

How to Show Your Characters' Feelings

Internal details are a character's thoughts and feelings. Whether you're writing fiction or nonfiction, the characters and people in your story will have thoughts and feelings. Sometimes you can just write *Cherise was angry*, or *Andrew said, "That makes me so happy!"* or *I thought how ridiculous it all was*.

But other times you want to show what someone is thinking or feeling in less obvious or more interesting ways. For example, an angry character clenches his fists, an excited friend bounces in her seat, or you might feel a tightness in your stomach when you're nervous.



For each emotion, list one or two ways you could write about it other than simply stating it. This could be how someone feels it in their body or how they act. There are some easy answers (crying if you're sad, laughing if you're happy), but try to be more creative than that. Think about how you feel or what you do when you experience these emotions.

Joy _____

Anger _____

Disappointment _____

Relief _____

Love _____

Fear _____

Surprise _____

Grief _____
