

# 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:** شوق (Khush)

- **Example (Urdu):** "یقیناً حق سہ نرک لمع رہ تہیادہ یک سا روا دای یک لالہ" اتامرف لالہ سہج، یتلم ی شوق یتاپ نوکس لد ں یم دای یک لالہ"\*

*(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.')*

- **Meaning:** True happiness is found in the remembrance of Allah and His guidance, as Allah says, "Verily, in the remembrance of Allah do hearts find rest."

- **Arabic:** ديعس (Saeed)

- **Example (Arabic):** "هتياه عابتاو هلل ركذ ي ف يقيقيح ل اداعس لال" بولقل نئمطت هلل ركذب الأ: ىلعات هلل لاق امك"

*(Al-sa'adah al-haqiqiyyah fi dhikr Allah wa-ittiba' hidayatihi, kamaa qala Allah ta'ala: 'Alaa bidhikr Allah tatma'innu al-quloob.')*

- **Meaning:** True happiness is found in the remembrance of Allah, as Allah says, "Verily, in the remembrance of Allah do hearts find rest."

---

## 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:** 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، وھکر ک سول او نرک ربص لالہ ک یی اچ انھکر دای سا، و التبم یی تبیصم ہتاس\*  
(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 یی 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".  
ان اطي شللا نم بعض ل لاق، تم صي ل ف م ك دح أ  
(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.
- 

## 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 ی م دج ت زامن".  
اسی ن مک س زی چ ی سک 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 أم ال 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.
- 

## 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):** "وہ حیرت انگیز ہے کہ اللہ کی رحمت و مغفرت سب سے بڑی حیرت ہے جو انسان کی سمجھ سے باہر ہے۔"  
(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:** أعجاب (Mufaja'ah)
    - **Example (Arabic):** "وہ تعجب و حیرت ہے کہ اللہ کی رحمت و مغفرت سب سے بڑی تعجب ہے۔"  
(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.
- 

## 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):** "وہ ڈر رہا ہے کہ اللہ کی تدبیر سب سے بہتر ہے، اور اللہ پر تواکُل کرو۔"  
(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 ڈر رہا ہے کہ اللہ کی تدبیر سب سے بہتر ہے، اور اللہ پر تواکُل کرو۔"  
(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.
- 

Revision #7

Created 17 November 2024 18:02:24 by Danish Nayeem

Updated 17 November 2024 19:04:20 by Danish Nayeem