Feelings and Emotions Vocabulary List: 24 Adjectives

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NAME

DATE

Word or phrase	Meaning	Example
relieved	happy because a worry has gone	I was relieved when the exam was over.
frustrated	annoyed because you can't do or change something	I get frustrated when my internet is slow.
overwhelmed	feeling there is too much to deal with	I felt overwhelmed in my first week at work.
grateful	wanting to thank someone	I'm grateful for all your help.
anxious	worried and nervous	She feels anxious before flights.
disappointed	sad because something was not as good as hoped	We were disappointed with the hotel.
embarrassed	uncomfortable because others saw something silly	I was embarrassed when I fell over in the street.
proud	pleased about something you or others did	My parents were proud when I graduated.
jealous	unhappy because someone has what you want	He's jealous of his brother's success.
confused	not able to understand	I'm confused. Can you explain again?
excited	very happy and enthusiastic	The kids are excited about the trip.
bored	not interested; nothing to do	I get bored in long meetings.
lonely	sad because you are alone	I felt lonely when I first moved abroad.
upset	unhappy and worried because of something	She was upset after the argument.
furious	extremely angry	He was furious when they cancelled his flight.
scared / terrified	afraid / very afraid	I'm terrified of spiders.
calm	relaxed and not worried	She stayed calm during the emergency.
confident	sure of your abilities	I feel more confident speaking English now.
nostalgic	happy and a little sad remembering the past	Old photos make me nostalgic.
homesick	missing your home and family	I was homesick in my first month in London.
fed up	bored and annoyed with a situation	I'm fed up with this rain.
thrilled	extremely pleased	We were thrilled with the results.
hopeful	believing something good may happen	I'm hopeful that I'll get the job.
guilty	feeling you did something wrong	I feel guilty about not calling my mum.

Practice: complete with a word from the list

Use the correct form of the word or phrase.

1. I was so _____ when I found my lost wallet.
2. I'm _____ with my job. I want something new.
3. When I first moved abroad, I felt very _____ and missed my family.
4. I fell in the middle of the office. I was so _____!
5. I'm _____ for everything you did for me.
6. There's too much work and too little time. I feel _____.
7. He was _____ when he saw the damage to his car.
8. Looking at school photos always makes me _____.

Speaking

- When did you last feel relieved? What happened?
- What makes you frustrated in daily life?
- What are you proud of this year?
- Have you ever felt homesick? Where were you?

My new words

Answer key

Practice: 1 relieved · 2 fed up · 3 homesick · 4 embarrassed · 5 grateful · 6 overwhelmed · 7 furious · 8 nostalgic