

Show, Don't Tell: Body Language Cues

Let actions reveal the feeling

NERVOUS

fidged · chewed a lip
· palms went damp ·
wrung their hands ·
checked the time

ANGRY

clenched fists · jaw
tightened · stomped
off · face flushed ·
slammed the door

SAD

eyes stung · shoulders
slumped · voice
cracked · stared at the
floor

EXCITED

bounced on their toes ·
grin stretched wide ·
heart raced · talked
fast

AFRAID

froze · neck hairs
prickled · breath
caught · knees shook ·
backed away

PROUD

stood tall · chest
swelled · beamed · chin
lifted

Tip: Instead of "She was nervous", write what a nervous person does: "She chewed her lip and checked the clock again."