

Words to describe emotions and feelings

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- **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:** غمگینی (Ghamgeen)
 - **Example (Urdu):** "نی قی ہت اس ک لالہ روا ربص وت یئی آتالکشم بج" صخش وج: ایامرف ن ملسو یلع لالہ یلص دمحم ترضح ک اسیج، وهکر ک سول او نرک ربص لالہ ک یی اچ ان هکر دای سا، و التبم یم تبیصم هتاس*
(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.')
 - **Meaning:** When facing difficulties, trust in Allah and remain patient, as Prophet Muhammad (PBUH) said: "Whoever is afflicted by hardship, let them remember that Allah is with those who are patient."
- **Arabic:** نینح (Hazin)
 - **Example (Arabic):** "هللا یلص یبنل لوق ركذت، باعصلل هجاوت امدنع" "نیرب اصلل عم هلل نأ ركذت یلف ةب یصم ب باص ی ن م: ملسو هیلع" (Indama tuwajih al-sa'ba, tathakkar qawl al-nabi (PBUH): 'Man yusab bimusibah fal-yatazakkur ann Allah ma'a al-sabireen.')
 - **Meaning:** When facing difficulties, trust in Allah and remain patient, as Prophet Muhammad (PBUH) said: "Whoever is afflicted by hardship, let them remember that Allah is with those who are patient."

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:** صغ (Ghussa)
 - **Example (Urdu):** "مت بج: ایامرف ن ملسو یلع لالہ یلص دمحم ترضح" مت بج: ایامرف ن ملسو یلع لالہ یلص دمحم ترضح، و شوم اخ وت و یم صغ*
(When one of you is angry, let him be silent, for anger is from Shaytan.)

(Hazrat Muhammad (PBUH) ne farmaya: 'Jab tum ghussay mein ho to khamosh raho, kyun ke ghussa Shaytan se hai.')

- **Meaning:** Prophet Muhammad (PBUH) advised to remain silent when angry, as anger is from Shaytan.
 - **Arabic:** غضاب (Ghadib)
 - **Example (Arabic):** "بعض غي أم دنع: ملسو وه لعل لى لص ي بن ل لاق".
اناطي شللا نم بعض ل لاق، تم صي ل ف م ك دحأ
(Qal al-nabi (PBUH): 'Indama yaghdhab ahadukum fal-yasmut, fa'inna al-ghadab min al-shaytan.')
 - **Meaning:** Prophet Muhammad (PBUH) advised to remain silent when angry, as anger is from Shaytan.
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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:** شوجرپ (Purjosh)
 - **Example (Urdu):** "جو اک نوکس روا تبرق هتاس ک ل ل ل ل ی م د ج ت زامن".
اسی ن م ک س زی چ ی س ک ی ک ای ند و، اتو س اسح ا
(Namaz Tahajjud mein Allah ke saath qurbat aur sukoon ka jo ehsaas hota hai, woh duniya ki kisi cheez se kam nahi.)
 - **Meaning:** The excitement and peace that comes from performing Tahajjud prayer and connecting with Allah is unmatched.
 - **Arabic:** سحتم (Mutahammes)
 - **Example (Arabic):** "دهتال ی فة صاخ، لیل ل ی فة الصل ل ک سامح"،
هل لی ثم ال هل ل نم أبرق و أمال س کل بل ج ی
(Hamasak li-salat al-layl, khasatan fi al-tahajjud, yajlibu laka salaaman wa qurbaan min Allah la matheel lahu.)
 - **Meaning:** The excitement and peace that comes from performing Tahajjud prayer and connecting with Allah is unparalleled.
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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)
 - **Example (Urdu):** "جو، تیری حیرت سب سے بڑی تیرے غم روا تمہاری کجی کے لئے"۔
(Allah ki rahmat aur maghfirat sab se badi hairat hai, jo insaan ki samajh se baalaatir hai.)
 - **Meaning:** The greatest surprise is the mercy and forgiveness of Allah, beyond human understanding.
 - **Arabic:** أجاہم (Mufaja'ah)
 - **Example (Arabic):** "ہو، تیرے غم و ہل لائے تمہاری یہ عیال کی فوج اچانک سے مٹ جائے گی۔"
(A'zam mufaja'ah fi al-hayat hiya rahmat Allah wa maghfiratuhu, allati tatajaawaz fahm al-bashar.)
 - **Meaning:** The greatest surprise is the mercy and forgiveness of Allah, beyond human understanding.
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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:** ڈرنا (Khaufzada)
 - **Example (Urdu):** "یہ کہہ کر دے، وہ سوسچم فوج کو پابج"۔
(Jab aap ko khauf mehsoos ho, to yaad rakho ke Allah ki taqdeer sab se behtar hai, aur Allah par tawakkul karo.)
 - **Meaning:** When feeling fearful, remember that Allah's decree is always best, and place your trust in Him.
- **Arabic:** خائف (Kha'if)
 - **Example (Arabic):** "وہ ہل لائے ری دقت نہ رکھتے، فوج لای رعشت امدن"۔
(Indama tash'uru bil-khauf, tathakkar anna taqdeer Allah huwa al-

afdal, wa tawakkal 'ala Allah.)

