

Negative & Depressing Vocabulary List

Cold	Sad	Afraid
<ul style="list-style-type: none"> ● bitterly cold ● freezing ● icy ● frosty ● biting cold ● keen air ● severe weather ● frigid ● numbing ● frosty ● shaking with cold ● teeth chattering ● fingers numb and aching with cold ● icy air burning my lungs 	<ul style="list-style-type: none"> ● 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 	<ul style="list-style-type: none"> ● 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
<ul style="list-style-type: none"> ● starving ● malnourished ● famished ● underfed ● ravenous ● hollow ● half-starved ● grumbling, empty stomach ● thin ● concave ribs ● sharp bones under paper thin skin 	<ul style="list-style-type: none"> ● searing pain ● agony or agonizing pain ● excruciating ● aching ● throbbing ● strained or stressed bodies/muscles ● sore ● stinging ● twinging (<i>ex: muscles twinged with pain</i>) ● severely or tremendously painful 	<ul style="list-style-type: none"> ● 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
<ul style="list-style-type: none"> ● wan (<i>another word for pale</i>) ● white as a ghost ● shock white (<i>ex: he went shock white</i>) ● face drained of colour ● ghostly pallor (<i>pallor = skin color</i>) ● waxy complexion ● could feel the blood drain from my face 	<ul style="list-style-type: none"> ● filthy ● unhygienic ● disheveled ● caked with dirt or grime ● grimy ● muddy ● smokey ● grubby ● sweat-stained ● smell of unwashed bodies 	<ul style="list-style-type: none"> ● punishingly hot ● blazing ● scorching ● blistering heat ● burning ● sweltering ● humid ● unbearable heat ● burning my lungs ● wave of heat slamming into my face