FEELINGS AND EMOTIONS - SENTIMIENTOS Y EMOCIONES

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BASIC TERMS — CONCEPTOS BÁSICOS

feeling /'fi:lɪŋ/	sentimiento, sensación → emotion, mood	
emotion /ɪ'moʊʃən/	emoción	→ feeling
mood /mu:d/	estado de ánimo	→ feeling
feel* /fi:l/	sentirse	> (felt, felt) · → express, hide
express /ɪk'spres/	expresar	→ feel
hide* /haɪd/	esconder, ocultar	> (hid, hidden) · → feel

POSITIVE FEELINGS — SENTIMIENTOS POSITIVOS

glad /glæd/	contento, alegre	I'm glad you came. = Me alegra que hayas venido. · → pleased, delighted
pleased /pli:zd/	satisfecho, complacido → glad	
delighted /dɪ'laɪtəd/	encantado → glad	
excited /ɪk'saɪtəd/	emocionado, entusiasmado → thrilled, proud (of)	
thrilled /θrɪld/	feliz de la vida, emocionadísimo → excited	
proud (of) /praʊd/	orgulloso (de)	→ excited
relaxed /rɪ'lækst/	relajado	→ calm, relieved
calm /kɑ:m/	tranquilo	→ relaxed
relieved /rɪ'li:vd/	aliviado	→ relaxed
grateful /'greɪtfəl/	agradecido	→ hopeful, satisfied
hopeful /'hoʊpfəl/	esperanzado	→ grateful

satisfied /ˈsætəsfaɪd/	satisfecho	→ grateful

NEGATIVE FEELINGSSENTIMIENTOS NEGATIVOS

afraid (of) /əˈfreɪd/	tener miedo (de)	I'm afraid of spiders. · → scared, frightened, terrified
scared /skerd/	asustado	→ afraid (of)
frightened /ˈfraɪtənd/	asustado	→ afraid (of)
terrified /ˈterəfaɪd/	aterrado	→ afraid (of)
angry /ˈæŋgri/	enojado	AmE coloq. „mad" · → annoyed, furious
annoyed /əˈnɔɪd/	molesto, fastidiado → angry	
furious /ˈfjʊriəs/	furioso	→ angry
sad /sæd/	triste	→ upset, disappointed, lonely
upset /əpˈset/	alterado, disgustado → sad	
disappointed /ˌdɪsəˈpɔɪntɪd/	decepcionado	→ sad
lonely /ˈloʊnli/	solo, solitario	→ sad
worried (about) /ˈwɜːrid/	preocupado (por)	→ nervous, stressed (out)
nervous /ˈnɜːrvəs/	nervioso	→ worried (about)
stressed (out) /strest/	estresado	→ worried (about)
embarrassed /ɪmˈberəst/	avergonzado, apenado → ashamed (of), guilty	
ashamed (of) /əˈʃeɪmd/	avergonzado (de)	→ embarrassed
guilty /ˈgɪlti/	culpable	→ embarrassed
jealous (of) /ˈdʒeləs/	celoso, envidioso	→ envious
envious /ˈenviəs/	envidioso	→ jealous (of)
bored /bɔːrd/	aburrido (que se aburre) → tired, confused	
tired /ˈtaɪərd/	cansado	→ bored
confused /kənˈfjuːzd/	confundido	→ bored

-ED OR -ING?

bored / boring

interested / interesting

excited / exciting

tired / tiring

surprised / surprising

embarrassed / embarrassing

¿-ED O -ING?

aburrido (= estar) / aburrido (= ser)
/bɔːrd / ˈbɔːrɪŋ/

interesado / interesante
/ˈɪntrəstɪd / ˈɪntrəstɪŋ/

emocionado / emocionante
/ɪkˈsaɪtəd / ɪkˈsaɪtɪŋ/

cansado / cansado, agotador
/ˈtaɪərd / ˈtaɪrɪŋ/

sorprendido / sorprendente
/sərˈpraɪzd / sərˈpraɪzɪŋ/

apenado / vergonzoso

ACTIONS

laugh /læf/

smile /smaɪl/

cry /kraɪ/

shout /ʃaʊt/

calm down /kɑːm daʊn/

cheer up /tʃɪr ʌp/

worry (about) /ˈwɜːri/

miss /mɪs/

get* upset /get əpˈset/

ACCIONES

reír → smile, cry

sonreír → laugh

llorar → laugh

gritar → calm down, cheer up

calmarse → shout

animar(se) → shout

preocuparse (por) → miss, get upset

extrañar — I miss you. = Te extraño. · → worry (about)

enojarse, alterarse > (got, gotten) · → worry (about)

PHRASEOLOGY

How are you feeling?

What's wrong?

I'm bored. The movie is boring.

I feel like crying.

FRASEOLOGÍA

¿Cómo te sientes?

¿Qué te pasa?

Estoy aburrido. La película es aburrida.

Tengo ganas de llorar.

Don’t worry about it.	No te preocupes por eso.
She burst into tears.	Se echó a llorar.

IDIOMS

MODISMOS

On top of the world — en la cima del mundo, feliz

After winning the race, I felt on top of the world.

Jump for joy — saltar de alegría

The kids jumped for joy when they saw the snow.

A bundle of nerves — un manojo de nervios

Before the exam, I was a bundle of nerves.

Scared stiff — muerto de miedo

I was scared stiff during the horror movie.

Fly off the handle — explotar de coraje

He flies off the handle when he loses a game.

Have a lump in one’s throat — tener un nudo en la garganta

I had a lump in my throat at my sister’s wedding.

Keep one’s chin up — no desanimarse, ánimo

Keep your chin up — next time you’ll win.

A weight off one’s shoulders — quitarse un peso de encima

When I passed the test, it was a weight off my shoulders.

At the end of one’s rope — no poder más, no saber qué hacer; Br.E. „tether“

After three nights without sleep, the parents were at the end of their rope.

Beside oneself — fuera de sí (de coraje, de alegría, de miedo)

She was beside herself with worry.

Bottle something up — guardarse algo, reprimirlo

Don’t bottle up your feelings — talk to someone.