CHINESE BOOST

Feelings Chinese vocabulary list

220 words with pinyin, 繁體 and meanings, 203 of them with an example sentence. Every word here links to its entry on the site.

Parts 1 2 3 4 5 6 7

Feelings Chinese vocabulary list on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

Chinese Boost. Licensed under a Creative Commons Attribution-ShareAlike 4.0 International Licence.

Elementary (HSK 1-3)

喜欢 喜歡

xǐhuan to like / to be fond of

> 他们喜欢你。
> Tāmen xǐhuan nǐ.
> They like you.

爱 愛

ài to love / to be fond of / to like / affection / to be inclined (to do sth) / to tend to (happen)

> 人要爱他人。
> Rén yào ài tā rén.
> People must love one another.

想

xiǎng to desire / to want (to) / to think (about) / to think of / to devise / to think (that) / to believe (that) / to miss (feel wistful about the absence of)

> 我想你。
> Wǒ xiǎng nǐ.
> I miss you.

高兴 高興

gāoxìng happy / glad / in a cheerful mood / willing (to do sth)

> 你高兴了吗?
> Nǐ gāoxìng le ma?
> Are you happy now?

快乐 快樂

kuàilè happy / joyful

> 万圣节快乐!
> Wànshèngjié kuàilè!
> Happy Halloween!

累

lèi tired / weary / to strain / to wear out / to work hard
lěi to accumulate / to involve or implicate / continuous / repeated
léi burden / encumbrance

> 你们不累吗?
> Nǐmen bú lèi ma?
> Are you not tired?

希望

xīwàng to hope / a hope / a wish

> 你没有希望。
> Nǐ méiyǒu xīwàng.
> You are hopeless.

怕

pà to be afraid / to fear / to dread / perhaps / to be unable to endure / surname Pa
bó tranquil / placid / indifferent to worldly things

> 她非常怕冷。
> Tā fēicháng pà lěng.
> She's very sensitive to cold.

担心 擔心

dānxīn anxious / worried / uneasy / to worry / to be anxious

> 不要担心它。
> Búyào dānxīn tā.
> Don't worry about it.

生气 生氣

shēngqì to get angry / to be furious / vitality / liveliness

> 他要生气了。
> Tā yào shēngqì le.
> He's going to get angry.

感到

gǎndào to feel / to sense / to perceive

> 我在这里感到不舒服。
> Wǒ zài zhèlǐ gǎndào bù shūfu.
> I don't feel comfortable here.

着急 著急

zháojí to feel a sense of urgency / to be in a hurry / to worry / to feel anxious

> 你不用着急。
> Nǐ búyòng zháojí.
> You don't have to hurry.

难过 難過

nánguò to feel sad / to be difficult / to feel unwell

> 你在难过吗?
> Nǐ zài nánguò ma?
> Are you sad?

关心 關心
guānxīn to be concerned about / to care about
> 他不关心钱。
> Tā bù guānxīn qián.
> He is careless about money.

满意 滿意
mǎnyì satisfied / pleased / to one's satisfaction
> 他们满意了。
> Tāmen mǎnyìle.
> They were satisfied.

愿意 願意
yuànyì to wish / to want / ready / willing (to do sth)
> 你愿意来吗?
> Nǐ yuànyì lái ma?
> Would you like to come?

哭
kū to cry / to weep
> 他开始哭了。
> Tā kāishǐ kūle.
> He began to cry.

放心
fàngxīn to feel relieved / to feel reassured / to be at ease
> 放心，没事的。
> Fàngxīn, méishì de.
> Come on, everything will be all right.

害怕
hàipà to be afraid / to be scared
> 他们害怕了。
> Tāmen hàipàle.
> They were afraid.

喜爱 喜愛
xǐ'ài to like / to love / to be fond of / favorite
> 她特别喜爱音乐。
> Tā tèbié xǐ'ài yīnyuè.
> She especially likes music.

开心 開心
kāixīn to feel happy / to rejoice / to have a great time / to make fun of sb
> 玩得开心点!
> Wán de kāixīn diǎn!
> Have fun!

感兴趣 感興趣
gǎnxìngqù to be interested (in sth)
> 我对书感兴趣。
> Wǒ duì shū gǎnxìngqù.
> I am interested in books.

Intermediate (HSK 4-6)

感动 感動
gǎndòng to move (sb) / to touch (sb emotionally) / moving
> 我们感动到哭了。
> Wǒmen gǎndòng dào kūle.
> We were moved to tears.

感情
gǎnqíng affection / feelings between two persons / emotion / sentiment
> 那个感情非常强烈。
> Nàge gǎnqíng fēicháng qiángliè.
> The feeling was really strong.

爱情 愛情
àiqíng romance / love (romantic)
> 我相信爱情。
> Wǒ xiāngxìn àiqíng.
> I believe in love.

友情
yǒuqíng friendly feelings / friendship
> 还有什么比友情更好呢?
> Háiyǒu shénme bǐ yǒuqíng gèng hǎo ne?
> What is better than friendship?

理想
lǐxiǎng an ideal / a dream / ideal / perfect
> 他的理想非常高尚。
> Tā de lǐxiǎng fēicháng gāoshàng.
> His ideals are very lofty.

激动 激動
jīdòng to move emotionally / to stir up (emotions) / to excite
> 我激动得睡不着。
> Wǒ jīdòng de shuì bu zháo.
> I'm too excited to sleep.

