

How do you feel? - How are you?

Here is a list of useful adjectives for describing emotions; how you feel or would feel in different situations: They are divided into two categories, positive and negative. TIP: Your vocabulary will increase very quickly if you learn new words in pairs: positives, negatives and if possible their opposites.

POSITIVE		NEGATIVE	
Adjective	Idiom / Expression	Adjective	Idiom / Expression
Happy	To be in high spirits	Unhappy	To be blue
Delighted	To be over the moon	Sad	
Thrilled	To be on cloud nine	Miserable -	To be fed up with something or someone
Elated	To be thrilled to bits	Furious / Irate	To be hoping mad
Overjoyed	To be pleased as punch	Depressed	To be sick and tired of something or someone
Bright	To be on top of the world	Gloomy	To be down in the dumps
Joyful		Upset	To be steamed up
Content		Discontented	To be cheersed off
Calm		Angry	To be wound up
Cheerful	To be full of beans	Cheerless	To feel sick as a parrot
Excited	To have ants in my pants	Bored	
Surprised	To be taken aback	Stunned	
Peaceful		Stressed	
Relaxed		Anxious	To be at your wits end
Peaceful	To feel at one with the world	Annoyed	To feel hot under the collar
Satisfied		Disappointed	To feel let down
Astonished		Shocked	To be speechless
Calm	To be chilled	Frightened	To be scared stiff
Relieved		Worried	
Energetic		Tired	
Refreshed		Exhausted	To be worn out
Content		Devastated	To be beside myself with grief
Grateful		Ungrateful	
Comfortable	To feel at home	Uncomfortable	To feel like a fish out of water
Confident		Unconfident	
Thoughtful		Grumpy	