

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.

dissatisfied



Feeling **annoyed or upset because you cannot do something successfully or solve a problem.**

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 **bad 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.

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.