

1123 Complete Feelings Reference

Specimen+S24/11+S24/12+W24/11+W24/12+W25/11+W25/12|Questions1e, 1f, 1h

EXAM TIP: Do NOT use similar feelings (e.g. 'nervous' AND 'anxious'). Avoid 'bad/good/negative/positive' — be SPECIFIC. The feeling must be in YOUR OWN WORDS. Supporting details can be quoted or paraphrased.

FEELING	FREQ	SIMPLE SYNONYMS	EXTREME SYNONYMS	ALSO ACCEPTED
NEGATIVE FEELINGS				
Scared	7/7	Afraid, Frightened	Terrified, Petrified	<i>panicked, threatened, intimid...</i>
Anxious	8/7	Nervous, Uneasy	Tense, Apprehensive	<i>wary, cautious, stressed, o...</i>
Worried	8/7	Concerned, Troubled	Disturbed, Distressed	<i>uncertain, afraid</i>
Shocked / Surpris...	5/7	Startled, Taken aback	Stunned, Astonished	<i>amazed=positive; astonished...</i>
Overwhelmed	4/7	Cannot cope, Daunted	Stunned, Overloaded	
Confused	3/7	Puzzled, Clueless	Perplexed, Bewildered	<i>flustered, unsettled</i>
Unconfident	3/7	Self-doubt, Hesitant	Insecure, Unsure	<i>unprepared</i>
Uncomfortable	3/7	Uneasy, Out of place	Out of comfort zone, ...	<i>lost, unsafe</i>
Vulnerable	3/7	Exposed, Powerless	Defenceless, Trapped	<i>inferior, under pressure</i>
Embarrassed	2/7	Awkward, Self-conscio...	Ashamed, Humiliated	<i>silly, flustered</i>
Sad	2/7	Sorrowful, Upset	Melancholic, Devastat...	<i>loss, pity, mournful</i>
Hopeless	2/7	Pessimistic, Defeated	In despair, Despondent	
Intimidated	2/7	Threatened, Daunted	Overpowered, Bullied	
Disbelief	2/7	Incredulous, Doubtful	Dumbfounded	<i>cannot believe it</i>
Frustrated	1/7	Annoyed, Irritated	Exasperated, Infuriat...	<i>challenged, discouraged</i>
Angry	1/7	Furious, Cross	Enraged, Livid	
Lonely	1/7	Isolated, Alone	Abandoned, Desolate	
Foolish / Regretf...	1/7	Silly, Careless	Reckless, Remorseful	<i>not well thought-out</i>
POSITIVE FEELINGS				
Happy	5/7	Glad, Joyful	Ecstatic, Elated	<i>pleased, content</i>
Excited	4/7	Enthusiastic, Eager	Thrilled, Exhilarated	<i>overjoyed</i>
Determined	4/7	Focused, Committed	Motivated, Driven	<i>eager, impatient, ready</i>
Confident	4/7	Assured, Bold	Brave, Fearless	<i>positive, comfortable</i>
Hopeful	4/7	Optimistic, Positive	Inspired, Aspirational	<i>wants to change</i>
Impressed / Admir...	4/7	Awed, Fascinated	Mesmerised, Captivated	<i>amazed (positive), in awe</i>
Relieved	3/7	Satisfied, Grateful	Content, At peace	<i>protected, thankful</i>
Grateful	2/7	Thankful, Appreciative	Indebted	<i>felt heard, encouraged</i>
Amused	2/7	Entertained, Ticked	Hysterical	
OTHER / COMPLEX FEELINGS				
Pity / Empathy	2/7	Sympathetic, Compassi...	Heartbroken (for sb)	<i>concern, caring</i>
Love / Affection	2/7	Adoring, Fond	Devoted, Protective	<i>close, bond, warmth</i>
Nostalgic / Fondn...	1/7	Sentimental, Wistful	Yearning, Longing	<i>warm memories</i>
Curious	1/7	Interested, Inquisiti...	Intrigued, Engrossed	
Proud	1/7	Pleased, Satisfied	Honoured	
Carefree	1/7	Headstrong, Careless	Reckless, Wild	

MOST REPEATED FEELINGS

Question: Write down the synonyms for the commonly repeated feelings below:

