

Feelings and Causes of Feelings

“Excited” is a feeling (an adjective). Only people and animals can have feelings, so a movie can’t be excited.

“Exciting” (also an adjective) is a characteristic of something that causes people to have feelings, but it is not a feeling.

“Excite” (a verb) is an action by someone or something that causes a person to feel excited.

Example: I was excited (a feeling) because I saw an exciting movie (a characteristic of the movie).

Positive Feelings

The Feeling (adjective)	Causing the Feeling		Example
	A characteristic (adjective)	An action (verb)	
Excited	Exciting	Excite	I felt excited at the party because meeting new people excites me.
Thrilled	Thrilling	Thrill	I was thrilled to go on all the thrilling rides at Disneyland.
Loved	Loving	Love	I had loving parents so I felt loved when I was a child.
Fascinated	Fascinating	Fascinate	Animals fascinate me so I am fascinated by going to the zoo.
Encouraged	Encouraging	Encourage	Our teacher encourages us so I always feel encouraged.
Amused	Amusing	Amuse	Other people thought the movie was amusing, but I wasn’t amused.
Pleased	Pleasing	Please	I always try to please my mother-in-law, but she never seems pleased.
Calm	Calming	Calm	Cruise ship life was very calming, so I always felt calm on the cruise.
Relaxed	Relaxing	Relax	I try to be more relaxed now because my doctor told me I had to relax.
Satisfied	Satisfying	Satisfy	I’m not satisfied in class because the teacher’s answers aren’t satisfying.
Healthy	Healthful		Since I started eating more healthful food, I have been much healthier.
Delighted	Delightful	Delight	I am delighted about living here because the weather is always delightful.
Trusted	Trusting	Trust	I try to trust my children so they will grow up feeling trusted.
Impressed	Impressive	Impress	I work hard to impress my teacher, so I’m happy when she is impressed.
Amazed	Amazing	Amaze	I was amazed for over two hours by the amazing circus acts.
Interested	Interesting	Interest	We try to interest our son in new activities, but he never acts interested.
Surprised	Surprising	Surprise	The movie had a surprising ending, and we were certainly surprised!

Negative Feelings

The Feeling (adjective)	Causing the Feeling		Example
	A characteristic (adjective)	An action (verb)	
Tired	Tiring	Tire	I often feel tired because studying English tires me so much.
Bored	Boring	Bore	My kids wouldn’t be bored if school was less boring.
Scared	Scary	Scare	The big dog seemed scary, so the baby was very scared.
Frightened	Frightening	Frighten	Please don’t frighten me because I get frightened very easily.
Worried	Worrisome	Worry	I tell my kids not to worry, but they seem worried too often.
Troubled	Troubling	Trouble	The doctor’s report was troubling, but I tried not to act troubled.
Nervous	Nerve-wracking		My husband’s job is nerve-wracking, so he is usually nervous after work.
Annoyed	Annoying	Annoy	I’m sometimes annoyed when my kids try to annoy me on purpose.
Confused	Confusing	Confuse	The TV program was very confusing so I was confused most of the time.
Upset	Upsetting	Upset	I often feel upset on the freeway because the fast drivers upset me.
Embarrassed	Embarrassing	Embarrass	My English mistakes are embarrassing but I try not to act embarrassed.
Disappointed	Disappointing	Disappoint	I feel disappointed when my friends disappoint me by arriving late.
Disgusted	Disgusting	Disgust	My family was disgusted by the disgusting odor in the restaurant.
Ashamed	Shameful	Shame	I am ashamed when our kids’ behavior is shameful.
Discouraged	Discouraging	Discourage	Don’t let it discourage you more, since you are already so discouraged.
Mad	Maddening		Their classroom behavior was maddening so I was mad all the time.
Stressed	Stressful	Stress	My job was stressful so I often felt stressed at the end of the week.