失望
shīwàng disappointed / to lose hope / to despair
> 你们失望吗?
> Nǐmen shīwàng ma?
> Are you disappointed?

后悔 後悔
hòuhuǐ to regret / to feel remorse
> 你会后悔的。
> Nǐ huì hòuhuǐ de.
> You're going to regret this.

骄傲 驕傲
jiāo'ào pride / proud of sth / arrogance / conceited
> 我真为她骄傲。
> Wǒ zhēn wèi tā jiāo'ào.
> I'm so proud of her.

害羞
hàixiū shy / embarrassed / bashful
> 你不需要害羞。
> Nǐ bù xūyào hàixiū.
> You have no need to be ashamed.

无聊 無聊
wúliáo bored / boring / senseless
> 生病很无聊。
> Shēngbìng hěn wúliáo.
> Being sick is very boring.

羡慕 羨慕

xiànmù to envy / to admire

> 我羡慕他的新房子。
> Wǒ xiànmù tā de xīn fángzi.
> I envied his new house.

讨厌 討厭

tǎoyàn to dislike / to loathe / disagreeable / troublesome / annoying

> 不要讨厌我。
> Búyào tǎoyàn wǒ.
> Don't hate me.

伤心 傷心

shāngxīn to grieve / to be broken-hearted / to feel deeply hurt

> 我有时会感到伤心。
> Wǒ yǒushí huì gǎndào shāngxīn.
> I feel sad sometimes.

幸福

xìngfú happy / blessed / happiness

> 什么是幸福?
> Shénme shì xìngfú?
> What is happiness?

紧张 緊張

jǐnzhāng nervous / keyed up / intense / tense / strained / in short supply / scarce

> 你不必紧张。
> Nǐ búbì jǐnzhāng.
> You don't need to be nervous.

吃惊 吃驚

chījīng to be startled / to be shocked / to be amazed

> 他的话让我吃惊。
> Tā de huà ràng wǒ chījīng.
> His words surprised me.

感谢 感謝

gǎnxiè to thank / to be grateful

> 同样感谢你。
> Tóngyàng gǎnxiè nǐ.
> Thank you all the same.

得意

déyì proud of oneself / pleased with oneself / complacent

> 他得意地说自己赢了。
> Tā déyì de shuō zìjǐ yíngle.
> He said, pleased with himself, that he had won.

烦恼 煩惱

fánnǎo to be worried / to be distressed / worries

> 别为这点小事烦恼了。
> Bié wèi zhèdiǎn xiǎoshì fánnǎole.
> Don't worry about such a small thing.

心情

xīnqíng mood / frame of mind

> 他心情不好。
> Tā xīnqíng bù hǎo.
> He's in a bad mood.

可惜

kěxī it is a pity / what a pity / unfortunately

> 太可惜了!
> Tài kěxīle!
> What a shame!

兴奋 興奮

xīngfèn excited / excitement / excitation

> 我让她兴奋。
> Wǒ ràng tā xīngfèn.
> I excited her.

愉快

yúkuài cheerful / happy / pleasant / delighted

> 我玩得很愉快。
> Wǒ wán de hěn yúkuài.
> I had a wonderful time.

感人

gǎnrén touching / moving

> 电影真的很感人。
> Diànyǐng zhēnde hěn gǎnrén.
> That movie was really moving.

好笑

hǎoxiào laughable / funny / ridiculous

> 他觉得这些笑话很好笑。
> Tā juéde zhèxiē xiàohua hěn hǎoxiào.
> He liked the jokes.

亲情 親情

qīnqíng affection / family love / love, esp. within a married couple or between parents and children

> 出门在外，他很想念亲情。
> Chūménzàiwài, tā hěn xiǎngniàn qīnqíng.
> Far from home, he misses the love of his family.

同情

tóngqíng to sympathize with / sympathy

> 我不需要你的同情。
> Wǒ bù xūyào nǐ de tóngqíng.
> I don't need your sympathy.

期待

qīdài to look forward to / to await / expectation

> 他到我期待。
> Tā dào wǒ qīdài.
> I've been anticipating his arrival.

痛苦

tòngkǔ pain / suffering / painful

> 我知道你有痛苦。
> Wǒ zhīdào nǐ yǒu tòngkǔ.
> We know you're in pain.

遗憾 遺憾

yíhàn regret / to regret / to be sorry that

> 很遗憾，下雨了。
> Hěn yíhàn, xiàyǔle.
> Unfortunately, it rained.

情绪 情緒
qíngxù mood / state of mind / moodiness
> 你应该学习控制自己的情绪。
> Nǐ yīnggāi xuéxí kòngzhì zìjǐ de qíngxù.
> You should learn to restrain yourself.

愿
yuàn to wish (that sth may happen) / may ... / to be willing / wish / hope / desire / vow / pledge / honest and prudent
> 愿你们平安!
> Yuàn nǐmen píng'ān!
> And upon you be peace!

可怕
kěpà awful / dreadful / fearful / formidable / frightful / scary / hideous / horrible / terrible / terribly
> 这太可怕了。
> Zhè tài kěpà le.
> That's terrible.

愿望 願望
yuànwàng desire / wish
> 你有三个愿望。
> Nǐ yǒu sān gè yuànwàng.
> You have three wishes.

情感
qínggǎn feeling / emotion / to move (emotionally)
> 这首歌里有很深的情感。
> Zhè shǒu gē lǐ yǒu hěn shēn de qínggǎn.
> There is deep emotion in this song.

