



34

Scared, frightened, timid

SECTION 1 - EMOTIONS

WORDS

Nouns	Fear, dread, panic, terror, horror, turmoil
	Thoughts, instinct
	Heart, chest, pulse, blood
	Head, brain, temples, forehead
	Breath, throat, windpipe, cheeks, tongue, bile
Adjectives	Stomach, gut, cramps
	Skin, hair, shivers, tingle, prickle
	Numb, sick, nervous, uneasy
	Dry, tight, thick, heavy
	Long, deep, short, shallow
Verbs	Unsteady, shuddering, rasping
	Quick, fast, painful
	Cold, tingling
	Hot, sweaty
	Felt, thought, urged, warned, paralysed
	Rose, grew, swept, surged, seized
	Bubbled, gripped, clutched, choked, strangled
	Breathed, blew, hissed, sucked, gulped, gasped, tasted
	Beat, leapt, raced, banged, throbbed, pounded, hammered, quickened
	Crept, crawled, prickled, scuttled
	Ran, tore, pumped, drenched
	Dropped, fluttered, squeezed, tightened, gripped, stabbed

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PHRASES - NOUNS AND ADJECTIVES

- Sick with fear
- Throat was dry and tight
- Tongue felt thick and heavy in his mouth
- Fear was like a bitter bile at the back of his throat
- Cold sweat
- Prickle of fear in the bottom of his spine
- Like an electric shock
- Like a lead ball in his stomach

PHRASES - VERBS

- Numb and paralysed by fear
- Dread swept through him like a tidal wave
- Fear settled on him like a dark fog
- Struck dead with terror
- Terror surged through her
- Fear seized him in its jaws
- Thought of the consequences urged him on
- Instincts screamed at him to ...
- Every nerve in his body warned him not to ...
- Could taste the fear in the back of his throat
- Gulp air
- Let out a gasp
- Blew out her cheeks to stop herself howling
- Took long, shuddering breaths
- Panic rose in his chest
- Panic bubbled in her throat
- Fear choked him with its murderous hands
- Snaked round his windpipe
- Heart pounded
- Pulse raced
- Missed a beat
- Banged against his ribs
- Heart abandoned his chest to pound in his throat
- Squeezed her heart like a vice
- Blood pounded in her temples
- Drenched in sweat
- Cold sweat poured down his forehead
- Skin crawled
- Hairs prickled on the back of his neck
- Shivers tore down her spine and racked her body
- Like a hundred spiders were scuttling down her back



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- Stomach dropped
- Like a moth fluttering inside her stomach
- Doubled over with cramps
- Gripped with anxiety
- Like a volcano erupting inside her

SENTENCES

Every nerve in his body warned him not to go any further.
 All his instincts screamed at him to slip away before he was spotted.
 He was sick with fear, but the thought of the consequences urged him on.
 Her throat was dry, her tongue thick and heavy in her mouth.
 Fear choked him with its murderous hands. It gripped at his throat and strangled his breath into short, shallow gasps.
 She was struck dead with terror. Her heart was beating painfully fast and banging against her ribs.
 Her heart missed a beat, squeezed like a vice by the shock.
 As the blood pounded in her temples, her brain quickened and all her senses were alert.
 Blowing out her cheeks, she drew a long, shuddering breath and tried to dampen the sense of impending doom.
 He felt uneasy. The hairs on the back of his neck prickled with dread and he was drenched in sweat.
 Fear settled on her like a dark fog, bringing a chill that crept over her and that no amount of heat could drive away.
 The fear was like an electric shock, pumping shivering waves tearing through his body and making his hair stand on end.
 He doubled over with cramps. It was as if a lead ball had been dropped in his stomach and was blocking his gut.
 Her stomach was gripped with anxiety, like a volcano erupting inside her.
 Something was making her feel very uneasy. It was gnawing at her stomach and fluttering as if she had swallowed a butterfly.

SECTION 2 - EXPRESSIONS

WORDS

Nouns	Worry, anxiety, terror, horror
	Look, expression, glance, gaze, stare
	Mouth, teeth, jaw
Adjectives	Alert, sharp, urgent
	Edgy, nervous, troubled, pinched
	Startled, horrified, haggard, contorted
	Pale, bloodless, ashen, expressionless

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Verbs	Wore, showed, drained
	Froze, dropped, trembled
	Bared, clenched, chattered, gnashed

PHRASES - NOUNS AND ADJECTIVES

- Troubled look
- Look of sheer terror
- Startled look
- Face was drawn with worry
- Pinched with terror
- Sharp with anxiety
- Urgent and anxious
- Face was expressionless
- Expression was haggard and drawn

PHRASES - VERBS

- Froze in horror
- Drained of all colour
- Wore a startled expression
- Smile dropped from her face like a theatrical mask
- Cold sweat poured down his face
- Bit her lip
- Lips moved silently in prayer
- Mouth twisted in a scream
- Clenched his jaw
- Jaw dropped open with horror
- Teeth gnashed against each other
- Bared teeth in an edgy grin
- Teeth were chattering like castanets

SENTENCES

Her eyes swept over the scene in front of her and her face froze in horror.
 She was rooted to the spot, hands trembling and her face ashen and drenched in sweat.
 Her face was expressionless, but inwardly she was fighting to remain calm.
 The smile dropped from her face like a theatrical mask, to be replaced by a look of sheer terror.
 As she listened to the news, a troubled expression settled on her face.
 Her face was drawn and anxious, as she paced backwards and forwards across the room.
 Her mouth was twisted in a scream that never came.
 The smile suddenly fell from her face and her jaw dropped open.