- **Meaning:** When feeling fearful, remember that Allah's plan is always best, and place your trust in Him.

(Al-ridaa bil qadar wal qubool bima qasamahu Allah huwa al-masdar al-haqiqi lil-sa'ada, kamaa qala al-nabi (PBUH): 'Laysa al-ghina 'an kathrat al-mal, walakin al-ghina qhina al-nafs.')

- **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:** سوویام (Mayoos)
 - **Example (Urdu):** "اللہ سب کو آسان دیتا ہے، اور ہر مشکل میں آسان ہو جاتا ہے۔" (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.')"
 - **Meaning:** When frustrated, remember that every difficulty is followed by ease, as Allah promises: "Indeed, with hardship comes ease."
 - **Arabic:** طبع (Muhbat)
 - **Example (Arabic):** "إلهنا الله، طبعه على عباده، أن كل شيء يسير بعد كل شيء." (Indama tash'uru bil-ihbat, tathakkar sabr al-anbiya', wa tathakkar anna ma'a al-usri yusra, kamaa qala Allah ta'ala: 'Inna ma'a al-usri yusra.')"
 - **Meaning:** When frustrated, remember that with every hardship comes ease, as Allah promises: "Indeed, with hardship comes ease."
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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:** راحت (Raahat)
 - **Example (Urdu):** "اللہ ہر چیز کو آسان دیتا ہے، اور ہر مشکل میں آسان ہو جاتا ہے۔" (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.')"

- **Meaning:** Relief and peace come from trusting Allah, as Prophet Muhammad (PBUH) said: "Whoever puts their trust in Allah, He will suffice them."
 - **Arabic:** حاتم (Murtah)
 - *Example (Arabic):* "هل لا يفتقث انسان إلّا عضيّ امدن عيتأت عارل"، وهف هل لا يلع لكوت نم: 'ملسو هيلع هل لا يلس يبنل لاق امك هبسح.'"
(*Al-raha tati 'indama yadha' al-insaan thiqatihi fi Allah, kamaa qala al-nabi (PBUH): 'Man tawakkala 'ala Allah fa huwa hasbuh.'*)
 - **Meaning:** Relief and peace come from trusting Allah, as Prophet Muhammad (PBUH) said: "Whoever puts their trust in Allah, He will suffice them."
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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:** رخ (Fakhr)
 - *Example (Urdu):* "اتامرف لال سىج، سىم اضرىك لال رخ يقىقح"، *واگزىرپ دایز س بس سىم مت وج و راد تزع س بس سىم مت'
(*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.'*)
 - **Meaning:** True pride lies in seeking Allah's pleasure and striving for righteousness, as Allah says: "The most honorable of you in the sight of Allah is the most righteous."
 - **Arabic:** روف (Fakhour)
 - *Example (Arabic):* "هل لا لاق امك، هل لا عايطي في قيقح لال رخف"، "مكاقتأ هل لا دنع مكمركنإ: 'ىلعات'
(*Al-fakhr al-haqiqi fi ta'aat Allah, kamaa qala Allah ta'ala: 'Inna akramakum 'ind Allah atqakum.'*)
 - **Meaning:** True pride lies in righteousness and pleasing Allah, as Allah says: "The most honorable of you in the sight of Allah is the

most righteous."

