surprised	→	Feeling **very happy** because something good has happened.
pleased	→	Feeling **happy and satisfied** about something.
delighted	→	Feeling **shocked or amazed** because something happened that you did not expect.
Upset	→	Feeling **sad because something was not as good as you expected or hoped.**
frustrated	→	Feeling **unhappy, worried or angry** because something unpleasant has happened.
dissapointed	→	Feeling **annoyed or upset because you cannot do something successfully or solve a problem.**

LIVEWORKSHEETS

confused	→	Feeling **nervous or concerned** because you think something bad might happen.
guilty	→	Feeling **uncomfortable** because of something you did or because other people noticed you.
embarrassed	→	Feeling **unable to understand** something clearly or unsure about what to do.
hurt	→	Feeling **sad or emotionally upset** because of something someone said or did to you.
regretful	→	Feeling b**ad because you believe you have done** something wrong or hurt someone.
worried	→	Feeling **sorry about something you did or did not do** and wishing you had acted differently.

LIVEWORKSHEETS

Expressions to describe feelings

It was quite a blow.	**I was surprised** because I didn't think it would happen.
I wasn't expecting it	**I was very shocked** because something unexpected happened.
I was really pleased	**I was very happy and satisfied** about something.
I was surprised	**I wasn't surprised** because I thought it would happen.
I really can't get over it	**I was fairly surprised** because I didn't expect it.
I was expecting it.	**I am still very surprised or shocked and I keep** thinking about it.

LIVEWORKSHEETS