**THE ART OF SHOWING EMOTIONS**

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Much of our perspective is colored by our emotions. You need to convey not just what happens (**the action**), but also how this affects your characters and how they feel about the events (**the reaction**). Why? Because that is what your reader is going to connect with. Without the emotion, it’s easy for the reader to put down the book.

**THE STARTING POINT**

The showing vrs the telling of emotions:

Review an emotions wheel:

Emotions range in intensity – how does that impact your writing. Look at Anger, Fear, Love, Sadness and Joy. For example:

 

**HOW TO WRITE WITH EMOTION**

**BODY LANGUAGE, FACIAL EXPRESSIONS, VOCALS (Examples)**

F.A.S.

**PLAYTIME**

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| **BODY LANGUAGE (Internal and External)** | **FACIAL EXPRESSIONS** | **VOCALS** |
| Tears fellVomitedWretchedTurned awaySpun roundSweat beadedCheeks flushedJumped backwardCrept on tiptoesClutched her chestTwisted her handsStomped her feetSmashed the wallLump in your throat Churning stomach Dry mouthShortness of breathClenched fistsBite their nailsRubbed her armsRubbed back of the neckSwallowed deeplyTugged earlobeBlinked rapidlyEyes flashedFlinchedPinched lipsShoulders slumpedDrumming fingersTapping a footPump fist in airChin held highHeart racedPulse acceleratedStomach clenchedBlood frozeHead explodedHeart warmedStomach flutteredChest tightenedPuffed out chest Legs trembledGoosebumpsNostrils flaredCocked his chinNibbled on one’s lipsExhaled noisilyBody flushed red | Grin broadenedWrinkled the noseSmilingLip curledSquintedMouth/jaw droppedBrows liftedPursed lipsSneeredScowledEyes bulgedSquintedRolled one’s eyesEyes shiftedFacial ticsEyes blinked rapidlyWinkedEyes widenedEyes narrowedFrownedGlaredFace droopedBared his teethBrows loweredBrows liftedLips thinnedTeeth groundPoutedPupils dilatedLost all color | WaveredSnarledSmugDisdainHostilityGaspedStammeringStutteringAt the top of her voiceBarely above a whisperBrimming with gleeBubbling with enthusiasmCould shatter glassHonked like a foghornCold with angerAs sweet as sugarUnder his breathSarcasmDisapprovalCautionPleadingMelodic IndifferenceDesperationHumorPleading SoothingLyricalShrillFeebleWhisperedStiltedTrembledRaspedSullenWhined |

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| --- | --- |
| her heart leaped into her throathis heart hammered in his chesthis heart poundedhis heart jumpedher heart lurchedshe trembled insidehe suppressed a shiverhis legs trembledsweat beaded her foreheaddread twisted in her guthis stomach clenchedher belly crampedhe felt like he might throw upice chilled his veins her body went cold raw panic was in her voiceterror thundered down on himfear caught her in its jawsshe ordered a drink to drown the paniche arranged and re-arranged the items on his deska nameless dread engulfed himfear clawed up her throatterror sealed her throathis throat tightenedcolor drained from her facehis face turned as white as her bleached t-shirt she blancheddread gnawed at his insides | the words were trapped in her throat her voice was numb his voice was shrill her defiant words bounced off the wallsher body felt numbhis blood froze in his veinsadrenaline pumped through his bodyadrenaline crashed through herfear pulsed through himher scalp prickledthe hairs on the back of her neck stood uphis mouth went dryhis bones turned to jellyher bones turned to waterhe didn’t dare to movethe scream lodged in her throat his mouth was open in a silent screamshe coweredshe flincheda bolt of panic hit herhis eyes went wild he lay awake, his mind racing his eyes widened with alarmfear trickled down her spinepanic seized his brainshe felt a flash of terrora chill washed over her skin |