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| Hate | Pressure | Confused | Betrayed |
| Dazed | Happy | Stunning | Chipper |
| Anger | Surprise | Mixed feelings | Claustrophobic |
| Legit | Mad | Thoughtful | Grumpy |
| Happy | Peaceful | Astounded | Trust |
| Guilty | Love | Epic | Annoyed |
| Unity | Nervous | Deprived | Frustrated |
| Tired | Ticked | Exuberance | Anguish |
| Stressed | Hopeful | Melancholy | Profound |
| Abrasive | Cherish | Awkward | Freedom |
| Childish | Joy | Hostility | Boredom |
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1. Add a color to the feeling or idea. For example, “My orange anguish simmered to a red boil and then exploded.”
2. Add a texture to the feeling or idea. For example, “Smooth sadness created a pool of longing from which I could not escape.”
3. Add flavor or taste to the feeling or idea. For example, “Boredom came over me like muddy brown water seeping from the clouds.”
4. Add a type of movement to the feeling or idea. For example, “Joy and happiness bounced around my brain.”
5. Add a sound to the feeling or idea. For example, “Guilt whispered to me.” Or My anger was like a fire siren screaming in the night.”