

YOUR FEELINGS

Conversation Cheat Sheet

Create Your
FREE Lifetime
Account

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Common Feelings



How are you doing?
Nǐ zěnmeyàng?
你怎么样？

I'm ~.
Wǒ hěn ~.
我很~。



1. angry

shēngqì
生气



2. anxious

jiāolǜ
焦虑



3. bored

wúliáo
无聊



4. disgusted

fǎngǎn
反感



5. embarrassed

gāngà
尴尬



6. great

hǎo
好



7. happy

yúkuài
愉快



8. horrified

jīngkǒng
惊恐



9. in love

xìngfú
幸福



10. lonely

jì mò
寂寞



11. sad

shāngxīn
伤心



12. scared

hàipà
害怕

Extra Practice!

You look tired.

Nǐ kàn qǐ lái hěn lèi.
你看起来很累。

I'm not tired. I'm...

Wǒ bù lèi. Wǒ ~.
我不累。我~。

Feeling Positive



active

huóyuè
活跃

calm

píngjìng
平静

energetic

jīnglì chōngpèi
精力充沛

funny

yǒuqù
有趣

honest

chéngshí
诚实

hopeful

chōngmǎn xīwàng
充满希望

interested

gǎn xìngqù
感兴趣

kind

hé'ǎi
和蔼

proud

zìháo
自豪

relaxed

qīngsōng
轻松

satisfied

mǎnyì
满意

surprised

jīngyà
惊讶

Feeling Negative

annoyed

fánnǎo
烦恼

confused

kùnhuò
困惑

disappointed

shīwàng
失望

exhausted

jīn pí lì jìn
筋疲力尽

frightened

hàipà
害怕

frustrated

shòucuò
受挫

miserable

bēicǎn
悲惨

nervous

jǐnzhāng
紧张

silly

shǎ
傻

terrible

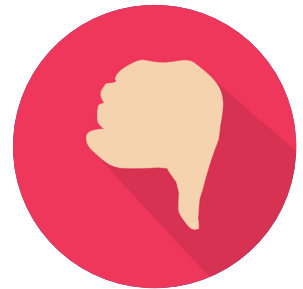
kěpà
可怕

upset

nánguò
难过

worried

dānxīn
担心



Expressing Yourself

I'm a little sad.

Wǒ yǒudiǎn shāngxīn.
我有点伤心。

I'm anxious today.

Wǒ jīntiān hěn jiāolǜ.
我今天很焦虑。

I'm super happy.

Wǒ chāojiā kāixīn.
我超级开心。

I'm angry at him.

Wǒ hěn shēng tā de qì.
我很生他的气。

I'm excited for tomorrow.

Wǒ hěn qīdài míngtiān.
我很期待明天。

I'm annoyed by what's happened.

Wǒ duì fāshēng de shì gǎndào fánnǎo.
我对发生的事感到烦恼。

I was embarrassed yesterday.

Wǒ zuótiān hěn gāngà.
我昨天很尴尬。

I'm feeling great today!

Wǒ jīntiān gǎnjué hěn hǎo!
我今天感觉很好！

I'm frustrated.

Wǒ hěn shòucuò.
我很受挫。