Feelings and Emotions

There are hundreds of idioms that people use to describe feelings and emotions. Here you will find some of these idioms grouped by the following themes:

- angry/annoyed
- confused
- energy/health
- happy
- love/atraction
- proud/confident/ashamed
- sad/upset
- scared/frightened
- surprised/unprepared
- worried/nervous

For more information on the individual idioms look at the appropriate place in the dictionary where each idiom can be found.

ANGRY/ANNOYED

There are many idioms related to being angry. Here are a few:

become angry:
- fly off the handle
- hit the roof/go through the roof
- have a fit/hysterics
- go ballistic/mental

bored or irritated
- I’m sick and tired of it.
- I’m fed up to the back teeth with it.
- be climbing the walls
- browned off

show your anger:
- give him a black look
- look daggers at her
- shake your fist at them

become a little angry or excited:
- get hot under the collar
- get the hump
- lose your cool
- get bent out of shape

offend or annoy someone:
- put his nose out of joint
- tread on her toes
- rub him up the wrong way
- put her back up

attack or punish someone:
- jump down my throat
- bite her head off
- nail him to the wall

CONFUSED

being confused:
- lose your bearings
- in a fog, in a spin, in a whirl
- completely at sea
- tie yourself in knots
- not know if you’re coming or going

can’t understand something:
- can’t make head or tail of it
- start to understand something
- get to grips with it
- get the hang of it
- get your head round it

ENERGY/HEALTH

full of energy:
- full of beans
- as fresh as a daisy
- bright-eyed and bushy-tailed

feeling very well and healthy:
- feel like a million dollars
- working/firing on all cylinders
- (as) fit as a fiddle

very tired:
- dead on your feet
- on your hands and knees
- fit/ready to drop

feel unwell:
- under the weather
- feel like death warmed up
- not so/too hot
HAPPY
When someone is happy we say they are on a high and several ‘happy’ idioms refer to being in a high place, for example walk on air, on cloud nine, etc.

feeling very happy:
in seventh heaven
as happy as the day is long
like a dog with two tails
very pleased:
over the moon
thrilled to bits
be tickled pink

in a good mood:
in high spirits
full of the joys of spring
on top of the world
smiling because you are pleased:
like the cat that got the cream
beam/grin/smile from ear to ear
be all smiles

LOVE/ATTRACTION
be attracted to sb:
take a fancy/a shine to him
go weak at the knees
have the hots for her
being in love/obsession:
only have eyes for him
be under her spell
have it bad

fall in love:
It was love at first sight.
fall head over heels in love
make a person love you:
steal/win her heart
sweep them off their feet

losing love:
be heart broken

There are also many sayings about love such as: love is blind, beauty is in the eye of the beholder and opposites attract.

PROUD/CONFIDENT/ASHAMED
Your body language often shows if you are feeling confident or not; you hang your head when you are ashamed and hold your head up high when proud.

feeling proud:
walk tall, stand tall
pleased with yourself
give yourself a pat on the back
start to feel more confident:
come out of your shell
get into/hit your stride
be arrogant:
full of yourself
think you own the place

embarrassed or ashamed:
able to look them in the face
feel small
with your tail between your legs
make you feel less confident:
take the wind out of your sails
your confidence, etc. takes a knock
pull the carpet out from under him
burst your bubble
dash/shatter her hopes
SAD/UPSET
When someone is sad they feel low and several sad idioms refer to being in a low place, such as in low spirits.

**feel sad:**
- down in the mouth
- down in the dumps
- not a happy bunny
**sad and disappointed or angry:**
- sick at heart
- eat your heart out
- take things out on yourself

**become emotional:**
- sob your heart out
- cry your eyes out
- go to pieces
**regaining control:**
- get a grip on yourself
- pull yourself together
- snap out of it

SCARED/FRIGHTENED
Fear, surprise and anxiety often have specific physical feelings and reactions associated with them: *your hair stands on end, your jaw drops*, etc.

**frighten someone:**
- give her a turn/the fright of her life
- frighten/scare the life out of him
- scare the (living) daylights out of me
- give you the willies/creeps/shivers

**frightened physical reactions:**
- your hair stands on end
- be as white as a sheet
- quaking in your boots
- shake like a jelly/leaf

SURPRISED/UNPREPARED

**surprised:**
- be taken aback
- She knocked their socks off.
**surprised reactions:**
- can’t believe your eyes
- take your breath away
- your eyes nearly pop out of your head
- don’t know what to say:
- be lost for words
- words fail me
- struck dumb

**unprepared for sth bad:**
- caught off guard/unawares
- knock you sideways
- not know what hit you
- be caught napping
- caught with your pants down

WORRIED/NERVOUS

**being nervous or anxious:**
- be on edge/on tenterhooks
- be a bundle of nerves
- get the jitters
**worry:**
- A problem weighs on your mind.
- have something on your mind
- wring your hands

**feeling nervous:**
- have butterflies in your stomach
- your legs feel like jelly
- have your heart in your mouth
**very worried/desperate:**
- tear your hair out
- be in a state/a stew/at your wits’ end
- be worried sick, be sick with worry, be beside yourself

- bite your nails

- have your heart in your mouth
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