好奇
hàoqí inquisitive / curious / inquisitiveness / curiosity
> 他对什么都感好奇。
> Tā duì shénme dōu gǎn hàoqí.
> He's curious about everything.

惊喜 驚喜
jīngxǐ nice surprise / to be pleasantly surprised
> 这是一个惊喜。
> Zhè shì yí gè jīngxǐ.
> It's a surprise.

乐趣 樂趣
lèqù delight / pleasure / joy
> 生活的乐趣是什么?
> Shēnghuó de lèqù shì shénme?
> What is the joy of life?

想念
xiǎngniàn to miss / to remember with longing / to long to see again
> 我好想念你。
> Wǒ hǎo xiǎngniàn nǐ.
> I miss you.

失恋 失戀
shīliàn to lose one's love / to break up (in a romantic relationship) / to feel jilted
> 听说她上个月失恋了。
> Tīngshuō tā shànggeyuè shīliànle.
> I heard she broke up with her boyfriend last month.

尴尬 尷尬
gāngà awkward / embarrassed
> 他的话让我很尴尬。
> Tā de huà ràng wǒ hěn gāngà.
> His words embarrassed me.

渴望
kěwàng to thirst for / to long for
> 我渴望冒险。
> Wǒ kěwàng màoxiǎn.
> I've a yen for adventures.

思念
sīniàn to think of / to long for / to miss
> 我很思念过去的日子。
> Wǒ hěn sīniàn guòqù de rìzi.
> I really miss the old days.

悲伤 悲傷
bēishāng sad / sorrowful
> 我常常觉得悲伤。
> Wǒ chángcháng juéde bēishāng.
> I often feel sad.

愤怒 憤怒
fènnù angry / indignant / wrath / ire
> 这让我愤怒。
> Zhè ràng wǒ fènnù.
> This makes me angry.

焦虑 焦慮
jiāolǜ anxious / worried / apprehensive
> 她感到非常焦虑。
> Tā gǎndào fēicháng jiāolǜ.
> She felt very anxious.

孤独 孤獨
gūdú lonely / solitary
> 我觉得很孤独。
> Wǒ juéde hěn gūdú.
> I felt lonely.

惊讶 驚訝
jīngyà amazed / astonished / amazing / to surprise / astonishment / awe
> 他非常惊讶。
> Tā fēicháng jīngyà.
> He was very surprised.

恨
hèn to hate / to regret
> 她非常恨他。
> Tā fēicháng hèn tā.
> She hated him so much.

Intermediate (HSK 4-6), part 2

怀念 懷念
huáiniàn to cherish the memory of / to think of / to reminisce
> 他怀念波士顿。
> Tā huáiniàn Bōshìdùn.
> He misses Boston.

委屈
wěiqu wronged / aggrieved / to inconvenience / to put (sb) at a disadvantage / to do sb wrong / sense of being wronged

> 她受了批评，一脸委屈。
> Tā shòule pīpíng, yì liǎn wěiqu.
> She was criticized and looked completely wronged.

恐惧 恐懼
kǒngjù fear / dread / to be frightened

> 恐惧会控制一切。
> Kǒngjù huì kòngzhì yíqiè.
> Fear controls everything.

感激
gǎnjī to be grateful / to appreciate / thankful

> 他们会感激。
> Tāmen huì gǎnjī.
> They'll be grateful.

不安
bù'ān uneasy / disturbed / restless / worried / unpeaceful / unstable

> 我有点不安。
> Wǒ yǒudiǎn bù'ān.
> I've been feeling a little restless.

佩服
pèifú to admire

> 我就是佩服你。
> Wǒ jiùshì pèifú nǐ.
> It's just that I admire you.

愁
chóu to worry about

> 他们还在愁下个月的房租吗？
> Tāmen hái zài chóu xiàgeyuè de fángzū ma?
> Are they still worrying about next month's rent?

欢乐 歡樂
huānlè gaiety / gladness / glee / merriment / pleasure / happy / joyous / gay

> 你给大家带来了欢乐。
> Nǐ gěi dàjiā dàiláile huānlè.
> You brought everyone joy.

冲动 衝動
chōngdòng to have an urge / to be impetuous / impulse / urge

> 他有一种想哭的冲动。
> Tā yǒu yìzhǒng xiǎng kū de chōngdòng.
> He felt an urge to cry.

痛快
tòngkuài delighted / to one's heart's content / straightforward

> 他说话很痛快，从不绕圈子。
> Tā shuōhuà hěn tòngkuài, cóngbú ràoquānzi.
> He speaks frankly and never beats around the bush.

寂寞
jìmò lonely / lonesome / quiet / silent

> 我最近很寂寞。
> Wǒ zuìjìn hěn jìmò.
> I feel very lonely these days.

不耐烦 不耐煩
bùnàifán impatient / to lose patience

> 爸爸今天不耐烦。
> Bàba jīntiān búnàifán.
> Dad's in an impatient mood today.

心疼
xīnténg to love dearly / to feel sorry for sb / to regret / to grudge / to be distressed

> 奶奶最心疼她的小孙女。
> Nǎinai zuì xīnténg tā de xiǎo sūnnǚ.
> Grandma dotes on her little granddaughter most of all.

心愿 心願
xīnyuàn cherished desire / dream / craving / wish / aspiration

> 她终于实现了多年的心愿。
> Tā zhōngyú shíxiànle duōnián de xīnyuàn.
> She finally made her long-held dream come true.