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She bit her lip to stop her teeth chattering like castanets.
Clasping her hands in her lap, she moved her lips silently in prayer.
He turned his head sharply, raised an eyebrow and bared his teeth in an edgy grin.

SECTION 3 – EYES

WORDS

Nouns	Gaze, stare, glance, trance, twitch, tic
Adjectives	Round, wide, staring, gaping, unblinking Wary, wild, horror-struck
Verbs	Blinked, stared, strained Swept, darted, snapped, flicked, flickered

PHRASES – NOUNS AND ADJECTIVES

- * Wide eyes
- * Round with terror
- * Alert and strained
- * As if in a trance
- * Staring and horror-struck
- * Nervous tic

PHRASES – VERBS

- * Widened in horror
- * Snapped open in panic
- * Narrowed eyes
- * Nervous tic flickered beneath her eyes
- * Blinked rapidly
- * Stared unblinking, horror-struck
- * Stared off into the shadows
- * Kept eyes fixed to the floor
- * Strained to pierce the darkness
- * Threw out darting little glances
- * Flicked from one to the other
- * Darted backwards and forwards
- * Swept over the scene in front of him

SENTENCES

His eyes snapped open in panic and he froze to the spot.
He shifted uncomfortably and flicked his eyes from one to the other.
She was horror-struck. She stared unblinking, as if in a trance, and frozen to the spot.

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His wide eyes strained to pierce the darkness, darting wildly from side to side.
Drenched in sweat and heart pounding, Kitty kept her narrowed eyes fixed to the floor, unable to meet his cold, unblinking stare.
Eyes round with terror, Robert let out a moan of despair and drew in a deep, shuddering breath.

SECTION 4 – VOICE

WORDS

Nouns	Tone, whisper, gasp, moan Wail, yell, howl, scream, shriek
Adjectives	Silent, numb Wild, urgent, savage, deathly Shrill, high-pitched, harsh, strangled, piercing, quivering
Verbs	Spoke, whispered, mumbled, murmured, muttered Gasped, panted, croaked, spluttered Bleated, whined, pleaded, simpered, whimpered Lowered, rushed, faltered, strained
Adverbs	Tensely, anxiously, hurriedly, desperately, despairingly Weakly, meekly

PHRASES – NOUNS AND ADJECTIVES

- * Strangled whisper
- * Deathly moan
- * Moan of despair
- * Thin, high-pitched howl
- * High, piercing scream
- * Piercing yell
- * Wild, ragged wail
- * Howl like a wounded dog
- * Voice was urgent and shrill
- * Shrill and harsh like the shriek of a seagull
- * Tone was numb with horror
- * Faltering tone
- * Full of violence and despair
- * Words were a jumbled stream, one rushing into the next

PHRASES – VERBS

- * Lowered his voice
- * Shrank into silence
- * Voice froze in her throat



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- * Opened her mouth wide in a silent scream
- * Spoke in a rush
- * Pleaded desperately
- * Words came in gasps

SENTENCES

His voice dropped to an urgent whisper.

Her high-pitched scream echoed through the house.

Her voice shook and her words came in gasps.

He let out a long, quivering sigh and shrank into silence.

She spoke in a rush, the words tumbling over each other in a jumbled stream, one rushing into the next.

She flung her head back and screamed – a savage, desperate yell like a wounded dog.

He started to shout. His voice, shrill and harsh like the shriek of a seagull, was full of violence and despair.

SECTION 5 – HANDS

WORDS

Nouns	Pain, agony, surrender
	Knees, hand, fist, palms, fingers, thumb, knuckles, nails
	Chest, head, face, eyes, cheeks, mouth, lips
	Skin, hair
Adjectives	White, pale, tense
Verbs	Bent, leant, curled, drew, hugged
	Covered, buried
	Squeezed, pinched, rubbed, pressed, gripped, clutched, crushed

PHRASES – VERBS

- * Curled hand into a fist
- * Gripped knuckles until they turned white
- * Drew knees up and hugged them to his chest
- * Buried his head in his hands
- * Pressed fingers into his eyes
- * Rubbed eyes trying to get rid of the image
- * Put his finger to his lips for her to be quiet
- * Covered his mouth and whispered through his fingers
- * Rammed fingers into her ears to block out the screams
- * Ran hand through his hair, tugging it into wild tufts

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- * Clutched hand to her mouth
- * Beckoned him forward with a tense jerk of her fingers
- * Raised her shaking hands in the air in an act of surrender

SENTENCES

He clutched his hand to his mouth to stop himself from screaming out.

