irritated = annoyed: "I get so irritated when he changes TV channels without asking me first."

intrigued = being so interested in something you have to find out more: "I'm intrigued to hear about your safari in Kenya."

J

jealous = envious: "She was jealous of her sister's new toy."

jaded = tired and having no interest: "After 10 years at this company, I just feel jaded."

K

keen: "I'm keen to see your new house – I've heard lots about it."

"I'm keen on keeping fit."

L

lazy: "I can't be bothered to do anything today – I feel really lazy!"

lucky: "I'm going to play the lottery – I feel lucky today!"

let down = disappointed: "When you didn't turn up to the meeting, I felt really let down."

M

maternal = feeling like a mother: "Looking at my sister's new baby made me feel really maternal."

N

nonplussed = so surprised that you don't know what to do next: "I was so nonplussed by his announcement that I couldn't say anything."

negative = when you can only see the disadvantages: "I feel very negative about my job – the pay is awful."

O

overwhelmed = so much emotion that you don't know what to say or do: "I was overwhelmed by the offer of promotion at work."

over the moon = delighted: "She was over the moon with her new bicycle and rode it every day for a whole year."

P

positive = opposite of negative – seeing the good side of something: "She's a very positive person and never lets anything get her down."

positive = very sure: "Are you sure that's what you want? Yes – I'm positive."

R

relaxed: "I was completely relaxed after I came back from holiday."

reluctant = when you don't want to do something: "I'm reluctant to buy a new car – the one we have is fine."

S

seething = extremely angry, but hiding it: "She was seething after her boss criticised her."

sad: "It makes me sad to see all those animals in cages at the zoo."

scared = frightened: "Are you scared of heights?"

stressed = being worried or anxious about something so you can't relax: "I feel really stressed at work – I need a break."