

100 EMOTIONAL ADJECTIVES WORKBOOK

(WITH ANSWER SHEET)



DELIGHTED



FRISKY



FASCINATED



ANNOYED



PHOBIC



DEPRESSED



MELANCHOLIC



APATHETIC



CHIPPER

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Master Exercise 1

No	word/phrase	meaning
1	benumbed	<u>deprived</u> of physical or emotional feeling.
2	persistent	refusing to give up
3	disheartened	having lost determination or confidence
4	disillusioned	disappointed in someone or something that one <u>discovers</u> to be less good than one had believed.
5	resolute	determined and unwavering



Master Exercise 1

persistent	benumbed	disheartened
disillusioned	resolute	

1. She was _____ with grief at the death of her husband. Her eyes were cold and lifeless. Perhaps, they have dried out from crying.
2. Like a fly, she was _____ to get that job. She was determined to help her family during difficult times.
3. The poor girl was _____ to know that she had been disqualified from the competition.
4. She was _____ to find out that her husband was not a military officer but a scam artist!
5. Despite failing numerous times, she was _____ and determined that she would eventually reach success.



Master Exercise 2

No	word/phrase	meaning
1	relieved	happy that something bad is finally over
2	unflappable	unfazed. Having or showing calmness in a crisis
3	dumbfounded	greatly <u>astonished</u> or <u>amazed</u> .
4	repulsed	disgusted
5	desperate	despair that prompts reckless action or violence in the face of defeat or frustration



Master Exercise 2

dumbfounded	relieved	unflappable
repulsed	desperate	

1. The mother was _____ when her daughter finally came home safely. The tension on her face eased.
2. Despite being in such a stressful work environment, she was simply _____. She was as cool as a cucumber.
3. I was _____ to find out that my favourite teacher had resigned. I was too stunned to speak.
4. She was _____ by the stalker's persistence to get her attention.
5. The man was so _____ to obtain money for his daughter's operation that he was prepared to even rob a bank.



Master Exercise 3

No	word/phrase	meaning
1	humiliated	make (someone) feel <u>ashamed</u> and <u>foolish</u> by <u>injuring</u> their dignity and pride.
2	flustered	<u>agitated</u> or confused.
3	fatigued	exhausted
4	querulous	complaining in a rather petulant or <u>whining</u> manner.
5	frisky	playful



Master Exercise 3

frisky	querulous	fatigued
humiliated	flustered	

1. Over the years, she became _____ and demanding. She would whine and whine until she got her way.
2. My cat must be feeling _____ today. She was full of beans and kept wanting to play!
3. Feeling _____, she plopped onto the sofa and fell into a deep slumber.
4. Turning scarlet, she was obviously _____ by the bad behaviour of her students. She was about to blow her top at any moment.
5. Face burning with shame, Josephine left the party as she felt extremely _____ after being taunted by the hostess.



Master Exercise 4

No	word/phrase	meaning
1	distressed	extreme anxiety, <u>sorrow</u> , or pain.for pleasure or display.
2	appalled	greatly <u>dismayed</u> or <u>horrified</u> .
3	sickened	disgusted
4	perplexed	confused
5	unrepentent	not sorry for one's wrongdoings



Master Exercise 4

sickened	unrepentant	perplexed
distressed	appalled	

1. Till his dying day, the old outlaw was _____ about looting the peasants. He never felt the need to apologise.
2. Scratching her head, Jaslyn was _____ by the commotion happening in front of her. She had no idea what was going on.
3. He was _____ by the sight of rotting food. He could almost taste the vomit building up to his throat.
4. The idiocy of his behaviour _____ her. She shook her head in disapproval before leaving the premises.
5. The victim was severely _____ after being robbed at gun point in the middle of the day.