He shuddered and rubbed his eyes, trying to clear the image of what he had just seen.

He lowered his voice, leant forward in his chair and looked around cautiously before he spoke.

He raised his shaking hands in the air, palms upwards, in an act of surrender.

She screwed her eyes shut tight and rammed her fingers into her ears to block out the screams.

SECTION 5 – BODY

WORDS

Nouns	Statue, corpse
	Legs, feet, knees, hands
Adjectives	Still, frozen, rigid, corpse-like, motionless
	Low, flat, snake-like
	Slow, cautious, tentative
	Fast, frantic, feverish, jerky
	Upright, backwards, forwards
Verbs	Froze, paralysed, stiffened
	Stopped, halted, faltered
	Skidded, slithered
	Sat, crouched, squatted, huddled, flattened
	Moved, walked, tiptoed, treaded, sneaked
	Crept, crawled, groped, edged, clawed, squirmed, crabbed
	Approached, advanced
	Ran, sprinted, darted, bolted, hurtled
	Crashed, dodged, leaped, jerked
	Scrambled, scurried, scuttled
	Struggled, fought, wrenched, staggered, stumbled, clambered, floundered, flailed
	Slowly, lightly, quickly, swiftly
	Shakily, cautiously
	Wildly, blindly, helplessly, desperately, relentlessly
Adverbs	

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PHRASES - VERBS

- ✧ Fear turned her to stone
- ✧ Stood rooted to the spot
- ✧ Stood utterly still like a living statue
- ✧ Sat corpse-like
- ✧ Body stiffened and she froze to the spot
- ✧ Hung back, paralysed with terror
- ✧ Shuddered and went rigid
- ✧ Huddled in the darkness
- ✧ Squatted like a frozen toad
- ✧ Crouched down, afraid to move
- ✧ Flattened himself against the wall
- ✧ Slithered to a halt
- ✧ Skidded to a halt
- ✧ Rose on his toes
- ✧ Rose shakily to his feet
- ✧ Edged forward
- ✧ Groped his way forward
- ✧ Kept low to the ground
- ✧ Crawled over the ground flat on her belly
- ✧ Moved forward cautiously
- ✧ Took one small, tentative step
- ✧ Treaded lightly
- ✧ Sneaked along the passage
- ✧ Walked slowly back and forth
- ✧ Clawed his way up
- ✧ Crabbed slowly along the edge
- ✧ Squirmed his way between ...
- ✧ Approached cautiously ...
- ✧ Advanced slowly ...
- ✧ Tiptoed along ...
- ✧ Ran wildly
- ✧ Bolted out of the room
- ✧ Sprinted down the corridor
- ✧ Moved at a feverish pace
- ✧ Moved with frantic, jerky movements
- ✧ Hurtled full pelt
- ✧ Scurried like a spider
- ✧ Scuttled in a low crouch
- ✧ Scrambled away on hands and knees
- ✧ Jerked upright
- ✧ Leaped to his feet

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- ✧ Crashed to the floor
- ✧ Struggled like a fish in a net
- ✧ Wrenched himself free
- ✧ Floundered around in the dark
- ✧ Clambered up the bank
- ✧ Darted and dodged
- ✧ Fought his way through ...

SENTENCES

- She sat corpse-like – frozen and motionless.
- She moved as delicately as a wild creature stalking its prey.
- He padded noiselessly up the stairs in his bare feet.
- He crabbed slowly along the ledge and felt the way with his feet.
- It was as if time had stopped. He stood perfectly still, frozen to the floor, paralysed by fear.
- He lingered in the shadows, motionless – alert and ready to move quickly.
- He slithered to a halt and stood with his hands on his hips, head bowed, gasping for breath.
- He huddled in the darkness, listening for any sound that might guide him.
- She curled herself into a ball, shivering violently, and covered her head with her hands.
- He crawled over the ground, keeping low, hardly daring to raise his head.
- He moved slowly. Treading lightly, he checked the area around him, searching for any movement.
- Flat on her belly, she slithered snake-like out of the room.
- Her steps quickened until her feet appeared to be flying.
- She scrambled up the bank, chest heaving and gasping for breath.
- He ran like a scuttling lizard, with his legs flailing sideways and forwards.
- Robert bent over and ran with his bottom in the air, scuttling like a rabbit in a warren.
- She stumbled and flung her hand out in front of her – groping for something to stop her falling.
- They maintained a feverish pace and surged forward relentlessly.
- He started to run, faster and faster, his head down, his arms pumping and his legs a blur of movement.
- He darted and dodged through the trees. Blundering and slipping, he fought his way through the undergrowth.