

# Topic: Emotions & Feelings

No.	Words	Part of Speech	Phonetics	Meaning in English	Example
1	happy	adjective	/'hæpi/	feeling good and joyful	I feel happy today.
2	sad	adjective	/sæd/	feeling unhappy	She feels sad.
3	angry	adjective	/'æŋgri/	feeling mad	He is angry now.
4	excited	adjective	/ɪk'saɪtɪd/	very happy and energetic	I am excited about the trip.
5	tired	adjective	/'taɪərd/	needing rest	I feel tired after work.
6	relaxed	adjective	/rɪ'læksɪd/	calm and comfortable	I feel relaxed at home.
7	nervous	adjective	/'nɜ:vəs/	worried about something	I feel nervous before exams.
8	worried	adjective	/'wʌrɪd/	thinking about problems	She is worried about work.
9	surprised	adjective	/sə'rpraɪzd/	feeling unexpected	I am surprised by the news.
10	bored	adjective	/bɔ:rd/	feeling no interest	He feels bored at home.
11	confused	adjective	/kən'fju:zd/	not understanding	I feel confused.
12	proud	adjective	/'praʊd/	feeling good about success	I am proud of myself.
13	shy	adjective	/'ʃaɪ/	quiet and nervous	She is shy.
14	confident	adjective	/'kɒnfɪdənt/	feeling sure	I feel confident now.
15	scared	adjective	/skerd/	afraid	I feel scared at night.
16	afraid	adjective	/ə'freɪd/	feeling fear	He is afraid of dogs.
17	stressed	adjective	/strest/	under pressure	I feel stressed at work.
18	calm	adjective	/kɑ:m/	peaceful and quiet	Stay calm.
19	upset	adjective	/ʌp'set/	unhappy or angry	She feels upset.
20	lonely	adjective	/'ləʊnli/	feeling alone	I feel lonely sometimes.
21	love	noun/verb	/lʌv/	strong positive feeling	I love my family.
22	hate	verb	/heit/	strong dislike	I hate waiting.
23	enjoy	verb	/ɪn'dʒɔɪ/	like something	I enjoy music.
24	feel	verb	/fi:l/	experience emotion	I feel happy.
25	smile	verb	/smaɪl/	show happiness	She smiles a lot.
26	laugh	verb	/læf/	express joy	We laugh together.
27	cry	verb	/kraɪ/	show sadness	The baby cries.
28	worry	verb	/'wʌrɪ/	think about problems	Don't worry.
29	relax	verb	/rɪ'læks/	rest and feel calm	I relax at home.
30	cheer up	verb	/tʃɪr ʌp/	become happier	Cheer up!

## My Feelings (Sample Essay)

Every day, I have different emotions and feelings. Sometimes, I feel happy and excited when I achieve something good. For example, I feel proud when I finish my work or learn something new.

However, I also feel tired and stressed when I have too many tasks. Before an important event, I often feel nervous or worried. But I try to stay calm and confident.

In my free time, I like to relax by listening to music or watching movies. This helps me feel relaxed and happy. When I am with my friends, we smile and laugh together, and I feel joyful.

Sometimes, I feel sad or lonely, but I know it is normal. I try to think positively and cheer up myself.

Overall, emotions are a natural part of life. Learning to understand and manage my feelings helps me become a better and happier person.