自豪
zìháo proud (of one's achievements etc)

> 我为我父亲而自豪。
> Wǒ wèi wǒ fùqīn ér zìháo.
> I am proud of my father.

心爱 心愛
xīn'ài beloved

> 她把心爱的玩具送给了弟弟。
> Tā bǎ xīn'ài de wánjù sònggěile dìdi.
> She gave her beloved toy to her little brother.

发愁 發愁
fāchóu to worry / to fret / to be anxious / to become sad

> 气候变化让农民很发愁。
> Qìhòubiànhuà ràng nóngmín hěn fāchóu.
> Climate change is worrying the farmers.

悲观 悲觀
bēiguān pessimistic

> 你太悲观了。
> Nǐ tài bēiguānle.
> You're being too pessimistic.

好感
hǎogǎn good opinion / favorable impression

> 她对亚洲男性有好感。
> Tā duì Yàzhōu nánxìng yǒu hǎogǎn.
> She's attracted to Asian men.

动心 動心
dòngxīn to be moved / to be tempted

> 高工资也没让他动心。
> Gāo gōngzī yě méi ràng tā dòngxīn.
> Even a high salary didn't tempt him.

心烦 心煩
xīnfán to feel agitated / to be troubled / to be annoyed / an upset or distraction

> 他心烦得睡不着觉。
> Tā xīnfán de shuì bu zháo jiào.
> He was so agitated that he couldn't sleep.

心软 心軟
xīnruǎn to be softhearted / to be tenderhearted / to be kindhearted

> 你太心软，别人会占便宜。
> Nǐ tài xīnruǎn, biéren huì zhànpiányi.
> You're too softhearted, and people will take advantage of you.

Advanced (HSK 7-9)

孤单 孤單
gūdān lone / lonely / loneliness

> 我当时不孤单。
> Wǒ dāngshí bù gūdān.
> I wasn't alone then.

嫉妒
jídù to be jealous of / to envy

> 他们会嫉妒。
> Tāmen huì jídù.
> They'll be jealous.

郁闷 鬱悶
yùmèn gloomy / depressed

> 别郁闷了，我请你吃饭。
> Bié yùmènle, wǒ qǐng nǐ chīfàn.
> Don't be so down, I'll treat you to a meal.

欣慰
xīnwèi to be gratified

> 你过得好，我就欣慰了。
> Nǐ guò de hǎo, wǒ jiù xīnwèile.
> As long as you're doing well, I'm content.

愧疚
kuìjiù to feel guilty / to feel ashamed of oneself / to be remorseful

沮丧 沮喪
jǔsàng dispirited / dejected / dismayed

> 我经常觉得沮丧。
> Wǒ jīngcháng juéde jǔsàng.
> I feel depressed often.

欣喜
xīnxǐ happy

> 听到好消息，大家都很欣喜。
> Tīngdào hǎoxiāoxī, dàjiā dōu hěn xīnxǐ.
> Hearing the good news, everyone was delighted.

感慨
gǎnkǎi to sigh with sorrow, regret etc / rueful / deeply moved

> 时间过得真快，她不禁感慨。
> Shíjiān guò de zhēn kuài, tā bùjīn gǎnkǎi.
> Time flies, and she couldn't help sighing ruefully.

忧愁 憂愁
yōuchóu to be worried

> 好忧愁的一个男人。
> Hǎo yōuchóu de yí gè nánrén.
> What a sad man!

憧憬
chōngjǐng to long for / to look forward to

> 你憧憬什么样的退休生活?
> Nǐ chōngjǐng shénmeyàng de tuìxiū shēnghuó?
> What kind of retirement life do you look forward to?

心酸
xīnsuān to feel sad

> 想起那些日子，妈妈很心酸。
> Xiǎngqǐ nèixiē rìzi, māma hěn xīnsuān.
> Thinking of those days makes my mother feel heartsick.

慌
huāng to get panicky / to lose one's head / (after 得[de2]) unbearably / terribly

> 事实上，她撒慌了。
> Shìshíshàng, tā sā huāngle.
> In fact she lied.

焦急
jiāojí anxiety / anxious

> 别焦急，车马上就到。
> Bié jiāojí, chēmǎ shàng jiù dào.
> Don't worry, the car will be here soon.

惊奇 驚奇
jīngqí to be amazed / to be surprised / to wonder

> 日本充满惊奇。
> Rìběn chōngmǎn jīngqí.
> Japan is full of surprises!

欢呼 歡呼
huānhū to cheer for / to acclaim

> 大家都欢呼了。
> Dàjiā dōu huānhūle.
> Everyone cheered.

喜悦 喜悅
xǐyuè happy / joyous

> 凡美的事物就是永恒的喜悦。
> Fán Měidí shìwù jiùshì yǒnghéng de xǐyuè.
> A thing of beauty is a joy forever.

忧虑 憂慮
yōulǜ to worry / anxiety (about)

> 不用忧虑，医生说没问题。
> Búyòng yōulǜ, yīshēng shuō méi wèntí.
> Don't worry, the doctor said it's fine.

仇恨
chóuhèn to hate / hatred / enmity / hostility

> 人们需要止住仇恨。
> Rénmen xūyào zhǐ zhù chóuhèn.
> People need to stop hating.

惭愧 慚愧
cánkuì ashamed

> 我对我自己感到惭愧。
> Wǒ duì wǒ zìjǐ gǎndào cánkuì.
> I am ashamed of myself.

