



Happiness and Unhappiness

beam (from ear to ear)	to be smiling, etc. a lot because you are very pleased about something
bliss	extreme happiness
blissful	extremely happy; showing happiness
blissfully happy blissfully ignorant / unaware	extremely happy in a way that makes you extremely happy or that prevents unpleasant things from affecting you
blithe	happy; not anxious
cheerful	happy, and showing it by the way that you behave
cheery	happy and cheerful
confused	when you cannot make sense of different conflicting feelings or ideas
content(ed)	happy and satisfied with what you have
dejected	unhappy and disappointed
delighted	very pleased
depressed	very sad and without hope
devastated	extremely upset and shocked
discontented	unhappy because you are not satisfied with your situation
distraught	extremely upset and anxious so that you cannot think clearly
down	sad or depressed
ecstatic	very happy, excited and enthusiastic; feeling or showing great enthusiasm
elated	very happy and excited because of something good that has happened, or will happen
euphoric	extremely happy or excited
exultant	(formal) feeling or showing great pride or happiness especially because of something exciting that has happened

fed up (with) fed up to the back teeth	bored or unhappy, especially with a situation that has continued for too long
feel on top of the world	very happy or proud
floating / walking on air	to feel very happy
forlorn	appearing lonely and unhappy
frustrated	feeling annoyed and impatient because you cannot do or achieve what you want
full of the joys of spring	very cheerful
gleeful	happy because of something good you have done or something bad that has happened to somebody else
jolly	happy and cheerful
jovial	very cheerful and friendly
jubilant	feeling or showing great happiness because of a success
miserable	very unhappy or uncomfortable
mixed up	when you cannot make sense of different conflicting feelings or ideas
over the moon	(informal, especially British English) extremely happy and excited
pleased	feeling happy about something
rejoice	to express great happiness about something
thrilled to bits	extremely pleased
triumphant	very successful in a way that causes great satisfaction
wretched	feeling ill/sick or unhappy
woeful	very sad
mournful	very sad
rueful	feeling or showing that you are sad or sorry