Emotions & Body Language

AGITATION

**Actions**
alternate feet
chest pounds
hand gesticulation
heart races
pace back and forth
snap fingers
speak rapidly
tap foot

tone of voice fluctuates

**Voice**

AMUSEMENT/HUMOR

**Facial**
bemused smile
eyes are brightly lit
eyes lit with inner glow
eyes tearing, wiping at eyes
face reddening
happy facial expression
quirked eyebrow
raised eyebrow
smile
trying to keep a straight face but failing
twinkle of mischief
wide grin

**Body Language**
avoiding eye contact to maintain control over laughter
biting down on lip, pressing lips together to keep laughter in
bumping shoulders with someone collapsing into a chair
covering mouth with hand to hide a smile/hold in laugh
cupping cheeks with hands and shaking with laughter
drumming feet against floor falling against someone for support
falling to the ground
giving someone a good natured shake or slap on the back
grabbing at ribs like you have a stitch in your side
head tilted to one side
holding onto ones sides
laughing

**ANGER**
arrogantly impassive
biting bottom lip
brow wrinkled in vexation
clenched jaw
compressed mouth/lips
crazed look
dark, smoldering look
eyebrows lowering, drawing together
eyes bulging from their sockets
eyes cold, hard, flinty
face a dark mask
face flushing with indignation
face hardening
face hot and pinched with resentment
face lit with bitter triumph
face pinched tight
face turning red, then purple
flared nostrils
glaring
grinding teeth
jaw clenching
jutted chin

knitted brow
lips curling with disgust
lips pursed with suppressed fury
looking about wildly
mouth crimps in annoyance
mouth quirks in annoyance
mouth tightens into a stubborn line
narrowed eyes
predatory expression
red face/neck/ears
rolling one’s eyes
scowling, sneering, frowning
smile doesn’t reach the eyes
smile in defiance
smile wickedly
smiling maliciously
sneer
spasm of irritation crossing one’s face
sticking out chin defiantly
stony expression
teeth gritted
unyielding jaw
veins in the neck standing out in livid ridges
winkled nose

**Body Language**
body held erect
body tense
breathing deeply, noisily
burst fists
burst into a room
chest pounds
clenching/unclenching fists
cringe at one’s touch
digging nails into palms
drumming/tapping fingers
face growing hot
feel waves of disapproval from another
feel waves of impatience from another
fists convulsing with suppressed rage
head jerks
heart hammering
hit someone or something
laughter with an edge
lunge at
muscle twitching at one’s jaw
muscles tensing
Emotions & Body Language

nails biting into one’s palms
nostrils flaring
pounding fists against thighs, table, wall
pulse/heartbeat slowing or speeding
punching, kicking
shrink from one’s touch
sitting/standing rigidly
slam fist into open hand
slamming doors, cupboards, drawers
slap smartly
squared shoulders
stalk out
stamp out
stiffen at one’s touch
stirring
stomach knotting
stomp foot
storm out
throwing things
throw up hands in disgust
vein on neck pulsing
vein throbbing at temple
wag a finger at
wave arms

Voice/Speech
bellowing ferociously
clip one’s words
edge of impatience creeping into one’s voice
grind out words between clenched teeth
guttural throat sounds
mutter peevishly under one’s breath
sarcasm
scream in exasperation
snapping at people
speak in grudging tones
speak in strangled tones
spit out the words with contempt
talk in carefully controlled tone
voice dripping with spite
voice growing frenzied
voice raising an octave
voice rising hysterically
voice shaking
voice thick with insinuation
yelling

ANNOYANCE

Facial
blank or glassy gaze
clenched jaw
faked smile
flicking eyes downward
grimace, sneer or frown
grinding teeth together
narrowing eyes
pinched expression
pressing down on lips
raised eyebrow
rolling the eyes
vein throbbing in forehead

Body Language
clutching at a glass
crossing arms
faking interest
fidgeting
fighting to stay calm
folding arms across chest
holding head in hands
making an excuse to leave
pacing

ANXIETY/TENSION/
ANTICIPATION

Facial
blink excessively
biting lip
bright-eyed
chew on one’s lip
clamp and unclamp teeth
eyes haunted by some inner anxiety
eyes take on a hunted look
face grows haggard with worry
face grows pensive
face pales
face tight, pinched
flared nostrils
force smile
furrowed brow
gnash teeth
grip
jew drop
lip twitches
no eye contact
Emotions & Body Language

rapid eye blink
smile spastically
smile too much
spasm crosses one’s face
stress line forms on brow
tick in cheek/eye/corner of mouth
wide eyes