压抑 壓抑

yāyì to constrain or repress emotions / oppressive / stifling / depressing / repression

> 没有窗户的房间很压抑。
> Méiyǒu chuānghu de fángjiān hěn yāyì.
> A room without windows feels stifling.

宁静 寧靜

níngjìng tranquil / tranquility / serenity

> 山里的夜晚非常宁静。
> Shān lǐ de yèwǎn fēicháng níngjìng.
> The nights in the mountains are very tranquil.

气愤 氣憤

qìfèn indignant / furious

> 顾客气愤地要求退钱。
> Gùkè qìfèn de yāoqiú tuìqián.
> The furious customer demanded a refund.

操心

cāoxīn to worry about

> 他总是为儿子的工作操心。
> Tā zǒngshì wèi érzi de gōngzuò cāoxīn.
> He is always worried about his son's job.

惊慌 驚慌

jīnghuāng to panic / to be alarmed

> 他遇到危险也不惊慌。
> Tā yùdào wēixiǎn yě bù jīnghuāng.
> He doesn't panic even when he's in danger.

安心

ānxīn at ease / to feel relieved / to set one's mind at rest / to keep one's mind on sth

> 让我安心工作。
> Ràng wǒ ānxīn gōngzuò.
> Let me work in peace.

厌恶 厭惡

yànwù to loathe / to hate / disgusted with sth

> 我厌恶政治。
> Wǒ yànwù zhèngzhì.
> I abhor politics.

悲惨 悲慘

bēicǎn miserable / tragic

> 他小时候的生活过得很悲惨。
> Tā xiǎoshíhou de shēnghuóguo de hěn bēicǎn.
> His life was miserable when he was a child.

悲痛

bēitòng grieved / sorrowful

> 语言不能减轻她的悲痛。
> Yǔyán bùnéng jiǎnqīng tā de bēitòng.
> No words can relieve her deep sorrow.

困惑

kùnhuò bewildered / perplexed / confused / perplexity / difficult problem

> 我真的很困惑。
> Wǒ zhēnde hěn kùnhuò.
> I was really confused.

畏惧 畏懼

wèijù to fear / to dread / foreboding

> 她并不畏惧他。
> Tā bìng bú wèijù tā.
> She wasn't intimidated by him.

苦恼 苦惱

kǔnǎo vexed / distressed

> 她承认她很苦恼。
> Tā chéngrèn tā hěn kǔnǎo.
> She acknowledged she was upset.

反感

fǎngǎn to be disgusted with / to dislike / bad reaction / antipathy

> 他真的让我很反感。
> Tā zhēnde ràng wǒ hěn fǎngǎn.
> He really turns me off.

疲惫 疲憊

píbèi beaten / exhausted / tired

> 他疲惫得倒头就睡。
> Tā píbèi de dǎotóu jiù shuì.
> He was so exhausted that he fell asleep the moment his head hit the pillow.

快活

kuàihuo happy / cheerful

> 外婆现在过得很快活。
> Wàipó xiànzài guò de hěn kuàihuo.
> Grandma is living very happily these days.

振奋 振奮

zhènfèn to stir oneself up / to raise one's spirits / to inspire

> 好消息让大家很振奋。
> Hǎoxiāoxī ràng dàjiā hěn zhènfèn.
> The good news lifted everyone's spirits.

乐意 樂意

lèyì to be willing to do sth / to be ready to do sth / to be happy to do sth / content / satisfied

> 我乐意分享。
> Wǒ lèyì fēnxiǎng.
> I'm willing to share.

悲哀

bēi'āi grieved / sorrowful

> 她的眼神里充满了悲哀。
> Tā de yǎnshén lǐ chōngmǎnle bēi'āi.
> Her eyes were full of sadness.

知足

zhīzú content with one's situation / to know contentment (hence happiness)

> 古书曰：知足者常乐。
> Gǔshū yuē: zhīzúzhě cháng lè.
> An old book says: those who are content are always happy.

烦躁 煩躁

fánzào jittery / twitchy / fidgety

> 他等了很久，开始烦躁起来。
> Tā děng le hěn jiǔ, kāishǐ fánzào qǐlai.
> He had waited a long time and began to get jittery.

伤感 傷感
shānggǎn sad / emotional / sentimental / pathos

> 曲子里有一种淡淡的伤感。
> Qǔzi lǐ yǒu yìzhǒng dàndàn de shānggǎn.
> There is a faint sense of pathos in the melody.

甜蜜
tiánmì sweet / happy

> 蜂蜜尝起来很甜蜜。
> Fēngmì cháng qǐlai hěn tiánmì.
> Honey tastes very sweet.

钦佩 欽佩
qīnpèi to admire / to look up to / to respect sb greatly

> 我很钦佩他的才干。
> Wǒ hěn qīnpèi tā de cáigàn.
> I feel admiration for his talent.

疲倦
píjuàn to tire / tired

> 她看上去非常疲倦。
> Tā kànshangqu fēicháng píjuàn.
> She looks extremely tired.

劳累 勞累
láolèi tired / exhausted / worn out / to toil

> 他工作太劳累，病倒了。
> Tā gōngzuò tài láolèi, bìngdǎole.
> He was so exhausted from work that he fell ill.

焦躁
jiāozào fretful / impatient

> 考试前，她心里有点焦躁。
> Kǎoshì qián, tā xīnli yǒudiǎn jiāozào.
> Before the exam, she felt a bit fretful.

