

ULTIMATE CREATIVE WRITING PHRASEBOOK VOL 1



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LIVEWORKSHEETS

Set 13 - Feelings (Worry)

| No | word/phrase | meaning |
|----|--------------|--|
| 1 | Worry | <p>Her lipstick was smeared. Her eyes were bloodshot. I saw dried tear tracks on her pale cheeks.</p> <p>The panic was evident in her voice</p> <p>My thoughts were spinning out of control</p> <p>My stomach was in knots and I could barely catch my breath</p> <p>The worry felt like a storm cloud hovering over my head, casting a shadow over everything else in my life.</p> <p>My mind was stuck in a loop of anxious thoughts</p> <p>I felt tensed and nervous. I could not focus on anything else.</p> <p>My head started racing and sweat was pouring out of my head</p> <p>I felt like I was going to throw up</p> <p>I felt like I was going to get a panic attack</p> <p>Every little sound felt like it was multiplying tenfold. I could not sit still. Anxiety was eating me up!</p> <p>I was picking at my skin more than usual that day. That's because I was feeling more anxious than usual.</p> |



Set 13 - Feelings (Worry) Exercise

| No | word/phrase | meaning |
|----|-------------|---|
| 1 | Worry | <p>Her lipstick was <input type="text"/>. Her eyes were <input type="text"/> I saw dried tear <input type="text"/> on her pale cheeks.</p> <p>The panic was <input type="text"/> in her voice</p> <p>My thoughts were <input type="text"/> out of control</p> <p>My stomach was <input type="text"/> and I could barely <input type="text"/> my breath</p> <p>The worry felt like a storm cloud <input type="text"/> over my head, casting a shadow over everything else in my life.</p> <p>My mind was stuck in a <input type="text"/> of anxious thoughts</p> <p>I felt tense and nervous. I could not <input type="text"/> on anything else.</p> <p>My head started <input type="text"/> and sweat was <input type="text"/> out of my head</p> <p>I felt like I was going to <input type="text"/> up</p> <p>I felt like I was going to get a panic <input type="text"/></p> <p>Every little sound felt like it was <input type="text"/> tenfold. I could not sit still. Anxiety was <input type="text"/> me up!</p> <p>I was <input type="text"/> at my skin more than usual that day. That's because I was feeling more anxious than usual.</p> |

Set 14 - Feelings (Disappointment)

| No | word/phrase | meaning |
|----|-----------------------|--|
| 1 | Disappointment | <p>I let out a hoarse wail and sank to my knees on the floor.</p> <p>My three friends huddled around me. Walker tried to pull me to my feet. But my head was spinning. I didn't want to stand up.</p> <p>"They're not coming!" I finally managed to choke out. "Not coming."</p> <p>Shane and Shana shook their heads glumly, but didn't say a word. We all stayed frozen in place, stunned, too miserable to talk.</p> <p>climbed shakily to my feet.</p> <p>Her smile faded</p> <p>"Thank you," I said in a tiny voice. I couldn't hide how upset I felt. I really wanted Mother to bring me to the zoo</p> <p>Feeling weary, she collapsed onto the chair.</p> <p>He looked up with hands raised in a 'why me?' position.</p> |



Set 14 - Feelings (Disappointment) Exercise

| No | word/phrase | meaning |
|----|----------------|---|
| 1 | Disappointment | <p>I let out a [] wail and [] to my knees on the floor.</p> <p>My three friends [] around me. Walker tried to [] to my feet.</p> <p>But my head was []. I didn't want to stand up.</p> <p>"They're not coming!" I finally managed to [] out. "Not coming."</p> <p>Shane and Shana shook their heads [], but didn't say a word.</p> <p>We all stayed frozen in place, stunned, too [] to talk.</p> <p>[] climbed [] to my feet.</p> <p>Her smile []</p> <p>"Thank you," I said in a [] voice. I couldn't [] how upset I felt. I really wanted Mother to bring me to the zoo</p> <p>Feeling weary, she [] onto the chair.</p> <p>He looked up with hands [] in a 'why me?' position.</p> |



Set 15 - Feelings (Disgust)

| No | word/phrase | meaning |
|----|----------------|---|
| 1 | Disgust | <p>I was sick. I thought I was going to heave up my lunch on the grass.</p> <p>"Hey—no way!" he cried, making a sick face.</p> <p>He wrinkled his nose in disgust</p> <p>He covered his mouth with his hand and fled towards the toilet.</p> <p>She flinched unable to look at the scene in front of her.</p> <p>He had to walk away to regain composure to brace himself to look at the disgusting sight.</p> <p>She gagged for a moment.</p> <p>Her face was pallid green.</p> <p>She pinched her nose and narrowed her eyes.</p> |

Set 15 - Feelings (Disgust) Exercise

| No | word/phrase | meaning |
|----|-------------|---|
| 1 | Disgust | <p>I was sick. I thought I was going to <input type="text"/> up my lunch on the grass.</p> <p>"Hey—no way!" he cried, making a <input type="text"/> face.</p> <p>He <input type="text"/> his nose in disgust</p> <p>He <input type="text"/> his mouth with his hand and fled towards the toilet.</p> <p>She <input type="text"/> unable to look at the scene in front of her.</p> <p>He had to walk away to regain <input type="text"/> to brace himself to look at the disgusting sight.</p> <p>She <input type="text"/> for a moment.</p> <p>Her face was <input type="text"/> green.</p> <p>She <input type="text"/> her nose and narrowed her eyes.</p> |