



Korean Ladder Study Note

짜증나다 / 설레다 / 후련하다 / 아쉽다

Mid-Level Emotion Words

Level	Topic	Focus
B2 · Upper-Intermediate TOPIK 4	Vocabulary Feelings	짜증나다 / 설레다 / 후련하다 / 아쉽다 Mid-Level Emotion Words

Study Links

Open this lesson on Korean Ladder

<https://www.koreanladder.com/lesson.html?id=KOR-B2-VOCAB-EMO-001>

Watch the full video on YouTube

<https://www.youtube.com/watch?v=Cb4yOd53dYU>

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

<https://www.koreanladder.com>

Core Idea

Here's my problem. I know 행복하다 and 슬프다, but real life has a lot more than happy and sad, right?

맞아요. 오늘은 그 중간 감정을 잡아 줄 단어 네 개예요. 짜증나다, 설레다, 후련하다, 아쉽다. These four help you sound much more natural.

핵심은 감정의 이름보다 상황이에요. What happened first tells you which word sounds natural.

먼저 짜증나다. 화나다보다 약하고, 작은 일이 계속 신경을 건드릴 때 써요. In English, it means annoyed or irritated, not full-on angry.

Conversation Snapshot

Speaker	Korean	Meaning
Hana	아침에 버스를 놓쳐서 진짜 짜증났어요. —	I missed the bus this morning, so I was really annoyed.



Speaker	Korean	Meaning
Junho	그래도 이따 콘서트 가잖아요. 설레지 않아요? —	But you are going to the concert later. Aren't you excited?
Hana	맞아요. 일도 끝나서 후련하고, 지금은 좀 설레요. —	Right. Work is done, so I feel relieved, and now I am a little excited.
Junho	표가 한 장뿐이라 같이 못 가서 아쉬워요. —	There is only one ticket, so it is a shame we cannot go together.

Vocabulary & Useful Expressions

Word	Meaning	Example
짜증나다 · 설레다 · 후련하다 · 아쉽다 jjajeungnada · seolleda · huryeonhada · aswipda	to be annoyed · to feel fluttery-excited · to feel relieved · to feel wistfully regretful	맞아요. 오늘은 그 중간 감정을 잡아 줄 단어 네 개예요. 짜증나다, 설레다, 후련하다, 아쉽다. These four help you sound much more natural.
상황이 감정 단어를 정해요 sanghwangi gamjeong daneoreul jeonghaeyo	The situation chooses the emotion word.	핵심은 감정의 이름보다 상황이에요. What happened first tells you which word sounds natural.
짜증나다 jjajeungnada	to be annoyed / irritated	먼저 짜증나다. 화나다보다 약하고, 작은 일이 계속 신경을 건드릴 때 써요. In English, it means annoyed or irritated, not full-on angry.
지하철이 또 늦어서 짜증났어요 jihacheori tto neujeoseo jjajeungnasseoyo	The subway was late again, so I got annoyed.	예문이에요. 지하철이 또 늦어서 짜증났어요. The subway was late again, so I got annoyed.
설레다 seolleda	to feel fluttery excitement / anticipation	다음은 설레다. 좋은 일을 앞두고 마음이 두근두근할 때예요. In English, it is fluttery excitement before something good happens.
내일 여행이라서 너무 설레요 naeil yeohaengiraseo neomu seolleyo	It's the trip tomorrow, so I feel so excited.	예문이에요. 내일 여행이라서 너무 설레요. The trip is tomorrow, so I feel really excited in that fluttery way.
후련하다 huryeonhada	to feel relieved / unburdened	맞아요. 세 번째는 후련하다. 답답했던 마음의 짐이 사라져서 속이 시원할 때 써요. In English, it means relieved after a burden lifts.



Word	Meaning	Example
시험이 끝나서 정말 후련해요 siheomi kkeutnaseo jeongmal huryeonhaeyo	The exam ended, so I feel truly relieved.	예문이에요. 시험이 끝나서 정말 후련해요. The exam is over, so I feel truly relieved.



Grammar / Structure Notes

짜증나다 · 설레다 · 후련하다 · 아쉽다

짜증나다 · 설레다 · 후련하다 · 아쉽다 — to be annoyed · to feel fluttery-excited · to feel relieved · to feel wistfully regretful

Four feelings, four different triggers.

상황이 감정 단어를 정해요

상황이 감정 단어를 정해요 — The situation chooses the emotion word.

Listen for the trigger before choosing the word.

짜증나다

짜증나다 — to be annoyed / irritated

Small frustrations piling up.

지하철이 또 늦어서 짜증났어요

지하철이 + 또 + 늦어서 + 짜증났어요 — The subway was late again, so I got annoyed.

예문이에요. 지하철이 또 늦어서 짜증났어요. The subway was late again, so I got annoyed.

설레다

설레다 — to feel fluttery excitement / anticipation

The butterflies before something good.

Pronunciation Loop

Phrase	How to practice
지하철이 또 늦어서 짜증났어요	jihacheori tto neujeoseo jjajeungnasseoyo
짜증났어요	jjajeungnasseoyo
짜증	jjajeung
내일 여행이라서 너무 설레요	naeil yeohaengiraseo neomu seolleyo
설레요	seolleyo

Self-Check

- 1 Say 짜증나다 / 설레다 / 후련하다 / 아쉽다 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
속상하다 / 답답하다 / 뿌듯하다 Saying How You Really Feel	B1 Vocabulary: compare 속상하다 / 답답하다 / 뿌듯하다 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-B1-VOCAB-EMO-001
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
좋아요 / 싫어요 / 무서워요 Your First Korean Feeling Words	A1 Vocabulary: compare 좋아요 / 싫어요 / 무서워요 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-A1-VOCAB-EMO-001
미세먼지 / 장마 / 폭염 / 황사 Weather and Environment News	B2 Vocabulary: compare 미세먼지 / 장마 / 폭염 / 황사 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-B2-VOCAB-NAT-001

My Notes

Your ladder to fluent Korean. This PDF, the website, and the video lessons are free for personal study.