



Expressing Our Feelings in Spanish: Answering ¿cómo estás?

You're walking down the street and you meet one of your friends who speaks Spanish. You haven't seen each other in a long time so while catching up, you tell him or her that you've just started learning Spanish online with Homeschool Spanish Academy! They are very happy to hear that you've started the adventure of learning a new language, so they say jokingly to test your skills: **Hola. ¿Cómo estás?** You turn red because you still feel a bit unsure about Spanish pronunciation and the correct use of verbs. You smile nervously. Thankfully, your friend has had Spanish lessons for a long time and explains that you can answer with just a short **bien**, you can say **me siento bien**, or you can also answer **estoy bien**.

Now, we're here to help and we've got you completely covered!

Expressing Our Feelings

As you may have learned from that interaction with your old friend, you can express the way you feel in Spanish in more than one way. Let's have a look at that:

Verbs to Express Feelings		
Pronoun	Estar	Sentirse
Yo	Estoy	Me siento
	<i>I am</i>	<i>I feel</i>
Tú / Usted	Estás / Está	Te sientes / Se siente
	<i>You are</i>	<i>You feel</i>
Él / Ella	Está	Se siente
	<i>He / She is</i>	<i>He / She feels</i>
Nosotros	Estamos	Nos sentimos
	<i>We are</i>	<i>We feel</i>
Ustedes	Están	Se sienten
	<i>You all are</i>	<i>You all feel</i>
Ellos / Ellas	Están	Se sienten
	<i>They are</i>	<i>They feel</i>



Sentirse vs. Sentir

Sentirse means to feel, and **sentir**, without the **se** of the reflexive verb, means to feel. Wait, what? They translate to the same English word, but they have two slightly different meanings in Spanish. In this particular case, ‘to feel’ in Spanish can either be:

- **sentirse**: to feel oneself, to recognize one’s feelings,
 - After the verb, we have an adjective:
 - **Me siento feliz** (adj.).
 - I feel **happy** (adj.).
- **sentir**: to feel a feeling
 - After the verb, we have a noun:
 - **Siento felicidad** (noun).
 - I feel **happiness** (noun).
- **sentir**: to feel something outside oneself
 - **Siento la textura**. I feel the texture.

More Examples

- | | |
|--|---|
| • Estoy triste . I am sad. | • Estoy emocionado . I am excited. |
| • Me siento triste . I feel sad. | • Me siento emocionado . I feel excited. |
| • Siento tristeza . I feel sadness. | • Siento emoción . I feel excitement. |



Gender-Number Agreement

When we say *me siento* or *estoy*, we're using linking verbs* to help us describe the way we feel. After these linking verbs, there always comes an adjective! Do you remember how in Spanish an adjective has to agree with the gender and number of the noun?

* **Linking verbs** are verbs that connect an adjective to a noun. They are like a bridge that helps us connect the description of an adjective to the subject of a sentence, unlike other verbs that describe the action that the subject of a sentence performs. Linking verbs help us describe a subject. Some examples of linking verbs in English are: to be, to appear, to smell, to become.

Let's have a look at examples of gender-number agreement when it comes expressing the way we feel:

Gender-Number Agreement		
	Singular	Plural
Masculine	entusiasmado- o	entusiasmado- os
	<i>Él está entusiasmado.</i> <i>Él se siente entusiasmado.</i>	<i>Ellos están entusiasmados.</i> <i>Ellos se sienten entusiasmados.</i>
	nervio- o	nervio- os
	<i>Él está nervioso.</i> <i>Él se siente nervioso.</i>	<i>Ellos están nerviosos.</i> <i>Ellos se sienten nerviosos.</i>
Femenine	entusiasmada- a	entusiasmada- as
	<i>Ella está entusiasmada.</i> <i>Ella se siente entusiasmada.</i>	<i>Ellas están entusiasmadas.</i> <i>Ellas se sienten entusiasmadas.</i>
	nervio- a	nervio- as
	<i>Ella está nerviosa.</i> <i>Ella se siente nerviosa.</i>	<i>Ellas están nerviosas.</i> <i>Ellas se sienten nerviosas.</i>

As you can see here, the adjective changes in both gender and number to match the subject of the sentence. In this case, we used personal pronouns only to give a better example, but we can replace these with nouns:

- Instead of *él/ellos*, we can write *el niño/los niños*
- Instead of *ella/ellas*, we can write *la niña/las niñas*

* In any case, the adjective needs to match both in gender and number the personal pronoun or the noun that we use in the sentence! That's always very important when using adjectives, and not only the ones that reflect the way we feel!



