showing thanks to someone for something they have done.	I am very grateful for your help with my homework.
thankful adjective · /ˈθæŋkfəl/	takknemlig	Feeling or expressing gratitude for something that has happened or exists.	I am thankful for the help you gave me today.
relieved adjective · /ɹɪˈlivd/	lettet	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/	avslappet	Feeling calm and comfortable, free from tension or worry.	After a long day, I felt very relaxed sitting by the fire.
calm adjective · /ˈkɑm/	rolig	Feeling peaceful and not worried, angry, or excited.	She remained calm even when facing a very difficult situation.
satisfied adjective · /ˈsætɪsfaɪd/	fornøyd	Feeling pleased because you have what you wanted or needed.	The manager felt satisfied with the team's excellent progress.
hopeful adjective · /ˈhoʊpfəl/	håpefull	Feeling or showing optimism about future events or outcomes.	She felt hopeful about getting the new job after a good interview.
confident adjective · /ˈkɑnfədənt/	selvsikker	Feeling sure of yourself and your abilities, not shy or nervous.	She felt confident about her presentation after practicing many times.
surprised adjective · /səˈpraɪzd/	overrasket	Feeling or showing shock because something unexpected has just happened.	She was very surprised to see her old friend again.
amazed adjective · /əˈmeɪzd/	forbløffet	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/	interessert	Wanting to learn more about or be involved with something.	She is very interested in learning how to play piano.

Positive følelser

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

Negative følelser

ORD	BETYDNING	ENGELSK DEFINISJON	EKSEMPEL
sad adjective · /sæd/	lei seg, trist	Feeling or showing sorrow, unhappiness, or a sense of regret.	She felt very sad after hearing the bad news today.
angry adjective · /ˈæŋ.gri/	sint	Feeling or showing strong annoyance, displeasure, or hostility toward someone.	The teacher felt very angry about the student's rude behavior.
scared adjective · /ˈskɛɹd/	redd	Feeling very frightened or afraid; experiencing fear.	The little child was scared of the dark room.
afraid adjective · /əˈfɹeɪd/	redd	Feeling fear or anxiety; scared of something or someone.	She was afraid of the dark and always slept with a nightlight.
worried adjective · /ˈwɜːrid/	bekymret	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/	nervøs	Feeling anxious or worried about something, often with physical symptoms.	She felt very nervous before her first job interview.
upset adjective · /ʌpˈsɛt/	opprørt	Unhappy, disappointed, or worried about a particular situation or event.	She felt very upset after hearing the bad news today.
unhappy adjective · /ənˈhæpi/	ulykkelig	Feeling or showing sadness; not pleased or content.	She felt unhappy after hearing the bad news from her friend.
bored adjective · /ˈbɔɹd/	kjede seg	Feeling tired and uninterested because something is not exciting or new.	The children were bored with the long car ride.

Negative følelser

ORD	BETYDNING	ENGELSK DEFINISJON	EKSEMPEL
lonely adjective · /ˈloʊnli/	ensom	Feeling sad because one has no friends or company around.	She felt very lonely living in that big empty house.
jealous adjective · /ˈdʒɛləs/	sjalu	Feeling unhappy because someone has something that you want yourself.	He felt very jealous when she started dating his friend.
frustrated adjective · /ˈfɹʌstɹeɪtəd/	frustrert	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/	ergerlig, irritert	Feeling slightly angry, irritated, or impatient about a specific situation.	She felt annoyed because the meeting took too long.
disappointed adjective · /ˌdɪs.əˈpɔɪn.tɪd/	skuffet	Unhappy because someone or something failed to meet your expectations.	She was disappointed by the poor results of her test.
embarrassed adjective · /ɪmˈbærəst/	flau	Feeling ashamed, uncomfortable, or self-conscious in front of other people.	She felt embarrassed when she dropped her tray of food.
ashamed adjective · /əˈʃeɪmd/	skamfull	Feeling embarrassed or guilty because of something you have done.	She felt ashamed after realizing her mistake and apologized immediately.
guilty adjective · /ˈgɪlti/	skyldig	Feeling responsible for doing something wrong or for a mistake.	He felt guilty after forgetting his friend's birthday party.
confused adjective · /kənˈfjuːzd/	forvirret	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/	stresset	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/	engstelig	Feeling worried, nervous, or uneasy about something uncertain.	She felt anxious about her job interview the next morning.
homesick adjective · /ˈhoʊmsɪk/	ha hjemlengsel	Sad and depressed because you are away from your home.	He felt very homesick during his first year at university.
shocked adjective · /ˈʃɑkt/	sjokkert	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 · /ənˈkʌmfɚ-təbəl/	utilpass	Feeling awkward or nervous in a situation.	I felt uncomfortable when everyone at the party stared at me.
offended adjective · /əˈfendɪd/	fornærmet	Feeling hurt, upset, or angry because of something said or done.	She felt deeply offended by his very rude comments today.
disgusted adjective · /dɪsˈgʌstɪd/	frastøtt	Feeling intense dislike or strong disapproval toward something or someone unpleasant.	She felt disgusted by the mess in the old kitchen.
envious adjective · /ˈɛnviəs/	misunnelig	Feeling or showing a desire to have what someone else has.	She felt envious of her friend's new car.
irritated adjective · /ˈɪɹəteɪtəd/	irritert	Feeling annoyed, impatient, or slightly angry about something.	He felt irritated by the constant noise from the construction site.

