

100 EMOTIONAL ADJECTIVES WORKBOOK

(WITH ANSWER SHEET)



DELIGHTED



FRISKY



FASCINATED



ANNOYED



PHOBIC



DEPRESSED



MELANCHOLIC



APATHETIC



CHIPPER

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Intermediate Exercise 1

No	word/phrase	meaning
1	dismayed	Feeling of shock and unhappiness
2	suspicious	Wary
3	delighted	Feeling or showing great pleasure
4	exasperated	Intense irritation from frustration
5	rejected	Feeling not included



Intermediate Exercise 1

exasperated	dismayed	suspicious
rejected	delighted	

1. When no one picked Tom to be in their group, he felt _____.
Slumping his shoulders, he sank back onto his seat.
2. Melinda was _____ when her father broke the promise of bringing her to the swimming pool. Resting her chin on her palms, she looked longingly outside the window.
3. Nat felt _____ when he saw a stranger loitering around his neighbourhood. A queasy feeling rose up his stomach.
4. Mother was _____ to find out that my sister had made a mess for the millionth time! Mother grunted in frustration.
5. Tulip was _____ to find that her mother had baked her a chocolate cake. Her eyes lit up like a thousand-watt bulb.



Intermediate Exercise 2

No	word/phrase	meaning
1	crushed	Broken-hearted
2	alarmed	Shocked fear
3	pleased	Feeling satisfied and happy
4	resentful	Bitterness for being treated unfairly
5	alienated	Feeling isolated



Intermediate Exercise 2

pleased	crushed	alarmed
resentful	alienated	

1. The burglars were _____ when they heard the police sirens.
2. Viviane was _____ to find out that her best friend had betrayed her. She clutched her heart as tears sprang from her eyes.
3. Sarah felt _____ as the villagers refused to let her participate in any event.
4. Heather had always been _____ towards her sister Hannah as she is the apple of their mother's eye.
5. I was _____ with the service provided at the restaurant. The food was fit for the gods and the staff was extremely polite.



Intermediate Exercise 3

No	word/phrase	meaning
1	rattled	Nervous, worried or irritated
2	contented	Feeling satisfied and contented
3	livid	Furiously angry
4	hopeless	Sad because it feels like there is no way out
5	paralysed	Petrified. So scared, you can't move



Intermediate Exercise 3

contented	paralysed	hopeless
rattled	livid	

1. The neighbourhood was still _____ from the news of the latest burglary.
2. Jaslyn was so _____ with fear that she stood as still as a statue.
3. My mother was _____ when she found out I had cheated on my examination. I shook with fear as she stared daggers at me with her piercing eyes.
4. The poor mother was distraught and _____ when she realised she had exhausted every effort to find enough money for her son's operation.
5. Feeling _____ with the scrumptious meal, Garfield rubbed his tummy with glee.



Intermediate Exercise 4

No	word/phrase	meaning
1	jumpy	Anxious fear that makes you startled
2	optimistic	Feeling positive
3	outrage	Extreme: arouse fierce anger
4	helpless	Sad because you feel no one can help you
5	phobic	Irrational fear or aversion to something



Intermediate Exercise 4

helpless	jumpy	outraged
phobic	optimistic	

1. My mother is a nervous person. She gets _____ when she is all alone at home!
2. The villagers were _____ to find out that they had been plundered by outlaws.
3. It was a piteous sight to see the _____ woman wailing for someone to come to her rescue.
4. Josh was _____ that he would get into the top school as he had toiled day and night for his examinations.
5. A snake _____ since the age of twelve, a fearful Sandy couldn't stand the sight of anything that slithered on the ground

