

# איך אתם מרגישים היום?

## HOW ARE YOU FEELING TODAY?

EICH ATEM MARGISHIM HAYOM?  
—A CHEAT SHEET



### EXHAUSTED

**MUTASH**  
**MUTESHET**  
**MUTASHIM**  
**MUTASHOT**

**מָתוּשׁ**  
**מוֹתָעֵשֶׁת**  
**מוֹתָעִים**  
**מוֹתָעִות**

*M, singular  
F, singular  
M, plural  
F, plural*



### EXCITED

**NIRGASH**  
**NIRGESHET**  
**NIRGASHIM**  
**NIRGASHOT**

**נְרַגְשׁ**  
**נְרַגְשֶׁת**  
**נְרַגְשִׁים**  
**נְרַגְשּׁוֹת**

*M, singular  
F, singular  
M, plural  
F, plural*



### ANGRY

**KO'ES**  
**KO'ESET**  
**KO'ASIM**  
**KO'ASOT**

**כּוֹעֵס**  
**כּוֹעֵסֶת**  
**כּוֹעֵסִים**  
**כּוֹעֵסּוֹת**

*M, singular  
F, singular  
M, plural  
F, plural*



### COOL

**SABABAH\***  
**SABABAH**  
**SABABAH**  
**SABABAH**

**סְבָבָה**  
**סְבָבָה**  
**סְבָבָה**  
**סְבָבָה**

*M, singular  
F, singular  
M, plural  
F, plural*

\*The word remains the same in each conjugation



### SURPRISED

**MUFTA**  
**MUFTA'AT**  
**MUFTA'IM**  
**MUFTA'OT**

**מוֹפְתָעַ**  
**מוֹפְתָעָת**  
**מוֹפְתָעִים**  
**מוֹפְתָעִות**

*M, singular  
F, singular  
M, plural  
F, plural*



### MELLOW

**RAGU'AH**  
**REGUAH**  
**REGUIM**  
**REGUOT**

**רְגֻעָה**  
**רְגֻעָה**  
**רְגֻעִים**  
**רְגֻעּוֹת**

*M, singular  
F, singular  
M, plural  
F, plural*



### LOVESTRUCK

**ME'OHAV**  
**ME'OHEVET**  
**ME'OHAVIM**  
**ME'OHAVOT**

**מָאוּחֵב**  
**מָאוּחֵבת**  
**מָאוּחֵבים**  
**מָאוּחֵבות**

*M, singular  
F, singular  
M, plural  
F, plural*



### EMBARRASSED

**NAVOCH**  
**NEVOCHAH**  
**NEVOCHIM**  
**NEVOCHOT**

**נוּבָה**  
**נוּבָה**  
**נוּבִים**  
**נוּבּוֹת**

*M, singular  
F, singular  
M, plural  
F, plural*



### HAPPY

**SAMEI'ACH**  
**SMEICHA**  
**S'MEICHIM**  
**S'MEICHOT**

**שְׂמִיחָה**  
**שְׂמִיחָה**  
**שְׂמִיחִים**  
**שְׂמִיחּוֹת**

*M, singular  
F, singular  
M, plural  
F, plural*



### CLEVER

**PIKEI'ACH**  
**PIKACHAT**  
**PIK'CHIM**  
**PIK'CHOT**

**פְּקַחַם**  
**פְּקַחַת**  
**פְּקַחִים**  
**פְּקַחּוֹת**

*M, singular  
F, singular  
M, plural  
F, plural*



### SAD

**ATZUV**  
**ATZUVAH**  
**ATZUVIM**  
**ATZUVOT**

**עֲזֹוב**  
**עֲזֹובָה**  
**עֲזֹובִים**  
**עֲזֹובּוֹת**

*M, singular  
F, singular  
M, plural  
F, plural*



### SLEEPY

**AYEF**  
**AYEFAH**  
**AYEFIM**  
**AYEFOT**

**עִיֵּף**  
**עִיֵּפה**  
**עִיֵּפים**  
**עִיֵּפות**

*M, singular  
F, singular  
M, plural  
F, plural*



### HUNGRY

**RA'EV**  
**RE'EVAH**  
**RE'EVIM**  
**RE'EVOT**

**רָעֵב**  
**רָעֵבָה**  
**רָעֵבִים**  
**רָעֵבּוֹת**

*M, singular  
F, singular  
M, plural  
F, plural*



### OKAY

**B'SEDER\***  
**B'SEDER**  
**B'SEDER**  
**B'SEDER**

**בְּסֶדֶר**  
**בְּסֶדֶר**  
**בְּסֶדֶר**  
**בְּסֶדֶר**

*M, singular  
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F, plural*

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### HOPEFUL

**MALEH TIKVAH**  
**MELE'AT TIKVAH**  
**MELE'EI TIKVAH**  
**MELE'OT TIKVAH**

**מָלֵא תִּקְוָה**  
**מָלֵאת תִּקְוָה**  
**מָלֵאי תִּקְוָה**  
**מָלֵאות תִּקְוָה**

*M, singular  
F, singular  
M, plural  
F, plural*



### MISCHIEVOUS

**SHOVAV**  
**SHOVEIVAH**  
**SHOVAVIM**  
**SHOVAVOT**

**שׁׁוּבָב**  
**שׁׁוּבָבָה**  
**שׁׁוּבָבִים**  
**שׁׁוּבָבּוֹת**

*M, singular  
F, singular  
M, plural  
F, plural*