

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)
 - (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:** غمگینی (Ghamgeen)
 - (Jab mushkilat aayein to sabr aur Allah ke saath yaqeen rakho, jaisa ke Hazrat Muhammad (PBUH) ne farmaya: 'Jo shakhs museebat mein muftala 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.)*

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