心事
xīnshì a load on one's mind / worry

> 她最近好像有心事。
> Tā zuìjìn hǎoxiàng yǒu xīnshì.
> She seems to have something on her mind lately.

恐慌
kǒnghuāng panic / panicky / panic-stricken

> 地震后人们普遍觉得恐慌。
> Dìzhèn hòu rénmen pǔbiàn juéde kǒnghuāng.
> There was widespread panic after the earthquake.

悼念
dàoniàn to grieve

> 人们在广场上悼念死者。
> Rénmen zài guǎngchǎng shàng dàoniàn sǐzhě.
> People mourned the dead in the square.

情不自禁
qíngbùzìjīn cannot refrain from / cannot help / cannot but

> 听到老歌，她情不自禁哭了。
> Tīngdào lǎogē, tā qíngbúzìjīn kūle.
> Hearing the old song, she couldn't help crying.

叹气 嘆氣
tànqì to sigh / to heave a sigh

> 她望着雨，默默叹气。
> Tā wàngzhe yǔ, mòmò tànqì.
> She watched the rain and heaved a quiet sigh.

Advanced (HSK 7-9), part 2

忧郁 憂鬱
yōuyù sullen / depressed / melancholy / dejected

> 今天我很忧郁。
> Jīntiān wǒ hěn yōuyù.
> Today I'm feeling melancholic.

惊叹 驚嘆
jīngtàn to exclaim in admiration / a gasp of surprise

> 人群中发出一声惊叹。
> Rénqún zhōng fāchū yìshēng jīngtàn.
> A gasp of amazement rose from the crowd.

痛心
tòngxīn grieved / pained

> 他撒谎骗我，真让我痛心。
> Tā sāhuǎng piàn wǒ, zhēn ràng wǒ tòngxīn.
> His lying to me really pained me.

惬意 愜意
qièyì satisfied / pleased / contented

> 坐在海边喝茶，多惬意啊！
> Zuò zài hǎibiān hēchá, duō qièyì a!
> How delightful it is to sit by the sea drinking tea!

怜惜 憐惜
liánxī to take pity on / to feel tenderness toward

> 丈夫很怜惜辛苦的妻子。
> Zhàngfu hěn liánxī xīnkǔ de qīzi.
> The husband feels great tenderness toward his hardworking wife.

可恶 可惡
kěwù repulsive / vile / hateful / abominable

> 骗老人钱的人真可恶！
> Piàn lǎorén qián de rén zhēn kěwù!
> People who cheat old folks out of their money are vile!

兴高采烈 興高采烈
xìnggāocǎiliè happy and excited (idiom) / in high spirits / in great delight

> 她兴高采烈地打开了生日礼物。
> Tā xìnggāo-cǎiliè de dǎkāile shēngrìlǐwù.
> She opened her birthday present, happy and excited.

怨恨
yuànhèn to resent / to harbor a grudge against / to loathe / resentment / rancor

> 别用怨恨的眼神看我啦。
> Bié yòng yuànhèn de yǎnshén kàn wǒ la.
> Stop giving me such a venomous look.

发怒 發怒
fānù to get angry
> 我父亲常常发怒。
> Wǒ fùqīn chángcháng fānù.
> My father is always getting angry.

陶醉
táozuì to be infatuated with / to be drunk with / to be enchanted with / to revel in
> 她陶醉在幸福里。
> Tā táozuì zài xìngfú lǐ.
> She is drunk with happiness.

惦记 惦記
diànjì to think of / to keep thinking about / to be concerned about
> 老朋友一直惦记着你。
> Lǎopéngyou yìzhí diànjìzhe nǐ.
> Your old friend has always been thinking of you.

挂念 掛念
guàniàn to feel anxious about / to have (sth) weighing on one's mind
> 我很挂念你。
> Wǒ hěn guàniàn nǐ.
> I miss you very much.

崇敬
chóngjìng to revere / to venerate / high esteem
> 他对老师充满崇敬。
> Tā duì lǎoshī chōngmǎn chóngjìng.
> He is full of deep respect for his teacher.

惋惜
wǎnxī to regret / to feel that it is a great pity / to feel sorry for sb
> 没进决赛，大家都很惋惜。
> Méi jìn juésài, dàjiā dōu hěn wǎnxī.
> Everyone felt it was a great pity that they missed the final.

慌张 慌張
huāngzhāng flustered / agitated
> 别慌张，慢慢说。
> Bié huāngzhāng, mànmàn shuō.
> Don't panic, take your time and tell me.

敬佩
jìngpèi to esteem / to admire
> 她那么勇敢，我真敬佩她！
> Tā nàme yǒnggǎn, wǒ zhēn jìngpèi tā!
> She is so brave, I really admire her!

欢快 歡快
huānkuài cheerful and lighthearted / lively
> 我们唱着欢快的歌。
> Wǒmen chàngzhe huānkuài de gē.
> We are singing a happy song.

羞愧
xiūkuì ashamed
> 他不因贫穷而感到羞愧。
> Tā bù yīn pínqióng ér gǎndào xiūkuì.
> He is not ashamed of being poor.

愉悦 愉悅
yúyuè joyful / cheerful / delighted / joy / delight
> 学习新的知识令人愉悦。
> Xuéxí xīn de zhīshi lìngrén yúyuè.
> Learning new information can make people happy.