Simple:

Extreme:

- | | | |
|-------------------|-------------------|---------------------|
| • Happy: | Glad, Joyful | Ecstatic |
| • Sad: | Sorrowful | Melancholic |
| • Angry: | Furious | Enraged |
| • Scared: | Afraid, Terrified | Petrified |
| • Anxious: | Nervous | Tense / Worried |
| • Determined: | Focused | Motivated |
| • Self-conscious: | Self-doubt | Insecure |
| • Excited: | Overjoyed | Thrilled (Positive) |
| • Confused: | Puzzled | Perplexed |
| • Surprised: | Shocked | Astonished |
| • Relieved: | Satisfied | Content |
| • Hopeless: | Pessimistic | In despair |
| • Carefree: | Reckless | |
| • Embarrassed: | Ashamed | |
| • Hopeful: | Optimistic | |
| • Care: | Adoring | loving |
| • Fascinated: | Mesmerized | |

= NOT equal to 'amazed'

COMPLETE FEELINGS REFERENCE SHEET

Cambridge O Level English Language 1123
Paper 1 Reading — Questions 1(e), 1(f), 1(h)

Compiled from: Specimen • S24/11 • S24/12 • W24/11 • W24/12 • W25/11 • W25/12
33 feelings • with simple & extreme synonyms • frequency-ranked

FREQUENCY KEY:

● 5+ papers

● 3-4 papers

● 1-2 papers

EXAM TIP:

- Do NOT use similar/repeated feelings (e.g. 'nervous' AND 'anxious' = SAME)
- Avoid vague words like 'bad', 'good', 'negative', 'positive' — be SPECIFIC