- **Meaning:** A Muslim should feel ecstatic when they receive Allah's mercy and love.
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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)
 - **Example (Urdu):** "سویم سا وت، ان ماس اک تالکشم وک ناسنا بج" اگ آئو کس دعب ک فیلکت رک دعو اک لال ک نوی ک، یی اچ انوی سی ن مارا دعب ک فیلکت رک انیقی: ایامرف سی م ن آرق ک اسیج
(*Jab insaan ko mushkilaat 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.'*)
 - **Meaning:** A Muslim should not be despondent in times of difficulty because every hardship is followed by ease.
 - **Arabic:** طبحم (Muhbat)
 - **Example (Arabic):** "أل هیلع، ةنحم وأ ةبوعص ملسم لا هجاوي ام دنع" هللا لاق امك، ارسى رسعلا عم نأ ركذتي نأ لب، طابح إلاب رعشي
"ارسي رسعلا عم نأ".
(*Indama yuwajihu al-muslim so'ubatan aw mihnatan, 'alayhi alla yash'our bial-ihbat, bal an yatadhakkar anna ma'a al-usri yusra, kamaa qala Allah ta'ala: 'Inna ma'a al-usri yusra.'*)
 - **Meaning:** A Muslim should not feel despondent because every hardship is followed by ease.
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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:** مَظووظ حَم (Mahzooz)
 - *Example (Urdu):* "جلد شوق وک تدابع یسک ای زامن لفن ناسنا بچ": اترک سوسحم ظوظحَم وَوت، اترک ادا س دادعت یڑوھت وَج وَ لمع دین سپ س بس': ایامرف ن ملسو یل ل *
 (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.')
 - **Meaning:** A Muslim feels exhilarated when performing acts of worship regularly with sincerity.
- **Arabic:** يَشْتَنِم (Muntashi)
 - *Example (Arabic):* "ددرت نودب و ماظتنا اب تاداب ع ملسم لا يدؤي ام دنع": مل سو هيلع هللا يلص يب نالاق امك، شاعتنا اب رعشي لصفأ'."لق نإو، هباحاص هيلع مواد ام لامعأل"
 (Indama yu'addi al-muslim ibadatan bintizam wa bidoon tarradud, yash'our bial-inta'ash, kamaa qala al-nabi (PBUH): 'Afdal al-a'mal ma dawam 'alayhi sahibu, wa in qill.')
 - **Meaning:** A Muslim feels exhilarated when engaging in regular acts of worship.

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:** طاتحَم (Muhtaata)
- *Example (Urdu):* "ہم نے آپ کو نام لسم کی"۔
ایامرف ن ملسو یلع لال یلص دمحم ترضح کنویک، یچ ان رطاتحَم

اگہ آج ہی نہ ہی تم تنہا جس جگہ کی لامعا اپنی بھائی کو کہیں میں مت
*''س تمہاری کہل لکلب

(*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.'*)

- **Meaning:** A Muslim should be apprehensive about their deeds and seek Allah's mercy for success in the Hereafter.

- **Arabic:** قلق (Qalaq)

- **Example (Arabic):** "هلامعاً أشب قلقاً لرعباً نأمل سمل إلى عجب" "مكدحاً لخدني ل: ملسو هيلع هلال إلى صي بن للاق امك، ةماي قلل موي هلال ةمحر بنكلو، هلمعب ةنجل"

(*Yajibu 'ala al-muslim an yash'our bial-qalaq bishaan a'malihi yawm al-qiyama, kamaa qala al-nabi (PBUH): 'Lan yadkhul ahadukum al-jannah bi'amalihi, walakin birahmatillah.'*)

- **Meaning:** A Muslim should be apprehensive and aware of the importance of Allah's mercy on the Day of Judgment.

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:** افسردا (Afsurda)

- **Example (Urdu):** "انہ پ کی کہل لسا وت، قرغ میں مغی سکی ناسنا بج" ایامرف نہ ملسو کیل لال کی صدمحم ترضح سیج، کی اچانیل انہ پ میں میں انہ پ یری میں، لال ای: وک وت، انماس اک یگدرسفا میں مت بج
*''و

(*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."*)

- **Meaning:** A Muslim should seek Allah's help when feeling melancholy, asking for refuge in His mercy.

- **Arabic:** حزن (Huzn 'Ameeq)

- *Example (Arabic):* "أهـلـعـبـجـي، قـيـمـعـنـحـبـمـلـسـمـلـا رـمـي اـمـدـنـع"
 اذإ: 'مـلـسـو هـلـع هـلـل صـلـصـي بـنـل لـا قـا مـك، ءـاـعـدـلـا ب هـلـل لـا إـلـا جـلـي
 'مـهـلـا نـم كـب ذـوع أـي نـإ مـهـلـل: اـولـوقـف، نـحـلـا مـكـبـا صـأ
 (*Indama yamurr al-muslim bihuzn 'ameeq, yajibu 'alayhi an yalja' ila
 Allah bial-du'a, kamaa qala al-nabi (PBUH): 'Iza asabikum al-huzn,
 faqulu: "Allahumma inni a'oodhu bika min al-hamm."*)
- **Meaning:** A Muslim should turn to Allah in prayer when feeling deep melancholy.