惊吓 驚嚇
jīngxià to frighten / to horrify / to terrify
> 我很受惊吓的。
> Wǒ hěn shòu jīngxià de.
> I was terribly frightened.

心满意足 心滿意足
xīnmǎnyìzú perfectly contented (idiom) / perfectly satisfied
> 有家人陪着，她就心满意足了。
> Yǒu jiārén péizhe, tā jiù xīnmǎn-yìzú le.
> As long as her family is with her, she is perfectly content.

恼火 惱火
nǎohuǒ annoyed / riled / vexed
> 他总是迟到，同事们都很恼火。
> Tā zǒngshì chídào, tóngshìmen dōu hěn nǎohuǒ.
> He is always late, and his colleagues are all vexed.

厌烦 厭煩
yànfán bored / fed up with sth / sick of sth
> 我们感到厌烦了。
> Wǒmen gǎndào yànfánle.
> We were bored.

喜好
xǐhào to like / fond of / to prefer / to love / one's tastes / preference
> 小孩子都喜好甜的东西。
> Xiǎoháizi dōu xǐhào tián de dōngxi.
> Little children all like sweet things.

牵挂 牽掛
qiānguà to worry about / to be concerned about
> 她一直牵挂远方的父母。
> Tā yìzhí qiānguà yuǎnfāng de fùmǔ.
> She has always worried about her parents far away.

厌倦 厭倦
yànjuàn to be weary of / to be fed up with / to be bored with
> 他厌倦了读书。
> Tā yànjuànle dúshū.
> He got tired of reading.

悠闲
yōuxián leisurely / leisurely / carefree / relaxed
> 假期里我想过得悠闲一点。
> Jiàqī lǐ wǒ xiǎngguo de yōuxián yìdiǎn.
> During the holiday I want to have a more relaxed time.

心旷神怡 心曠神怡
xīnkuàngshényí lit. heart untroubled, spirit pleased (idiom) / carefree and relaxed

喜出望外
xǐchūwàngwài to be pleased beyond one's expectations (idiom) / overjoyed at the turn of events

> 他收到意外的礼物，喜出望外。
> Tā shōudào yìwài de lǐwù, xǐchūwàngwài.
> He was pleasantly surprised to receive an unexpected gift.

鄙视 鄙視
bǐshì to despise / to disdain / to look down upon

> 他否认鄙视了她。
> Tā fǒurèn bǐshìle tā.
> He denied he despised her.

低落
dīluò downcast / gloomy / to decline / to get worse

> 她情绪低落。
> Tā qíngxù dīluò.
> She felt blue.

狂欢 狂歡
kuánghuān party / carousal / hilarity / merriment / whoopee / to carouse

> 街上全是狂欢的人群。
> Jiēshang quán shì kuánghuān de rénqún.
> The streets are full of merrymaking crowds.

依恋 依戀
yīliàn to be fondly attached to / to not wish to part with / to cling to

提心吊胆 提心吊膽
tíxīndiàodǎn nervous / fearful / on edge

> 他开车时总是提心吊胆。
> Tā kāichē shí zǒngshì tíxīn-diàodǎn.
> He is always on edge when he drives.

爱戴 愛戴
àidài to love and respect / love and respect

> 他受人民的爱戴。
> Tā shòu rénmín de àidài.
> He is loved by his people.

惊慌失措 驚慌失措
jīnghuāngshīcuò to lose one's head out of fear (idiom)

> 看到蛇，她惊慌失措。
> Kàndào shé, tā jīnghuāngshīcuò.
> When she saw the snake, she completely lost her head.

感恩
gǎn'ēn to be grateful

> 病好以后，她更加感恩生活。
> Bìng hǎo yǐhòu, tā gèngjiā gǎn'ēn shēnghuó.
> After recovering from her illness, she became even more grateful for life.

无动于衷 無動於衷
wúdòngyúzhōng aloof / indifferent / unconcerned

> 无论我怎么劝，他都无动于衷。
> Wúlùn wǒ zěnme quàn, tā dōu wúdòngyúzhōng.
> No matter how I urged him, he remained unmoved.

振作
zhènzuò to bestir oneself / to pull oneself together / to cheer up / to uplift / to stimulate

> 别哭了，振作一点吧。
> Bié kūle, zhènzuò yìdiǎn ba.
> Stop crying and cheer up a bit.

羞耻 羞恥
xiūchǐ shame

> 他为他的失败感到羞耻。
> Tā wèi tā de shībài gǎndào xiūchǐ.
> He is ashamed of his failure.

愁眉苦脸 愁眉苦臉
chóuméikǔliǎn to look anxious (idiom) / to look miserable

> 你为什么愁眉苦脸地看着账单？
> Nǐ wèishénme chóuméikǔliǎn de kànzhe zhàngdān?
> Why are you looking so worried as you stare at the bill?

爱慕 愛慕
àimù to adore / to admire

> 她爱慕她哥哥。
> Tā àimù tā gēge.
> She adores her older brother.

心花怒放
xīnhuānùfàng to burst with joy (idiom) / to be over the moon / to be elated

气馁 氣餒
qìněi to be discouraged

> 别气馁，继续写作吧。
> Bié qìněi, jìxù xiězuò ba.
> Keep a good heart and go on writing.

痴迷
chīmí infatuated / obsessed

> 他痴迷于音乐。
> Tā chīmí yú yīnyuè.
> He is mad about music.

悔恨
huǐhèn remorse / repentance

> 他对自己当年的话感到非常悔恨。
> Tā duì zìjǐ dāngnián dehuà gǎndào fēicháng huǐhèn.
> He felt deep remorse over what he had said back then.

