

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:** نئمطم (Mutmain)

- **Example (Urdu):** "تقیح ی ان رضار پ ما کح ا ک سا روا اضری کی لال" یل لال یل ص دمحم ترضح س ج ، ثعاب اک نانیمطا روا نوکس می تلود کلب ، ی تو ی ن می سوزی چ یراس ت ب تلود : ایامرف ن ملسو ی می نوکس *"

(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.')

- **Meaning:** True contentment is found in accepting Allah's will, as the Prophet (PBUH) said: "Richness is not in having many possessions, but richness is in being content."

- **Arabic:** رذین (Radhin)

- **Example (Arabic):** "رذصملا وه ه لال همسق امب لوبقلل او ردق لال اب اضرلا" سئل : ملسو ه لال یل ص ی بن لال اق امك ، ةداعسلل یقیقح لال سفف لال ی غ ی غ لال نكلو ، لالاملا ةرثك نع ی نغلل"

(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 ghina al-nafs.')

- **Meaning:** True contentment is found in accepting Allah's will, as the Prophet Muhammad (PBUH) said: "Richness is not in having many possessions, but richness is in being content."

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)
 - *Example (Urdu):* "اک نامی ان رک ادا رکش اک سو تم عن یی و ید ی ل ل ل ا": "پ م ت م ی م و ت و رازگ رکش م ت رگا": "اتام رف ی ل ل ا س ی ج، ص ص اگ س و د اھڑ ب ی ی تم عن ی ن پ ا"
 - (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.')
 - **Meaning:** Gratitude is a key element of faith, as Allah says: "If you are grateful, I will surely increase your favor upon you."
- **Arabic:** ن ت م م (Mumtann)
 - *Example (Arabic):* "ی ل ل ا ل ا ق ا م ك، ن ا م ی ا ل ن م ع ز ج و ہ ر ك ش ل ا": "م ك ن د ی ز آل م ت ر ك ش ن ئ ل"
 - (Al-shukr huwa juz' min al-iman, kamaa qala Allah ta'ala: 'Lain shakartum la azeedannakum.')
 - **Meaning:** Gratitude is an essential part of faith, as Allah says: "If you are grateful, I will surely increase your favor upon you."

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:** سوویام (Mayoos)
 - **Example (Urdu):** "وہ اس نھپ میں لکشمی سکی ناسنہ بج" 'یلاعت لہلہ سہج، ییچہ ان رھتاس ہک ربص روا نامی رپ ریدقت یی' *
(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:** طبحم (Muhbat)
 - **Example (Arabic):** "ءایب نأل ربص ركذت، طابح إل اب رعشت امدنع" 'ارسی رسعلا عم نأ ركذتو' "یلاعت هللا لاق امك، ارسى رسعلا عم نأ ركذتو" (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:** تبحار (Raahat)
 - **Example (Urdu):** "لکوت رپ سا روا و یضار رپ اضری لہلہ ناسنہ بج" 'اترک مہارف ناماس اک تبحار روا نوکس یلہک سا لہلہ وت، رکی سہج، ایامرف ہل سولہلہ لہلہ یلص دمحم ترضح، اتو یفاک یلہک سا لہلہ' *
(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 عضي امدن عيت أة حارل"، وهف هل لا يلع لكوت نم: 'ملسو هيلع هل لا يلس يبنل لاق امك هب سح'."
(*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 اضر ىك لال رخ ىقىقح":
'*و راگزی رپ 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 لاة عا طي في يقيقح ل رخ ف"، مكاقتأ هل لا دنع مك مركأ نإ: '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."

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