

100 EMOTIONAL ADJECTIVES WORKBOOK

(WITH ANSWER SHEET)



DELIGHTED



FRISKY



FASCINATED



ANNOYED



PHOBIC



DEPRESSED



MELANCHOLIC



APATHETIC



CHIPPER

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Expert Exercise 1

No	word/phrase	meaning
1	melancholic	Feeling or expressing pensive sadness
2	perturbed	Feeling anxiety or concern / unsettled
3	charmed	Impressed pleasantly
4	riled up	Upset, agitated and angry
5	regretful	Feeling sorry over an action or decision



Expert Exercise 1

regretful	riled up	charmed
melancholic	perturbed	

1. Eyes cast down, Karen was _____ about her actions. She wished she had not treated Sam so poorly.
2. Alicia was _____ by the real estate agent's offer. It was an offer she simply could not refuse. Mouth agape, she stood there in awe.
3. Stacy was _____ by the mean comments left on her blog. Gritting her teeth, she was determined to type out a storm.
4. Lindsey is _____ by nature. She gets sad easily.
5. Upon hearing the news, she was clearly _____. Her lips quivered and her eyes darted around.



Expert Exercise 2

word/phrase	meaning
grievous	Feeling sad due to a loss
wary	Mistrustful fear
grateful	Being thankful
hostile	Being openly unfriendly to someone
distraught	Very worried and upset



Expert Exercise 2

wary	grateful	hostile
grievous		distraught

1. The loss of their only son was a _____ blow to Mr and Mrs Smith.
2. The beggar boy was _____ for the coin. He grinned from ear to ear and his eyes twinkled.
3. Stephanie became _____ to me just because I refused to let her copy my work. She's giving me the cold shoulder.
4. The stranger made me _____. His beady eyes and icy cold demeanor made me shudder in fear.
5. The mother became _____ when her child did not return home. Pacing around, her eyes scanned the entire neighbourhood, hoping to get a glimpse of her child.



Expert Exercise 3

No	word/phrase	meaning
1	startled	Jumpiness due to fear
2	joyful	Cheerful
3	vengeful	Wanting to take revenge
4	mournful	Grieving over a loss
5	panicked	State of intense fear or desperation



Expert Exercise 3

vengeful	joyful	startled
panicked	mournful	

1. Marlyn was _____ and she plotted plan to get her revenge.
2. _____ by the loud sound, Jaelyn nearly jumped out of her skin.
3. Still _____ over his wife's loss, Roger became a shut-in, refusing to go out of his house.
4. The children became _____ when they received their presents.
5. The school children _____ when they heard loud sirens disrupting their lessons. Faces etched in fear, they cowered in a corner.



Expert Exercise 4

No	word/phrase	meaning
1	terrorised	Feeling scared due to being traumatised
2	calm	Serene
3	spiteful	Malicious anger
4	defeated	Feel sadness due to a loss
5	terrified	Extreme fear



Expert Exercise 4

defeated	terrorised	calm
terrified	spiteful	

1. The citizens felt _____ after the bomb attacks.
2. The baby became _____ after its mother sang a lullaby.
3. She felt utterly _____ when she heard she did not get the job.
She curled into a foetal position and cried for hours.
4. Feeling _____, her face turned ash-white and her lips trembled.
5. Greg broke Jacob's favourite pencil deliberately. Greg was being
_____.

