



Korean Ladder Study Note

속상하다 / 답답하다 / 뿌듯하다

Saying How You Really Feel

Level	Topic	Focus
B1 · Intermediate TOPIK 3	Vocabulary Feelings	속상하다 / 답답하다 / 뿌듯하다 Saying How You Really Feel

Study Links

[Open this lesson on Korean Ladder](https://www.koreanladder.com/lesson.html?id=KOR-B1-VOCAB-EMO-001)

<https://www.koreanladder.com/lesson.html?id=KOR-B1-VOCAB-EMO-001>

[Watch the full video on YouTube](https://www.youtube.com/watch?v=SK4cG5jsWvc)

<https://www.youtube.com/watch?v=SK4cG5jsWvc>

[Visit Korean Ladder for all free lessons](https://www.koreanladder.com)

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Core Idea

Quick question — when something hurts your feelings, do you just say 싫어요? There's a much better word.

Honestly, yeah — I use 싫어요 for everything, from bad coffee to a bad day.

오늘의 세 단어예요. Today's three words: 속상하다, 답답하다, 뿌듯하다.

먼저 속상하다예요. 속상하다 means upset or hurt — when your heart aches, often because of a person.

Conversation Snapshot

Speaker	Korean	Meaning
Hana	시험 잘 봤어요? 표정이 안 좋아요. —	Did the exam go well? You look down.
Junho	준비를 많이 했는데 실수해서 속상해요. —	I prepared a lot but made mistakes, so I'm upset.
Hana	그래도 끝까지 했잖아요. 저는 그게 뿌듯해요. —	Still, you finished. I'm proud of that.



Speaker	Korean	Meaning
Junho	고마워요. 마음이 좀 풀려요. —	Thanks. I feel a bit better.

Vocabulary & Useful Expressions

Word	Meaning	Example
속상하다 · 답답하다 · 뿌듯하다 soksanghada · dapdaphada · ppudeut-hada	upset · frustrated · proud-satisfied	오늘의 세 단어예요. Today's three words: 속상하다, 답답하다, 뿌듯하다.
속상하다 soksanghada	to be upset / hurt	먼저 속상하다예요. 속상하다 means upset or hurt — when your heart aches, often because of a person.
정말 속상해요 jeongmal soksanghaeyo	I'm really upset.	핵심만 볼게요. 정말 속상해요 — I'm really upset.
속상하다 = 마음이 아파요 soksanghada = maeumi apayo	hurt-heart upset, often from people	속상하다는 특히 사람 때문에 마음이 아플 때 자주 써요. We use 속상하다 especially when a person hurts our heart.
답답하다 dapdaphada	to feel frustrated / stifled	이제 답답하다예요. 답답하다 — frustrated or stifled, like you can't get through.
말이 안 통해서 답답해요 mari an tonghaeseo dapdaphaeyo	It doesn't get through, so it's frustrating.	한 조각씩 볼게요. Let's see it piece by piece.
답답하다 = 상황이 막혀요 dapdaphada = sanghwangi makhyeoyo	stifled by a blocked situation	답답하다는 상황 때문에 막혔을 때 써요. We use 답답하다 when a situation blocks us.
뿌듯하다 ppudeut-hada	to feel proud / fulfilled	마지막은 뿌듯하다예요. 뿌듯하다 — that warm, proud feeling after you work hard.



Grammar / Structure Notes

속상하다 · 답답하다 · 뿌듯하다

속상하다 · 답답하다 · 뿌듯하다 — upset · frustrated · proud-satisfied

Mid-level feelings Koreans really use.

속상하다

속상하다 — to be upset / hurt

heart-ache, often caused by someone

친구가 약속을 잊어서 속상해요.

친구가 약속을 잊어서 속상해요. — My friend forgot our plans, so I'm upset.

예문이에요. 친구가 약속을 잊어서 속상해요. My friend forgot our plans, so I'm upset.

정말 속상해요

정말 + 속상해요 — I'm really upset.

핵심만 볼게요. 정말 속상해요 — I'm really upset.

속상하다 = 마음이 아파요

속상하다 = 마음이 아파요 — hurt-heart upset, often from people

속상하다는 특히 사람 때문에 마음이 아플 때 자주 써요. We use 속상하다 especially when a person hurts our heart.

Pronunciation Loop

Phrase	How to practice
뿌듯하다	ppudeut-hada
뿌듯해요	ppudeuthaeyo
따라 해봐요	ttara haebwayo
속상해요	soksanghaeyo
속상해요 · 답답해요 · 뿌듯해요	soksanghaeyo · dapgaphaeyo · ppudeuthaeyo

Self-Check

- 1 Say 속상하다 / 답답하다 / 뿌듯하다 three times: slow, natural, then inside a short sentence.
- 2 Write one original sentence that was not in the video.
- 3 Rewatch the YouTube lesson and pause when the same pattern appears.



Related / Subsequent Studies

Lesson	Why study it next	Link
억울하다 / 서운하다 / 벅차다 Nuanced Emotional Expression	C1 Vocabulary: compare 억울하다 / 서운하다 / 벅차다 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-C1-VOCAB-EMO-001
공항 / 기차역 / 표 Getting Around While Traveling	B1 Vocabulary: compare 공항 / 기차역 / 표 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-B1-VOCAB-TRV-001
머리 / 배 / 목이 아파요 Body Parts and Saying Where It Hurts	B1 Vocabulary: compare 머리 / 배 / 목이 아파요 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-B1-VOCAB-BOD-001
Counting in Korean Native vs Sino Numbers	A1 Vocabulary: compare Counting in Korean with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-A1-VOCAB-NUM-001

My Notes

Free Korean lessons, one rung at a time. This PDF, the website, and the video lessons are free for personal study.