敬爱 敬愛
jìng'ài to respect and love / to hold in high esteem

> 老校长很受学生敬爱。
> Lǎo xiàozhǎng hěn shòu xuésheng jìng'ài.
> The old principal is deeply respected and loved by the students.

烦闷 煩悶
fánmèn moody / gloomy

> 他最近工作不顺，整天都很烦闷。
> Tā zuìjìn gōngzuò búshùn, zhěngtiān dōu hěn fánmèn.
> His work hasn't been going well lately, so he's been moody all day.

美满 美滿
měimǎn happy / blissful

> 祝你们婚姻美满！
> Zhù nǐmen hūnyīn měimǎn!
> I wish you a happy marriage!

恋恋不舍 戀戀不捨
liànliànbùshě reluctant to part

> 她恋恋不舍地望着窗外的家。
> Tā liànliànbùshě dì wàngzhe chuāng wài de jiā.
> She gazed reluctantly at her home outside the window.

Advanced (HSK 7-9), part 3

怀旧 懷舊
huáijiù to feel nostalgic / nostalgia

> 你为什么这么喜欢怀旧电影？
> Nǐ wèishénme zhème xǐhuan huáijiù diànyǐng?
> Why do you like nostalgic movies so much?

颓废 頹廢
tuífèi decadent / dispirited / depressed / dejected

> 失业后他整天很颓废。
> Shīyè hòu tā zhěngtiān hěn tuífèi.
> After losing his job, he has been depressed all day long.

心慌
xīnhuāng to be flustered / irregular heart-beat

> 快要上台了，我越想越心慌。
> Kuàiyào shàngtái le, wǒ yuè xiǎng yuè xīnhuāng.
> I'm about to go on stage, and the more I think about it, the more flustered I get.

喜怒哀乐 喜怒哀樂
xǐnù'āilè happiness, anger, sorrow, and joy (idiom) / emotions

> 人人都有自己的喜怒哀乐。
> Rénrén dōu yǒu zìjǐ de xǐnù'āilè.
> Everyone has their own joys, anger and sorrows.

释然 釋然
shìrán relieved / at ease / feel relieved

恼羞成怒 惱羞成怒
nǎoxiūchéngnù to become enraged over a perceived humiliation

> 被说中心事，他恼羞成怒。
> Bèi shuō zhōngxīn shì, tā nǎoxiūchéngnù.
> Having his secret thoughts pointed out, he flew into a rage out of embarrassment.

犯愁
fànchóu to worry / to be anxious

> 别为晚饭犯愁，我来做。
> Bié wèi wǎnfàn fànchóu, wǒ lái zuò.
> Don't stress about dinner, I'll cook.

纠结 糾結
jiūjié to intertwine / to band together (with) / to link up (with) / twisted / tangled / confused / to be at a loss / to struggle (mentally) with (sth) / to overthink / to feel conflicted

心灰意冷
xīnhuīyìlěng discouraged / downhearted

舒心
shūxīn comfortable / happy

心急如焚
xīnjírúfén burning with anxiety / extremely anxious or impatient

> 他等不到消息，心急如焚。
> Tā děng búdào xiāoxi, xīnjírúfén.
> He couldn't get any news and was sick with anxiety.

心有余悸 心有餘悸
xīnyǒuyújì to have lingering fears / trepidation remaining after a trauma (idiom)

心寒
xīnhán bitterly disappointed / frightened

心碎
xīnsuì heartbroken / extreme depth of sorrow

> 母亲心碎得说不出话。
> Mǔqīn xīnsuì de shuōbuchū huà.
> The mother was so heartbroken that she couldn't speak.

忌妒
jìdu to be jealous of / to envy

> 你别忌妒她，她每天都很努力。
> Nǐ bié jìdu tā, tā měitiān dōu hěn nǔlì.
> Don't be jealous of her. She works hard every day.

释怀 釋懷
shìhuái to get over (a traumatic experience, misgivings etc)

怡然自得
yíránzìdé happy and content (idiom)

> 她怡然自得地走在海边。
> Tā yíránzìdé de zǒu zài hǎibiān.
> She strolled along the seaside, completely at ease.

美滋滋
měizīzī very happy / elated

> 穿上新鞋，她美滋滋的。
> Chuān shang xīn xié, tā měizīzī de.
> Wearing her new shoes, she was delighted.

喜洋洋
xǐyángyáng radiant with joy

> 过年了，家家户户都喜洋洋的。
> Guònián le, jiājiā-hùhù dōu xǐyángyáng de.
> It's the New Year, and every household is radiant with joy.

Outside HSK

惆怅 惆悵
chóuchàng melancholy / depression

眷恋 眷戀
juànliàn to miss / to long for / to remember with longing / yearning

狂喜
kuángxǐ ecstasy / rapt

五味杂陈 五味雜陳
wǔwèizáchén with complex feelings (idiom)

如释重负 如釋重負
rúshìzhòngfù as if relieved from a burden (idiom) / to have a weight off one's mind

心潮澎湃
xīncháopéngpài to be overwhelmed by emotions

> 站在海边，我心潮澎湃。
> Zhàn zài hǎibiān, wǒ xīncháopéngpài.
> Standing by the sea, I was overwhelmed with emotion.

喜忧参半 喜憂參半
xǐyōucānbàn to have mixed feelings (about sth)