NEGATIVE FEELINGS

Scared / Frightened

7/7

SIMPLE: Afraid / Terrified

Spec S24/11 S24/12 W24/11 W24/12 W25/11 W25/12

EXTREME: Petrified / Panicked

Also accepted: threatened, intimidated, vulnerable

Anxious

6/7

SIMPLE: Nervous / Uneasy

S24/11 S24/12 W24/11 W24/12 W25/11 W25/12

EXTREME: Tense / Apprehensive

Also accepted: wary, cautious, stressed

Worried

6/7

SIMPLE: Concerned / Troubled

Spec S24/11 W24/11 W24/12 W25/11 W25/12

EXTREME: Disturbed / Distressed

Also accepted: uncertain, afraid

Shocked / Surprised

5/7

SIMPLE: Startled / Taken aback

Spec W24/11 W24/12 W25/11 W25/12

EXTREME: Stunned / Astonished

Also accepted: 'amazed' = positive only

Overwhelmed

4/7

SIMPLE: Cannot cope / Daunted

S24/12 W24/12 W25/11 W25/12

EXTREME: Stunned / Overloaded

Confused

3/7

SIMPLE: Puzzled / Clueless

W24/11 W24/12 W25/11

EXTREME: Perplexed / Bewildered

Also accepted: flustered, unsettled

Unconfident

3/7

SIMPLE: Self-doubt / Hesitant

W24/11 W24/12 W25/11

EXTREME: Insecure / Unsure

Also accepted: unprepared

Uncomfortable

3/7

SIMPLE: Uneasy / Out of place

S24/12 W24/12 W25/11

EXTREME: Out of comfort zone / Alienated

Also accepted: lost, unsafe

Vulnerable

3/7

SIMPLE: Exposed / Powerless

S24/11 S24/12 W25/11

EXTREME: Defenceless / Trapped

Also accepted: inferior, under pressure

Embarrassed

2/7

SIMPLE: Awkward / Self-conscious

W24/11 W25/11

EXTREME: Ashamed / Humiliated

Also accepted: silly, flustered

Sad

2/7

SIMPLE: Sorrowful / Upset

W25/11 W25/12

EXTREME: Melancholic / Devastated

Also accepted: loss, pity, mournful

Frustrated

1/7

SIMPLE: Annoyed / Irritated

W25/12

EXTREME: Exasperated / Infuriated

Also accepted: discouraged, disappointed

Angry

1/7

SIMPLE: Furious / Cross

Spec

EXTREME: Enraged / Livid

Hopeless

2/7

SIMPLE: Pessimistic / Defeated

Spec S24/11

EXTREME: In despair / Despondent

Intimidated

2/7

SIMPLE: Threatened / Daunted

S24/11 W25/11

EXTREME: Overpowered / Bullied

Lonely

1/7

SIMPLE: Isolated / Alone

S24/11

EXTREME: Abandoned / Desolate

POSITIVE FEELINGS

Happy

5/7

SIMPLE: Glad / Joyful

S24/11 S24/12 W24/11 W24/12 W25/12

EXTREME: Ecstatic / Elated

Also accepted: pleased, content

Excited

4/7

SIMPLE: Enthusiastic / Eager

Spec W24/11 W24/12 W25/11

EXTREME: Thrilled / Exhilarated

Also accepted: overjoyed

Determined

4/7

SIMPLE: Focused / Committed

Spec W24/11 W24/12 W25/11

EXTREME: Motivated / Driven

Also accepted: eager, impatient, ready

Confident

4/7

SIMPLE: Assured / Bold

Spec W24/11 W24/12 W25/11

EXTREME: Brave / Fearless

Also accepted: positive, comfortable

Hopeful

4/7

SIMPLE: Optimistic / Positive

S24/11 W24/12 W25/11 W25/12

EXTREME: Inspired / Aspirational

Also accepted: wants to change

Impressed / Admiration

4/7

SIMPLE: Awed / Fascinated

S24/12 W24/11 W25/11 W25/12

EXTREME: Mesmerised / Captivated

Also accepted: in awe

Relieved

3/7

SIMPLE: Satisfied / Grateful

S24/11 W24/12 W25/12

EXTREME: Content / At peace

Also accepted: protected, thankful

Amused

2/7

SIMPLE: Entertained / Tickled

W25/11 W25/12

EXTREME: Hysterical

Curious

1/7

SIMPLE: Interested / Inquisitive

W25/11

EXTREME: Intrigued / Engrossed

Proud

1/7

SIMPLE: Pleased / Satisfied

S24/12

EXTREME: Honoured

OTHER / COMPLEX FEELINGS

Pity / Empathy

2/7

SIMPLE: Sympathetic / Compassionate

W25/11 W25/12

EXTREME: Heartbroken (for)

Also accepted: concern, caring

Love / Affection

2/7

SIMPLE: Adoring / Fond

S24/12 W25/12

EXTREME: Devoted / Protective

Also accepted: close, bond, warmth

Nostalgic / Fondness

1/7

SIMPLE: Sentimental / Wistful

S24/12

EXTREME: Yearning / Longing

Also accepted: warm memories

Disbelief

2/7

SIMPLE: Incredulous / Doubtful

Spec W24/12

EXTREME: Dumbfounded

Also accepted: cannot believe it

Carefree / Reckless

1/7

SIMPLE: Headstrong / Careless

W24/11

EXTREME: Wild / Reckless

Grateful

2/7

SIMPLE: Thankful / Appreciative

S24/11 S24/12

EXTREME: Indebted

Also accepted: felt heard, encouraged

RESULT ADJECTIVES REFERENCE SHEET

The Final Step in Every Q2 Answer

Cambridge O Level English Language 1123 — Paper 1 — Question 2

WHAT IS THIS?

In Q2, the LAST step of your answer is always a RESULT — an adjective describing what the writer's word choice makes the scene/situation FEEL like.

Students lose marks here because they repeat the same 3 adjectives for everything. This sheet gives you 8 clusters covering EVERY possible Q2 scenario.

HOW TO USE:

1. Read the quote in the question — what kind of scene is it?
2. Match it to one of the 8 clusters below using the "USED WHEN" trigger.
3. Pick 1-2 adjectives from that cluster for your RESULT sentence.

THE FORMULA:

Literal Meaning → Association / Feeling → Result: "This tells us the situation was [ADJECTIVE]."

1. DANGER / THREAT

ADJECTIVES:

- dangerous
- threatening
- violent
- menacing
- frightening
- intimidating
- aggressive
- ferocious

USED WHEN:

Animals attacking or growling, storms, rough water, physical confrontations, someone in peril, weapons, predators.

