

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:** نئئم 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.')

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.')*
-

Revision #3

Created 17 November 2024 18:48:01 by Danish Nayeem

Updated 4 January 2025 04:55:30 by Danish Nayeem