

Words to describe emotions and feelings

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Part 01 - Basic Words for Emotions and Feelings

1. Happy

- **Definition:** Feeling or showing pleasure, contentment, or joy.

- **Example:**

True happiness is found in the remembrance of Allah and following His guidance, as He says, "Verily, in the remembrance of Allah do hearts find rest." (Quran 13:28)

Synonyms:

- **Urdu:** شِوُخ (Khush)
 - (Allah ki yaad aur us ki hidayat par amal karne se haqeeqi khushi milti hai, jaisay Allah farmata hai: 'Allah ki yaad mein dil sukoon paate hain.')
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2. Sad

- **Definition:** Feeling sorrowful, unhappy, or distressed.

- **Example:**

When facing trials and difficulties, remember the words of the Prophet Muhammad (PBUH), "Whoever is afflicted by a hardship, let them remember that Allah is with those who are patient." (Sahih Bukhari)

Synonyms:

- **Urdu:** غمِ گہ (Ghamgeen)
 - (Jab mushkilat aayein to sabr aur Allah ke saath yaqeen rakho, jaisa ke Hazrat Muhammad (PBUH) ne farmaya: 'Jo shakhs museebat mein muhtala ho, use yaad rakhna chahiye ke Allah sabr karne walon ke saath hai.')
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3. Angry

- **Definition:** Feeling strong displeasure or annoyance.

- **Example:**

Prophet Muhammad (PBUH) said, "When one of you is angry, let him be silent, for anger is from Shaytan." (Sunan Ibn Majah)

Synonyms:

- **Urdu:** غصہ (Ghussa)
 - (Hazrat Muhammad (PBUH) ne farmaya: 'Jab tum ghussay mein ho to khamosh raho, kyun ke ghussa Shaytan se hai.')
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4. Excited

- **Definition:** Feeling eager, enthusiastic, or full of energy about something.

- **Example:**

The excitement of standing in prayer, especially at night during Tahajjud, brings a peace and connection to Allah like nothing else.

Synonyms:

- **Urdu:** شوق پر (Purjosh)
 - (Namaz Tahajjud mein Allah ke saath qurbat aur sukoon ka jo ehsaas hota hai, woh duniya ki kisi cheez se kam nahi.)
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5. Surprised

- **Definition:** Feeling or showing shock, amazement, or astonishment.

- **Example:**

The greatest surprise in life is the mercy and forgiveness of Allah, which is beyond human comprehension.

Synonyms:

- **Urdu:** حیرانی (Hairaan)
 - (Allah ki rahmat aur maghfirat sab se badi hairat hai, jo insaan ki samajh se baalaatir hai.)
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6. Fearful

- **Definition:** Feeling afraid or worried about something bad happening.

- **Example:**

When facing the unknown, remember that fear is natural, but trust in Allah's plan and have tawakkul (reliance) on Him.

Synonyms:

- **Urdu:** ڈر فوخ (Khaufzada)
- *(Jab aap ko khauf mehsoos ho, to yaad rakho ke Allah ki taqdeer sab se behtar hai, aur Allah par tawakkul karo.)*

Part 02 - Intermediate words to Describe Emotions and Feelings

1. Content

- **Definition:** A state of being happy and satisfied with what you have.

- **Example:**

True contentment is found in accepting Allah's will and being grateful for His blessings, as the Prophet Muhammad (PBUH) said, "Richness is not in having many possessions, but richness is in being content." (Sahih Bukhari)

Synonyms:

- **Urdu:** نئم طم (Mutmain)
- (Allah ki raza aur us ke ahkam par raazi rehna hi haqeeqat mein sukoon aur itminan ka bais hai, jaisay Hazrat Muhammad (PBUH) ne farmaya: 'Dolat bohat saari cheezon mein nahi hoti, balkay dolat sukoon mein hai.')

2. Grateful

- **Definition:** Feeling thankful or appreciative of something or someone.

- **Example:**

Gratitude is an essential part of faith. Allah says in the Quran, "If you are grateful, I will surely increase your favor upon you." (Quran 14:7)

Synonyms:

- **Urdu:** رازگ رکش (Shukr Guzar)
 - (Allah ki di hui ni'maton ka shukar ada karna imaan ka hissa hai, jaisay Allah ta'ala farmata hai: 'Agar tum shukar guzar ho to mein tum par apni ni'matein barha doon ga.')
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3. Frustrated

- **Definition:** Feeling upset or annoyed because of inability to change or achieve something.

- **Example:**

When you feel frustrated, remember the patience of the Prophets and know that with every difficulty comes ease. Allah says in the Quran, "Indeed, with hardship comes ease." (Quran 94:6)

Synonyms:

- **Urdu:** سویم (Mayoos)
- *(Jab insaan kisi mushkil mein phansa ho, to usay Allah ki taqdeer par imaan aur sabr ke saath rehna chahiye, jaisay Allah ta'ala farmata hai: 'Yaqeenan har takleef ke baad aaraam hai.')*

4. Relieved

- **Definition:** Feeling happy or relaxed because something unpleasant has ended or been resolved.

