# EMOTIONS IN SPANISH

If you're starting your journey learning Spanish you'll see that one of the first things you'll want to learn is how to express different emotions in Spanish. This is understandable because we see the world the way we feel it, and we express through those emotions constantly.

Emotions are part of our daily life and interactions, we express the world around us through emotions, so with this being such an important part of our lives and interactions we wanted to bring you this blog today.

Here are a number of emotions in various categories, along with sentences to help you better understand the list of emotions to express your feelings and emotions in Spanish.

## FEELING OF HAPPINESS (FELICIDAD)

- Tomorrow I start my vacation holiday, I feel **ALEGRE and EUFÓRICO (happy and euphoric).**
- I passed all my classes with excellent grades, I feel **ORGULLOSO, PODEROSO and SATISFECHO (proud, powerful, and satisfied)** with my performance.
- I'm moving next month to another state to search for a new job and start studying there, it's a risky move but I feel **OPTIMISTA, POSITIVO, and ESPERANZADO (optimistic, positive, and hopeful)** and I have to be **VALIENTE (brave**) in this new challenge.
- I was offered a new position at my job, I feel really **INTERESADO and ABIERTO (interested and open)** to new challenges and I feel **SEGURO (confident)** of being able to do the job.
- Christmas is getting close and I'm really **CURIOSO (curious)** if my wife is going to like the gift I got her!
- If I were to describe myself I'd say I'm **SENSIBLE and CARIÑOSO (sensitive and loving)**.
- Summer vacations start next week and I feel **LIBERADO and FELIZ (free and happy)** because I'll be able to rest and have fun without having to worry about anything.
- I'm staying near the beach for the weekend and I feel **INSPIRADO and PACÍFICO (inspired and peaceful)** here.
- The University called me, they chose my thesis over five hundred others, I

feel **IMPORTANTE, ACEPTADO, and REALIZADO (important, accepted, and accomplished)**.

## FEELING OF SURPRISE (SORPRESA)

- My best friend told me she's in love with me, I feel **SORPRENDIDO, CONFUNDIDO, and ASOMBRADO (surprised, confused, and amazed).**
- I'll start on a new gym next month, I feel super **ENTUSIASMADO and ENÉRGICO (excited and energetic).**
- I didn't win the contest, they chose the other contestant just because their friend was a judge, it was unfair! I feel **CONMOCIONADO, ABATIDO, and DESILUSIONADO (shocked, dejected, and disillusioned).**
- I went to the circus and the way the contortionist moves left me feeling **IMPRESIONADO, ESTUPEFACTO, and PERPLEJO (impressed, speechless, and perplexed)**, I didn't know those things were possible.

## FEELING OF FEAR (MIEDO)

- I fell down in front of everybody, I feel **AVERGONZADO (embarrassed).**
- My partners at school are mocking me, I feel **HUMILLADO (humiliated).**
- I have a new haircut and I don't know if it suits my face, I feel **INSEGURO (insecure).**
- I have a job interview tomorrow, I can't wait, I feel **ANSIOSO (anxious).**
- There's a big dog in my neighborhood that has gotten loose, I feel **ASUSTADO (scared).**
- I invited the girl I like to the prom, but she said no, I feel **RECHAZADO (rejected).**
- I visited Norway this past month, and I couldn't understand a single word, I felt so **ALIENADO (alienated).**
- I got a new cat, but my two old cats are really mean with him, he must feel really **MARGINADO (marginalized).**
- During Halloween, there are some houses in my neighborhood so well decorated that I feel **ESPANTADO (spooked).**
- I have so much work I feel **AGOBIADO (overwhelmed).**
- I had an exam yesterday, and I'm still waiting for the results, I feel **PREOCUPADO (worried).**
- My friend dressed as a werewolf for Halloween, the costume looked so realistic, he decided to scare me, and he really did, I felt **ATERRADO (terrified).**

- I was at school and my pants ripped suddenly, everyone started laughing, and I felt **RIDICULIZADO (ridiculed).**
- I was in line at the supermarket and someone cut in front of my place, I felt **IRRESPETADO (disrespected).**
- My friend at school has much better grades than me I feel **INFERIOR (inferior).**
- I want to improve my grades at college, I can do better, I feel **INSUFICIENTE (insufficient).**
- I was helping my dad to fix the car, but I didn't know a thing, I felt **INÚTIL (useless).**

