

100 EMOTIONAL ADJECTIVES WORKBOOK

(WITH ANSWER SHEET)



DELIGHTED



FRISKY



FASCINATED



ANNOYED



PHOBIC



DEPRESSED



MELANCHOLIC



APATHETIC



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LIVEWORKSHEETS

Advanced Exercise 1

No	word/phrase	meaning
1	satiated	Feeling satisfied and contented
2	infuriated	Frustrated
3	disappointment	Sad that a promise has been broken
4	nervous	Sad that a promise has been broken
5	jubilant	If you are jubilant, you feel extremely happy because of a success.



Advanced Exercise 1

infuriated

disappointment

jubilant

satiated

nervous

1. Patty was _____ to know that she had emerged as the winner. She pumped her fists in the air and twirled around in delight.
2. Meg was _____ to know that her little brother had messed up her room again.
3. My father's face was etched with _____ when he found out that I had lied to him.
4. Twiddling my fingers, I sat outside the dentist office feeling _____.
5. He drank greedily until his thirst was _____.



Advanced Exercise 2

No	word/phrase	meaning
1	frustrated	Annoyed that you aren't getting what you want
2	gloomy	Feeling a low mood
3	pensive	Worried fear
4	convivial	Cheerful, friendly and jovial
5	offended	Feeling anger due to some injustice / not fair



Advanced Exercise 2

gloomy	offended	frustrated
convivial		pensive

1. Rita was feeling _____ because she misses her grandmother.
2. The mother was _____ with her toddler who kept throwing his food bowl down.
3. The teacher was _____ by the rude student's behaviour. The teacher wagged her finger angrily at him before sending him for detention.
4. After losing his job, Alex became more _____ than ever.
5. Always smiling, Carl was a _____ party host who made everyone feel at home.



Advanced Exercise 3

No	word/phrase	meaning
1	thrilled	Excited and looking forward to something
2	wrathful	Feeling full of hate
3	down in the dumps	Feeling low
4	apprehensive	Worried about uncertainty
5	merry	A merry sound or sight makes you feel cheerful.



Advanced Exercise 3

merry

thrilled

wrathful

down in the dumps

apprehensive

1. The festive mood of Christmas placed everyone in a _____ mood.

2. We were _____ to find out that our parents were bringing us to Paris.

3. Feeling _____ and boiling with years of resentment, the witch finally hatched an evil plan to eradicate the innocent twins.

4. Everyone was feeling _____ when the flight got canceled.

5. Sophie was feeling _____ about her exam results. Wracked with anxiety, she sat outside, biting her fingernails.



Advanced Exercise 4

No	word/phrase	meaning
1	cross	mild anger
2	miserable	Wretchedly unhappy
3	leery	Cautious or Wary
4	exultant	Triumphantly happy
5	indignant	Feeling anger at unfair treatment



Advanced Exercise 4

leery

cross

miserable

indignant

exultant

1. I felt _____ and frustrated when my mother refused to believe that it was my brother who broke her precious vase.
2. The dog was _____ of the man with the large stick. The dog avoided the man at all cost
3. He was a lonely, _____ wretch. He never sported a smile and was always moping around.
4. “Call your manager!” the lady sneered. She was _____ about the way she was treated by the waiter.
5. My brother and I were _____ after winning the air hockey tournament. We triumphantly pumped our fists in the air.

