

Feelings and Emotions in Spanish



English–Spanish Vocabulary List

Many of us think that “feelings” (*los sentimientos*) and “emotions” (*las emociones*) are the same, but they are actually different. Emotional experiences and physical sensations—like hunger, sadness, or surprise—cause feelings. Feelings are conscious experiences, while emotions can be either conscious or subconscious.

We experience emotions throughout life as a result of our behavior, culture, and experiences. Our emotions establish our initial attitudes toward things, people, places, and situations. In contrast, we develop our long-term attitudes through our feelings.

By learning this vocabulary, you can not only speak about your own feelings but also get to know native speakers better. Take your friendships with Spanish-speaking amigos to the next level.

Feelings

| Spanish | English |
|-----------------------|----------------|
| <i>amor</i> | love |
| <i>celos</i> | jealousy |
| <i>envidia</i> | envy |
| <i>agradecimiento</i> | gratitude |
| <i>preocupación</i> | concern, worry |
| <i>optimismo</i> | optimism |
| <i>felicidad</i> | happiness |
| <i>tristeza</i> | sadness |
| <i>miedo</i> | fear |
| <i>calma</i> | calm |
| <i>estrés</i> | stress |

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Emotions from A to Z

| English | Spanish |
|-------------|----------------------|
| angry | <i>enfadado/a</i> |
| anxious | <i>ansioso/a</i> |
| ashamed | <i>avergonzado/a</i> |
| bored | <i>aburrido/a</i> |
| busy | <i>ocupado/a</i> |
| comfortable | <i>cómodo/a</i> |
| confused | <i>confundido/a</i> |
| delighted | <i>encantado/a</i> |
| depressed | <i>deprimido/a</i> |
| desperate | <i>desesperado/a</i> |
| envious | <i>envidioso/a</i> |
| excited | <i>emocionado/a</i> |
| frightened | <i>asustado/a</i> |
| frustrated | <i>frustrado/a</i> |
| furious | <i>furioso/a</i> |
| happy | <i>alegre, feliz</i> |
| hurt | <i>dolido/a</i> |
| impatient | <i>impaciente</i> |
| in love | <i>enamorado/a</i> |
| insecure | <i>inseguro/a</i> |
| jealous | <i>celoso/a</i> |
| nervous | <i>nervioso/a</i> |
| nostalgic | <i>nostalgico/a</i> |
| optimistic | <i>optimista</i> |
| overwhelmed | <i>agobiado/a</i> |
| patient | <i>paciente</i> |
| pessimistic | <i>pessimista</i> |
| pleased | <i>contento/a</i> |
| proud | <i>orgullosa/a</i> |
| relaxed | <i>relajado/a</i> |

Feelings and Emotions in Spanish

| | |
|---------------|----------------------|
| relieved | <i>aliviado/a</i> |
| restless | <i>inquieto/a</i> |
| sad | <i>triste</i> |
| satisfied | <i>satisfecho/a</i> |
| sensitive | <i>sensible</i> |
| shy | <i>tímido/a</i> |
| stressed | <i>estresado/a</i> |
| surprised | <i>sorprendido/a</i> |
| thankful | <i>agradecido/a</i> |
| tired | <i>cansado/a</i> |
| uncomfortable | <i>incómodo/a</i> |
| unhappy | <i>infeliz</i> |
| worried | <i>preocupado/a</i> |

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