- **Example:**

Relief comes when we put our trust in Allah, for He is the ultimate source of peace. Prophet Muhammad (PBUH) said, "Whoever puts their trust in Allah, He will suffice them." (Tirmidhi)

Synonyms:

- **Urdu:** راحه (Raahat)
- *(Jab insaan Allah ki raza par raazi ho aur us par tawakkul kare, to Allah us ke liye sukoon aur rahat ka samaan farahm karta hai, jaisay Hazrat Muhammad (PBUH) ne farmaya: 'Jo Allah par tawakkul karta hai, Allah us ke liye kaafi hota hai.')*

5. Proud

- **Definition:** Feeling pleased or satisfied because of something one has achieved or because of someone else's achievements.

- **Example:**

True pride lies in pleasing Allah and striving to live a righteous life. Allah says, "Indeed, the most honorable of you in the sight of Allah is the most righteous of you." (Quran 49:13)

Synonyms:

- **Urdu:** فخر (Fakhr)
 - *(Haqeeqi fakhr Allah ki raza mein hai, jaisay Allah farmata hai: 'Tum mein sab se izzat daar woh hai jo tum mein sab se zyada parhezgar ho.')*

Part 03 - Advance level words for Emotions and Feelings

1. Ecstatic

- **Definition:** A state of intense joy or happiness, often overwhelming.

- **Example:**

A Muslim should feel ecstatic when they receive the blessings and mercy of Allah. The Prophet Muhammad (PBUH) said, "When Allah loves a servant, He calls Jibreel and says: 'I love so-and-so, so love him.'" (Sahih Bukhari)

Synonyms:

- **Urdu:** ینادجو (Wajdani)
 - *(Allah ki muhabbat aur raza ke husool par insaan ko wajdani khushi ka ehsaas hona chahiye, jaisa ke Hazrat Muhammad (PBUH) ne farmaya: 'Jab Allah kisi banday se muhabbat karta hai to woh Jibril (A.S) ko pukar kar farmate hain: "Main flān shakhs se muhabbat karta hoon, tum bhi us se muhabbat karo.")*
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2. Despondent

- **Definition:** Feeling a loss of hope or a complete lack of enthusiasm; downhearted.

- **Example:**

Even when despondent, a Muslim should remember that every hardship is an opportunity for reward. Allah says in the Quran, "So indeed, with hardship comes ease." (Quran 94:6)

Synonyms:

- **Urdu:** سویم (Mayoos)

- *(Jab insaan ko mushkilat ka samna ho, to usay mayoos nahi hona chahiye, kyun ke Allah ka wada hai ke har takleef ke baad sukoon aaye ga, jaisay ke Quran mein farmaya hai: 'Yaqeeman har takleef ke baad aaraam hai.')*
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3. Exhilarated

- **Definition:** Feeling extremely happy, excited, or full of energy due to a thrilling or enjoyable experience.

- **Example:**

A Muslim feels exhilarated when they complete acts of worship that bring them closer to Allah. The Prophet Muhammad (PBUH) said, "The best of deeds are those done regularly, even if they are few." (Sahih Bukhari)

Synonyms:

- **Urdu:** مازووز (Mahzooz)
 - *(Jab insaan nafl namaz ya kisi ibadat ko khushi se ada karta hai, to woh mahzooz mehsoos karta hai, jaisay ke Hazrat Muhammad (PBUH) ne farmaya: 'Sab se pasandeeda amal woh hai jo thodi taadaad mein lekin mustaqil taur par kiya jaye.')*
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4. Apprehensive

- **Definition:** A feeling of fear or anxiety about something that might happen in the future; nervous expectation.

- **Example:**

A Muslim should be apprehensive about their deeds on the Day of Judgment. The Prophet Muhammad (PBUH) said, "None of you will enter Paradise by his deeds alone, but by Allah's mercy." (Sahih Bukhari)

Synonyms:

- **Urdu:** طاقت (Muhtaata)
 - *(Ek musalman ko qiyamat ke din apne aamal ke baare mein muhtaata rehna chahiye, kyun ke Hazrat Muhammad (PBUH) ne farmaya: 'Tum mein se koi bhi apne aamal ki wajah se jannat mein nahi jaye ga, balkay Allah ki rahmat se.')*
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5. Melancholy

- **Definition:** A deep, persistent sadness or sorrow, often without a clear cause.
- **Example:**

A Muslim should seek refuge in Allah when feeling melancholy, as the Prophet Muhammad (PBUH) said, "If any of you feels sorrow, say, 'O Allah, I seek refuge in You from this feeling of despair.'" (Sunan Abu Dawood)

Synonyms:

- **Urdu:** افسردہ (Afsurda)
- *(Jab insaan kisi gham mein gharq ho, to usay Allah ki panah mein panah lena chahiye, jaisay ke Hazrat Muhammad (PBUH) ne farmaya: 'Jab tumhein afsurdagi ka samna ho, to kaho: "Ya Allah, main teri panah mein hoon."')*