### **Negative & Depressing Vocabulary List**

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| **Cold** | **Sad** | **Afraid** |
| * bitterly cold * freezing * icy * frosty * bitingly cold * keen air * severe weather * frigid * numbing * frosty * shaking with cold * teeth chattering * fingers numb and aching with cold * icy air burning my lungs | * miserable * wretched * despairing * pained * distressed * crestfallen * desolate * devastated * melancholy * weeping, sobbing * shoulders shaking * tear-stained cheeks * chest tight with anguish * lump in my throat * eyes stinging with unshed tears | * afraid * hands shaking with fear * felt a chill of terror down his back * terrified * heart pounding in my chest * face twisted in a rictus of fear * dread * panic-stricken * horrorstruck * unsteady hands * trembling violently * piercing shriek of terror |
| **Hungry** | **Pain** | **Tired** |
| * starving * malnourished * famished * underfed * ravenous * hollow * half-starved * grumbling, empty stomach * thin * concave ribs * sharp bones under paper thin skin | * searing pain * agony or agonizing pain * excruciating * aching * throbbing * strained or stressed bodies/muscles * sore * stinging * twinging *(ex: muscles twinged with pain)* * severely or tremendously painful | * exhausted * weary * bone-tired * fatigued * depleted * half-dead with exhaustion * drained or spent * stumbling tiredly * limbs aching and heavy * in an exhausted stupor * sunken eyes |
| **Pale** | **Dirty** | **Hot** |
| * wan *(another word for pale)* * white as a ghost * shock white *(ex: he went shock white)* * face drained of colour * ghostly pallor (*pallor = skin color)* * waxy complexion * could feel the blood drain from my face | * filthy * unhygienic * disheveled * caked with dirt or grime * grimy * muddy * smokey * grubby * sweat-stained * smell of unwashed bodies | * punishingly hot * blazing * scorching * blistering heat * burning * sweltering * humid * unbearable heat * burning my lungs * wave of heat slamming into my face |
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