- "Roaring, swirling, foaming water"* → the noise is threatening, dangerous, violent, attacking S24/11
- "her bristling tail... tense snake of her spine"* → suggests aggression, anger, sense of danger, threat W24/12
- "stern gaze of the guards"* → intimidating, unfriendly, aggressive S25/12

2. POWER / ENERGY

ADJECTIVES:

- powerful
- explosive
- forceful
- relentless
- unrestrained
- unstoppable
- energetic
- vigorous

USED WHEN:

Animals breaking free, volcanoes, eruptions, water rushing, engines, someone running, physical strength, speed.

- "Erupting from the cage"* → energy, speed, freedom, unrestrained, like a volcano, explosive W24/12
- "Her growl... an engine deep in her belly"* → energy, power, comes from within, will keep going, never tire W24/12
- "Splashes of water erupted in all directions"* → force, energy, strength, like explosion(s) W24/11

3. BEAUTY / APPEAL

ADJECTIVES:

- beautiful
- captivating
- mesmerising
- enchancing
- stunning
- elegant
- striking
- exquisite

USED WHEN:

Nature descriptions, colourful animals, landscapes, food presentation, craftsmanship, sunsets, flowers, art.

- "eyes, as green as the paddle-shaped plants"* → vivid, striking colours, beautiful, captivating, unique W24/12
- "pomegranate towers... lotus flowers"* → artistic, elaborate, elegant, impressive, luxurious S25/11
- "lacework of branches"* → delicate and beautiful as if crafted Specimen

4. CALM / PEACE

ADJECTIVES:

- peaceful
- calm
- serene
- restful
- reassuring
- gentle
- soothing
- tranquil

USED WHEN:

After a storm passes, floating on water, relief moments, safe places, warmth, sunlight, shelter, resting.

- "slow waves rocked us as we rose and we sank"* → sea is gentle, calm, feeling of safety, reassurance, relaxation W24/11
- "basking in the warmth washing over me"* → relaxed, calm, glow of achievement, pleasure, relief W24/11
- "floated onto the glassy waters"* → at ease, restful, slowing down, smooth, shiny W24/11

5. CHAOS / DISORDER

ADJECTIVES:

- chaotic frantic uncontrolled overwhelming desperate random wild reckless

USED WHEN:

Crowds, panic, experiments gone wrong, busy markets, too many things happening, someone losing control.

- "squirming mass of swimmers"* → moving constantly, moving everywhere, hard to distinguish individuals W24/11
- "experimented wildly... without method or purpose"* → no order, random, out of control, unrestrained S24/12
- "increasingly outlandish combinations"* → foolish, desperate, unlikely to work, getting more extreme S24/12

6. MYSTERY / OTHERWORLDLY

ADJECTIVES:

- mysterious surreal otherworldly magical supernatural timeless prehistoric
enchanted

USED WHEN:

Things appearing suddenly, underwater scenes, ancient landscapes, forests, fog, dreams, entering new worlds.

- "materialised in the doorway"* → suddenly, unexpectedly, as if by magic W24/12
- "reveal a fairy-tale landscape"* → entering an imaginary, fantasy, beautiful, magical, enchanting world S24/11
- "dinosaurs roaming... the land time forgot"* → feels prehistoric, otherworldly, stepped back in time S24/11

7. TENSION / DRAMA

ADJECTIVES:

- tense dramatic suspenseful intense urgent critical pivotal gripping

USED WHEN:

Pauses before action, turning points, moments of decision, countdowns, dangerous choices, silence before events.

- "A pause. Then — she's away!"* → drama, suspense, captures the moment before she moves, it all happens quickly W24/12
- "one huge question pounding my brain"* → it is dangerous, risky, scary — something big is about to happen W24/12
- "He felt gravity go to zero. The world stopped."* → critical, tense moment, anything could happen, potential for disaster Specimen

8. UNPLEASANT / NEGATIVE

ADJECTIVES:

- unpleasant cruel unnatural degrading dismissive disgusting oppressive suffocating

USED WHEN:

Cages, bad conditions, someone treated badly, rotten food, pollution, ugly scenes, contempt, insults.

