Rules:

1

Use Soy for Identity

Example: Soy hombre (I am a man). Use it for who you are permanently.

2

Use Estoy for Feelings & States

Example: Estoy feliz (I am happy) or Estoy cansado (I am tired).

3

Use Tengo for Physical Need

Example: Tengo hambre (I am hungry). In Spanish, you literally say "I have hunger

4

The Golden Rule

Never say "Estoy hombre" or "Estoy hambre". They are grammatically incorrect

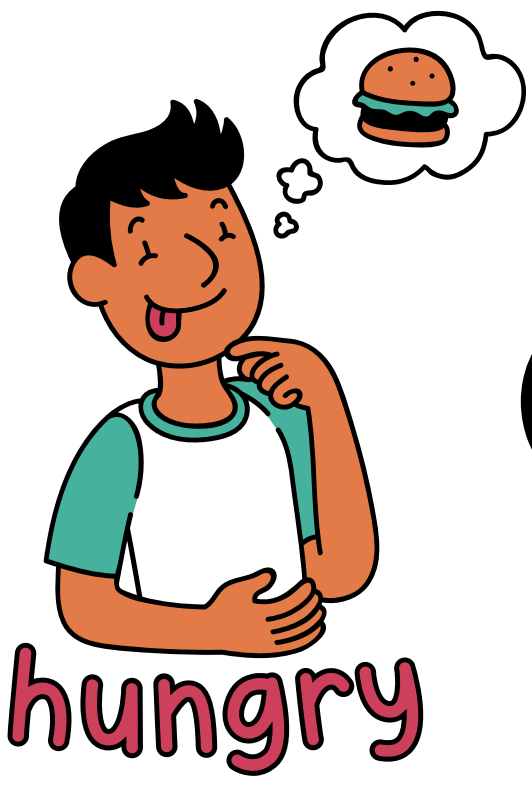
By LingoMantra

The Absolute Basics



Soy hombre

(Meaning: I am a man)



Tengo hambre

(Meaning: I am hungry)



Estoy cansado

(Meaning: I am tired)

By LingoMantra

Example/More Phrases



Tengo sed
(Meaning: I am thirsty / I have thirst)



Estoy feliz
(Meaning: I am happy)



Tengo frío
(Meaning: I am cold)

By LingoMantra