## FEELING OF ANGER (IRA)

- All my friends forgot my birthday, I feel **HERIDO (hurt).**
- There's this new guy at school, and he's fantastic at sports, I'm scared that he could get my place as captain of the team, I feel **AMENAZADO (threatened).**
- There are people who are mean and angry all the time it's like they're **LLENOS DE ODIO (full of hatred).**
- I failed the same test for the second time, I feel so **FRUSTRADO (frustrated).**
- I don't know what's wrong with my friend lately, he doesn't talk to me like he used to, he feels **DISTANTE (distant).**
- One of my uncles is always finding mistakes in everything I do, he's so **CRÍTICO (critical).**
- I don't like the pet of my aunt, he's so **AGRESIVO (aggressive).**
- I have a parrot, and he starts screaming and being super loud at midnight almost every day, he acts **LOCO (mad).**
- I lost my pet yesterday, I loved him so much, I feel **DEVASTADO (devastated).**
- I forgot our date yesterday, I feel so **APENADO (ashamed).**
- I don't trust any beauty product without checking the reviews of it and how it works, I'm really **ESCÉPTICO (skeptical).**
- I don't like to attend parties, I prefer to stay home with a book and good music, I'm really **INTROVERTIDO (introverted).**
- My neighbor crashed into my mailbox driving recklessly and I'm **FURIOSO (furious).**
- My friend got the best birthday gift, one that I wanted as well, and I can't stop feeling **CELOSO (jealous).**
- My neighbor is always being **SARCÁSTICO and DESAFIANTE (sarcastic and defiant)** and he always has a **HOSTIL (hostile)** attitude with all of us.

- I need many reasons to trust someone, I describe myself as someone **DESCONFIADO (suspicious).**
- My brother is always cutting me off when I'm speaking, which makes me feel so **IRRITADO (irritated).**
- Yesterday we had our high school reunion, it has been ten years since I was mocked there by some classmates, but I discovered I still feel **RESENTIDO (resentful).**
- The comments I receive from some colleagues at work feel like they don't appreciate my work, I feel **ATACADO (attacked).**

## FEELING OF SADNESS (TRISTEZA)

- I broke an old decoration at my grandmother's house, I feel **CULPABLE (guilty).**
- Once we finished college none of my friends ever contacted me again, I feel **ABANDONADO and TRAICIONADO (abandoned and betrayed).**
- I feel like there's a hole in my chest, **VACÍO (empty).**
- I've been trying to read and play video games but still I feel **ABURRIDO (bored).**
- I had to move from town to study, I'm new here, so I don't have friends yet, I feel **SOLO (alone)** and quite **DEPRIMIDO (depressed).**
- I lost my thesis and the deadline is tomorrow, I feel **DESESPERADO (desperate).**
- I didn't mean to say those things, I was upset and now I feel **ARREPENTIDO and AVERGONZADO (regretful and ashamed).**
- I don't understand how some people can be so **APÁTICOS and INDIFERENTES (apathetic and indifferent)** with people in need.
- My pet doesn't listen to me, I feel **IGNORADO (ignored).**
- If a baby bird gets **AISLADO (isolated)** from its group it'll be **DESAMPARADO and VULNERABLE (helpless and vulnerable)** to the predators and weather conditions.
- When you live far away from your country, you sometimes find yourself feeling **MELANCÓlLICO and NOSTÁLGICO (melancholic and nostalgic).**
- I found a bird in my backyard, he had a broken wing, he was **DESVALIDO (defenseless).**

## FEELING OF DISGUST (ASCO)

- I hired a company to do my laundry, but they stained all my clothes, I feel **DISCONFORME and DECEPCIONADO (dissatisfied and disappointed).**
- I was driving and I passed next to a car accident, it was **HORRIBLE (horrible).**
- I like old fashioned phones with buttons, I don't want to switch to a touchscreen,

I'm **REACIO (reluctant)** about it.

- I have an **AVERSIÓN (aversion)** to snakes.
- I don't know if I should cut my hair or not, I feel **VACILANTE (hesitant).**
- Worms make me feel **ASCO (disgust)** they are **REPUGNANTES (repugnant).**
- My neighbor is really mean with everybody, he's **ODIOSO (hateful).**