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

|  |  |  |
| --- | --- | --- |
| **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
 |
|
|