Negative følelser

ORD	BETYDNING	ENGELSK DEFINISJON	EKSEMPEL
helpless adjective · /ˈhelp.ləs/	hjelpeløs	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/	håpløs	Feeling or showing no expectation that something will turn out well.	He felt completely hopeless about passing the difficult final exam.
overwhelmed adjective · /ˌoʊvərˈwɛlmd/	overveldet	Feeling buried or crushed by too many tasks or strong emotions.	She felt overwhelmed by all the work at the office.

Styrke & nyanser

ORD	BETYDNING	ENGELSK DEFINISJON	EKSEMPEL
delighted adjective · /dɪˈlaɪtəd/	henrykt	Feeling or showing great pleasure and happiness about something.	She was absolutely delighted with the surprise birthday party her friends threw.
thrilled adjective · /θrɪld/	begeistret	Feeling extremely happy, excited, and pleased about a specific event.	She was absolutely thrilled with her new job offer today.
overjoyed adjective · /ˌəʊvəˈdʒɔɪd/	overlykkelig	Extremely happy or pleased about something that has happened.	She was overjoyed to hear the good news today.
ecstatic adjective · /ɛkˈstætɪk/	ekstatisk	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/	rasende	Extremely angry about something.	She was absolutely furious after missing her important morning train.
miserable adjective · /ˈmɪzərəbl/	elendig	Feeling very unhappy and sad.	She felt miserable after hearing the very sad news today.
terrified adjective · /ˈterɪfaɪd/	livredd	Feeling or showing extreme fear or being very frightened of something.	The young child was terrified by the loud thunderstorm outside.
heartbroken adjective · /ˈhɑːrtˌbroʊkən/	sønderknust	Extremely sad and upset, especially because of a lost relationship.	She felt heartbroken after ending her long term relationship today.
devastated adjective · /ˈdevəsteɪtɪd/	helt knust	Extremely sad, shocked, or upset because of a bad event.	She was devastated when she heard the very sad news.
horrified adjective · /ˈhɔɹəfaɪd/	forferdet	Feeling extremely shocked, scared, or disgusted by something terrible.	She was horrified by the news of the accident on the highway.
astonished adjective · /əˈstɒnɪʃt/	forbauset	Feeling or showing great surprise and wonder at something unexpected.	She was astonished by the incredible news this morning.
stunned adjective · /stʌnd/	lamslått	Feeling shocked, confused, or unable to react due to surprise.	She was stunned by the sudden news of her promotion.
concerned adjective · /kənˈsɜːrnd/	bekymret	Feeling worried, troubled, or anxious about a particular situation or matter.	She was concerned about the results of her medical test.
uneasy adjective · /ʌnˈiːzi/	urolig, utrygg	Feeling anxious, worried, or uncomfortable about a particular situation.	She felt uneasy about walking home alone at night.
puzzled adjective · /ˈpʌzəld/	undrende	Feeling confused because you do not understand something clearly.	She looked puzzled by the difficult question on the math test.

Følelser som substantiv

ORD	BETYDNING	ENGELSK DEFINISJON	EKSEMPEL
feeling noun · /ˈfiliŋ/	følelse	An emotion or a physical sensation in your body.	She had a strange feeling that something important was about to happen.
emotion noun · /ɪˈmoʊʃən/	følelse	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/	humør	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/	begeistring, spenning	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/	angst, uro	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/	selvtillit	The belief that you can do things well.	She has great confidence in her ability to win today.
embarrassment noun · /ɪmˈbɛɹəsmənt/	forlegenhet	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/	stolthet	A feeling of deep satisfaction from one's own achievements or qualities.	She felt a great sense of pride in her work.
jealousy noun · /ˈdʒɛləsi/	sjalusi	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/	ensomhet	The unhappy feeling caused by being alone or lacking social connection.	She felt a deep sense of loneliness in the city.
guilt noun · /gɪlt/	skyldfølelse	A feeling of sadness or regret after doing something wrong.	She felt deep guilt for breaking her friend's favorite vase.
relief noun · /ɹɪˈlif/	lettelse	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/	skuffelse	Sadness or frustration caused by the failure of hopes or expectations.	There was great disappointment when the team lost the championship game.
frustration noun · /fɹəˈstɹeɪʃən/	frustrasjon	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/	takknemlighet	The quality of being thankful and ready to show appreciation.	She expressed her sincere gratitude for all their hard work.

Uttrykk

ORD	BETYDNING	ENGELSK DEFINISJON	EKSEMPEL
calm down phrasal verb · /kɑːm daʊn/	roe seg ned	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/	muntre opp	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/	i godt humør	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/	i dårlig humør	Feeling angry, unhappy, or annoyed during a specific period of time.	She is in a bad mood because of the rain.

Uttrykk

ORD	BETYDNING	ENGELSK DEFINISJON	EKSEMPEL
feel down phrasal verb · /fiːl daʊn/	være nedfor	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/	være lei	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/	flippe ut	To become extremely emotional, anxious, or frightened suddenly.	I will freak out if we miss the last train.
stressed out phrase · /strest aʊt/	helt stresset	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/	slappe av, chille	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/	miste besinnelsen	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/	briste i gråt	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/	i den sjuende himmel	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/	anspent	Feeling tense, nervous, or easily irritated by something or someone.	She was on edge before her big job interview today.
mixed feelings idiom · /mɪkst ˈfiːlɪŋz/	blandede følelser	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/	ta seg sammen	To regain control of your emotions and behave in a calm way.	You must pull yourself together before the big meeting starts.