- "she hadn't looked small; she'd looked squashed"* → cage is too small, cage is cruel, cage is unnatural W24/12
- "a creature incapable of reason"* → inhuman, inferior, worthless, dismissive, scornful S24/12
- "gooey masala trickled slowly down my throat"* → unpleasant, thick, hard to swallow, not as nice as it looked S25/11

POP QUIZ

Match the quote to the correct feeling—answers on the last page!

- 1 **"Seriously?"**
—said to a bus driver about the destination
W24/12 (1e) ----- Feeling:
- 2 **"Whoa!"**
—reaction to seeing enormous ships and tankers
W24/11 (1b) ----- Feeling:
- 3 **"You aren't going to try to climb it, are you?"**
—said incredulously to a friend
Specimen (1h) ----- Feeling:
- 4 **"I really don't think that's very smart."**
—warned from below while watching someone climb
Specimen (1h) ----- Feeling:
- 5 **"I can't watch," he shouted furiously and closed his eyes.**
Specimen (1h) ----- Feeling:
- 6 **"They weren't really talking to me."**
—about safety warnings given before a swim
W24/11 (1e) ----- Feeling:
- 7 **"We're only here once," Ed called, disappearing recklessly.**
W24/11 (1h) ----- Feeling:
- 8 **"I feel like a mouse being bounced between two cats."**
W25/11 (1e) ----- Feeling:
- 9 **"Too late," I say. "I'm staying."**
—clinging tightly to a moving train
W25/11 (1h) ----- Feeling:
- 10 **"You walk pumas?"**
—said in disbelief at an animal sanctuary
W24/12 (1h) ----- Feeling:
- 11 **"I'm not sure if I'm the sort of person she wants."**
—thinking about a new job
W24/12 (1h) ----- Feeling:
- 12 **He was keen to get in the water before he could change his mind.**
W24/11 (1h) ----- Feeling:
- 13 **"Study something useful?" he asked, smirking.**
—speaking to a young person about their education
W25/11 (1e) ----- Feeling:
- 14 **She's gargantuan. The most elegant creature I've seen.**
—describing an animal for the first time
W25/11 (1h) ----- Feeling:
- 15 **The kitchen used to be the heart and soul of the old family business.**
—remembering childhood
S24/12 (1e) ----- Feeling:

ANSWER KEY

- Q1.** "Seriously?"
→ **Disbelief / Surprise / Confusion** W24/12 (1e)
- Q2.** "Whoa!"
→ **Amazed / Shocked / Impressed** W24/11 (1b)
- Q3.** "You aren't going to try to climb it, are you?"
→ **Amazed / Disbelief** Specimen (1h)
- Q4.** "I really don't think that's very smart."
→ **Scared / Worried / Nervous** Specimen (1h)
- Q5.** "I can't watch," he shouted furiously and closed h...
→ **Angry / Pessimistic / Fearful** Specimen (1h)
- Q6.** "They weren't really talking to me."
→ **Confident / Thinks he is capable / Not worried** W24/11 (1e)
- Q7.** "We're only here once," Ed called, disappearing re...
→ **Carefree / Reckless / Excited / Enthusiastic** W24/11 (1h)
- Q8.** "I feel like a mouse being bounced between two cat...
→ **Intimidated / Threatened / Vulnerable / Powerless** W25/11 (1e)
- Q9.** "Too late," I say. "I'm staying."
→ **Determined / Committed / Confident** W25/11 (1h)
- Q10.** "You walk pumas?"
→ **Shocked / Confused / Scared** W24/12 (1h)
- Q11.** "I'm not sure if I'm the sort of person she wants....
→ **Unconfident / Self-doubt / Hesitant / Unsure** W24/12 (1h)
- Q12.** He was keen to get in the water before he could ch...
→ **Determined / Eager / Nervous (wants to act before doubt sets in)** W24/11 (1h)
- Q13.** "Study something useful?" he asked, smirking.
→ **Scornful / Mocking / Dislike / Judgemental** W25/11 (1e)
- Q14.** She's gargantuan. The most elegant creature I've s...
→ **Admiration / Impressed / Awe / Fascinated** W25/11 (1h)
- Q15.** The kitchen used to be the heart and soul of the o...
→ **Nostalgic / Fondness / Warm memories** S24/12 (1e)