

# English Vocabulary

## Talking About Difficult Situations in English

Word/Phrase	Meaning	Emotion/Context	Example Sentence
Predicament	A problem that is very hard to get out of	Serious difficulty, no easy solution	<i>Bella is trying to come out of her financial predicament.</i>
Dilemma	A situation where one must choose between two difficult options	Confusion, decision-making stress	<i>Rosh is in a dilemma because he doesn't know which job to pick.</i>
Ordeal	A very bad experience that lasts a long time	Pain, suffering, long-term hardship	<i>Suffering from cancer is an ordeal.</i>
Teething Trouble	Initial problems when starting something new	Early-stage difficulty, project startup	<i>We had the usual teething problems when we started the project.</i>
Juggling Act	Dealing with many problems or tasks at the same time	Overwhelmed, multitasking stress	<i>My life is a juggling act between work and home.</i>
Dead End	A situation where there is no progress or way forward	Stuck, hopelessness	<i>They've reached the dead end of their marriage.</i>
Impasse	A situation where no agreement is possible	Disagreement, especially in politics or arguments	<i>The two countries have reached a political impasse.</i>
Stalemate	A situation where no one can win or progress	No solution, draw, standoff	<i>The two countries have reached a stalemate.</i>
Headache	Something very boring, frustrating, or difficult	Annoyance, frustration	<i>Filling the forms was a real headache.</i>
Pain	Something that is hard to do, tiring or annoying	Difficulty, effort	<i>Getting the US visa was a pain.</i>
Drag	Something boring, tiring, or hard to do	Boredom, annoyance	<i>Filling the forms was such a drag.</i>
Nightmare	A very bad experience or situation	Stressful, unpleasant experience	<i>I hope the return journey won't be a nightmare.</i>

## 10 Different Ways to Say 🤯 I Am Speechless

Word/Phrase	Meaning	Emotion/Context	Example Sentence
Disconcerted	Lost composure, often due to anger or frustration	Angry, upset	<i>I'm scared to tell my parents the result, they might feel disconcerted.</i>
Dumbfounded	Unable to speak due to extreme surprise	Shocked, amazed	<i>I was dumbfounded when I saw my favorite celebrity pass by.</i>
Dumbstruck	Speechless due to excitement or surprise	Excited, amazed	<i>I was dumbstruck to see my friend Sophia at the same restaurant.</i>
Flabbergasted	Shocked and speechless due to something unexpected	Shocked, stunned	<i>I was flabbergasted to receive a \$10,000 phone bill.</i>
Flummoxed	Confused and speechless, unsure of what to do	Confused	<i>All the questions in the exam made me feel flummoxed.</i>
Nonplussed	Extremely confused and shocked, unsure how to react	Deep confusion + shock	<i>He called me the best employee and then fired me—I was completely nonplussed.</i>
Speechless	So amazed or shocked that you can't speak	Amazed, stunned	<i>The music left me speechless.</i>
Tongue-tied	Unable to speak due to nervousness	Nervous, anxious	<i>She was tongue-tied meeting his parents for the first time.</i>
Discombobulated	Extremely frustrated and disoriented	Frustrated, disorganized	<i>I was quite discombobulated after the terrible day I had.</i>
Befuddled	Disorganized and very nervous, often due to lack of preparation	Nervous, overwhelmed	<i>She was befuddled while giving the presentation.</i>

## Talking about 11 stages of person's life

Term	Age Range	Meaning / Description	Example Sentence
Preemie	Before 9 months (birth before full term)	A premature baby born before full development in the womb	<i>My sister was a preemie — she was born in the 8th month of pregnancy.</i>
Newborn	0 to 4 weeks	A baby who has just been born	<i>My cousins are traveling with their newborn who is just a week old.</i>
Baby / Infant	0 to 2 years	Very young children who cannot talk or walk properly	<i>Infants make cute sounds but can't talk yet.</i>

Term	Age Range	Meaning / Description	Example Sentence
Toddler	2 to 3 years	Children who are beginning to walk and talk	<i>I was extremely naughty as a toddler, my mom says.</i>
Child	0 to 18 years (general)	A general term for young humans below adulthood	<i>He is just a child; don't be so harsh on him.</i>
Preteen / Tween	10 to 12 years	Kids just before teenage years	<i>My son is turning 10 this year — he's now a tween.</i>
Teenager	13 to 18 years	Young individuals in their teen years (ending in "-teen")	<i>Teenagers can be rebellious and moody at times.</i>
Adult	18 years and above	A person legally considered grown-up and responsible	<i>Now that I'm an adult, I really miss childhood.</i>
Middle-aged	40 to 50 years	Individuals in the mid-phase of adulthood	<i>At 45, she is considered middle-aged and is going through a midlife crisis.</i>
Senior Citizen	55 to 70 years (approx.)	A polite term for older people (commonly retired or aging)	<i>Please give your seat to the senior citizen; it's respectful.</i>
Elderly	70 years and above	A very polite term for very old people	<i>I take care of my elderly grandparents with lots of love.</i>

## Emotions

### ● Emotion: Happiness

Word	Meaning	Example Sentence
Glad	Happy or pleased	<i>I'm glad you're coming over to meet me.</i>
Delighted	Very happy or excited	<i>I'm delighted to come to your party today.</i>
Cheerful	Joyful personality or mood	<i>She has a cheerful personality.</i>
Thrilled	Extremely happy or excited	<i>I'm thrilled to receive these flowers on my birthday.</i>
Ecstatic	Overjoyed, completely happy	<i>The couple was ecstatic at the birth of their first child.</i>

### ● Emotion: Sadness

Word	Meaning	Example Sentence
Miserable	Very sad and unwell	<i>You look miserable — are you feeling okay?</i>
Upset	Emotionally disturbed or unhappy	<i>I'm really upset because my dog died.</i>
Sombre	Gloomy or serious atmosphere	<i>The house has been sombre since the funeral.</i>
Gloomy	Sad or depressed (often used with weather too)	<i>I've been gloomy ever since I lost my job.</i>
Depressed	Extremely sad or low-spirited	<i>I'm a bit depressed because of my work situation.</i>

### ● Emotion: Fear

Word	Meaning	Example Sentence
Afraid	Feeling fear	<i>I'm afraid of spiders.</i>
Frightened	Scared or alarmed	<i>She looked frightened when she heard the loud bang.</i>
Terrified	Extremely scared	<i>I'm terrified of heights.</i>
Creeped out	Feeling fear/disgust (usually by something weird)	<i>Clowns creep me out.</i>
Spooked out	Suddenly scared (especially in dark/suspenseful situations)	<i>The noise in the dark room spooked me out.</i>

### ● Emotion: Anger

Word	Meaning	Example Sentence
Mad	Angry (informal)	<i>I'm mad at you for being late.</i>
Furious	Extremely angry	<i>I'm furious because I can't find my college degree.</i>
Enraged	Intensely angry	<i>I'm enraged that I missed my flight.</i>
Heated	Angry or emotionally intense (especially in arguments)	<i>We had a heated argument last night.</i>
Pissed off	Very angry (slang/informal)	<i>I'm absolutely pissed off after standing in the queue for 2 hours.</i>