Non-Agreement Exceptions

As with almost every rule in language, there are exceptions. There are adjectives that are invariable. This means that they change only to agree with the noun's number (not the gender), or they do not change at all. Let's check those out!

Number agreement only

Number Agreement Only		
	Singular	Plural
Masculine	feli- z	feli- ces
	<i>El niño está feliz.</i> <i>El niño se siente feliz.</i>	<i>Los niños están felices.</i> <i>Los niños se sienten felices.</i>
Femenine	feli- z	feli- ces
	<i>La niña está feliz.</i> <i>La niña se siente feliz.</i>	<i>Las niñas están felices.</i> <i>Las niñas se sienten felices.</i>

Non-Agreement

Non-Agreement		
	Singular	Plural
Masculine	bien	bien
	<i>El niño está bien.</i> <i>El niño se siente bien.</i>	<i>Los niños están bien.</i> <i>Los niños se sienten bien.</i>
Femenine	bien	bien
	<i>La niña está bien.</i> <i>La niña se siente bien.</i>	<i>Las niñas están bien.</i> <i>Las niñas se sienten bien.</i>

As you can see with these two examples, the adjective changes when used in plural and singular, but there's no difference when the gender of the noun changes!



Something More

There's one more way in Spanish in which you can express how you're feeling at a specific point in time. In English you are hungry, or thirsty. While in Spanish you can **estar hambriento** or **estar sediento**, it's a lot more common to say that you **tienes hambre** (you have hunger) **o tienes sed** (you have thirst).

As you may have noticed, this construction includes the verb:

tener (to have) + a noun

Let's see how this works:

Using 'Tener'		
Conjugated 'tener'	Noun	Sentence
Yo tengo	hambre	Yo tengo hambre. (I am hungry.)
Tú tienes	sueño	Tú tienes sueño. (You are tired.)
Él/Ella/Usted tiene	miedo	Ella tiene miedo. (She is scared.)
Nosotros tenemos	calor	Nosotros tenemos calor. (We are hot.)
Ellos/Ellas/Ustedes tienen	frío	Ustedes tienen frío. (You all are cold.)



Useful Vocabulary

Takeaway Vocabulary	
Feliz <i>happy</i>	Triste <i>sad</i>
Bien <i>good</i>	Mal <i>bad</i>
Contento/a <i>cheerful</i>	Nervioso/a <i>nervous</i>
Entusiasmado/a <i>excited</i>	Cansado/a <i>tired</i>
Preocupado/a <i>worried</i>	Enojado/a <i>angry</i>
Enfermo/a <i>sick</i>	Asustado/a <i>scared</i>
Confundido/a <i>confused</i>	Tranquilo/a <i>calm</i>
Ocupado/a <i>worried</i>	Enamorado/a <i>in love</i>
Exhausto/a <i>exhausted</i>	Frustrado/a <i>frustrated</i>



Exercises

In the following exercises, you'll get to practice all the vocabulary we just learned!



Expressing Our Feeling in Spanish

Instructions: Fill out the space in blank. Make sure to double check the number and gender agreement!

Yo estoy _____ (nervous).
I am nervous.

Tú estás _____ (good).
You are good.

Ella se siente _____ (happy).
She feels happy.

Él tiene _____ (hunger).
He is hungry.

Nosotros nos sentimos _____ (excited).
We feel excited.

Ustedes están _____ (tired).
You are tired.

Ellos tienen _____ (cold).
They are cold.

Ellas se sienten _____ (cheerful).
They feel cheerful.



Answer Key & Recap: Expressing Our Feeling in Spanish

Yo estoy nerviosa/o (nervous).

Writing **nervioso** or **nerviosa** depends on whether you're a boy or a girl!

Tú estás bien (good).

Bien doesn't need to agree in gender and number. It always remains as **bien**.

Ella se siente feliz (happy).

Feliz only need to agree in number. The plural form is **felices**.

Él tiene hambre (hunger).

After **tener + que**, there comes a noun. This noun always remain in singular form even if the subject of the sentences is plural.

Nosotros nos sentimos emocionados/as (excited).

Writing **emocionados** or **emocionadas** depends on whether it is a group of boys or girls! If it is a mixed group, we us the ending **-os**

Ustedes están cansados/as (tired).

Writing **cansados** or **cansadas** depends on whether it is a group of boys or girls! If it is a mixed group, we us the ending **-os**.

Ellos tienen frío (cold).

After **tener + que**, there comes a noun. This noun always remain in singular form even if the subject of the sentences is plural.

Ellas se sienten contentas (cheerful).

We write **contentas** because it is a group of girls so we use the plural feminine ending **-as**.