Body Language
arms folded across lower chest/upper abdomen
babble
beads of perspiration form on forehead
bite nails
bouncing a foot to an internal beat
breathlessness
butterflies in stomach
chattering of teeth
checking and rechecking email
checking/rechecking hair, makeup in a mirror
chest pounds
chew upper or lower lip
clam up
clap and unclasp hands
clear throat excessively
clenched fists
closing eyes and sighing
closing eyes and squealing
covering face, then peeking
crack knuckles
crossing/uncrossing legs
day-dreaming
dig nails into palms
drumming feet against floor
drum fingers
fidget in one’s seat
fluttery, empty feeling in stomach
foot tapping
fussing with clothes
gulp
hair bristling
hands balled into fists
hands shake
hovering at the door or by phone
inability to sit still, fidgeting
increased breathing rate
jangle change in one’s pocket
lack of concentration

leg pumps up and down like a piston
lick dry lips
lips tremble
loss of sleep
make oneself smaller to reduce exposure to danger
obsessive clock-watching
pace
pale skin
palms grow clammy
perspire (palms/face/neck/armpits)
picking at food, too excited to eat rearranging things
repeated glances at a phone or door shift and unshift one’s feet
stomach clenches
stomach contracts like a fist
stomach contracts to a tight ball
stomach flutters
stomach knots
stomach shrivels
sudden stab of anxiety in one’s gut
swallow a lump in one’s throat
swallow dryly
sweat trickles from armpits
sweaty palms
sweeping hair back from face
swinging legs back and forth
tense lips, neck, shoulder muscles
tingling all over
toes curl in one’s shoes
trembling hands
twirl hair around one finger
twisting hands together
twist tissue in hands
waiting at a window
wave of acid wells up from belly
wet lips with tongue
wring hands

Voice
clear throat
constricted
cracking
edged with tension
grows shrill
quavering
raspy voice
rises an octave
strained
strangled

struggle to control quavering tight

APATHY
Facial
stare listlessly into space

Voice
speak in monotone
speak softly

ARROGANCE/HAUGHTY/SMUG/SUPERIOR
Facial
assume a posture of superiority
challenging look
compressed lips/mouth
direct probing eye contact
dismissing nod or glance
eyes narrow with contempt
eyes narrow with disdain
flash a superior grin
hands on hips
jut chin
lift chin
lift one eyebrow
lip raised/curled in sneer
look down nose
narrowed eyes
peer down one’s nose
puff up with self-importance
raise one’s eyebrows
superciliously
regard critically
regard snootily
regard with a lofty expression
regard with hauteur
regard with snobbish horror
roll one’s eyes
sneer
sniff haughtily
squinting and a hard smile
tilt head back
turn a cold eye on
turn one’s nose up

Body Language
crossing arms
determined walk, strut
invading another’s personal space
perfect posture
Emotions & Body Language

shoulders back
swagger
waving hand in dismissal

Voice
arrogant laugh
bragging
controlling conversations
huff
loud voice, full of bluster
sarcasm
sigh conveying annoyance
talking over people

CONFIDENCE/PRIDE

Facial
chin lifted
gleam in one’s eye
good eye contact
knowing smile
playful grin
winking

Body Language
appearing relaxed, at ease
appearing unaffected
chest out
flipping hair
flirting
giving an easy nod
giving a half shrug and a grin
looking people directly in the eye
lots of physical contact
open stance when dealing with someone
running hands through hair
sauntering
shoulders back
steering a conversation
walking with a swagger

Voice
booming laugh
bragging
light-hearted teasing
obsessively talking about an achievement or material object
offering witty commentary
speaking boisterously
speaking enthusiastically

CONFUSION

Facial
biting lip
blank look
brows drawing together
clenched jaw
eyes narrowing
frown
gaze clouding, going distant
glance darting around
lines forming between the eyebrows
lowered eyelids
mouth turned downward
pout
pursed lips
slack jaw
tongue clenched between lips
wrinkled nose

Body Language
hands in lap
hands in upward fashion
hands touching lips, mouth, face
head shaking back and forth
head tilting to the side
hug waist with arms
mind churning
mind freezing, unable to work
moving blindly, mind on other things
opening mouth but not speaking
pace
pinching the bridge of the nose, closing eyes
pursed lips while tilting head to the side
rub back of neck with one hand
rubbing chin
running hands through hair
scratch head
shoulders shrugging
slack expression
slight shake of the head
staring down at the ground
swallowing excessively
taking a deep breath and puffing
cheeks while letting it out slowly
tap cheek with finger
tapping fist against lips lightly
while thinking
tug on ear

wandering a short distance before returning
wilting posture

CONTENTMENT

Facial
eyes half closed, a lidded look of satisfaction
grinning
sparking eyes
weightless gaze

Body Language
catlike stretching
easy walk, unhurried
enjoying listening to others
eyes closed, head tipped back,
calm features
fingers loosely clasped on lap
lacing fingers behind head
leaning back, arm hooked over the back of a chair
looping thumbs in front pockets
while standing
lying on grass to soak up the sun
no big or fast movements
nodding to others in greeting
relaxed posture
rolling neck back and forth and smiling
slack muscles, loose limbs
slow easy breathing
smiling
swaying to music
taking a deep satisfied breath
unforced laugh
wide stance, open demeanor

Voice
caring tone
satisfied sigh
warm voice

CURIOSITY

Facial
expression loses tightness
furtive glances
gaze softens
lips parting slightly
raised eyebrow
Emotions & Body Language

small delighted smile
wide eyes
wondering glance or stare

**Body Language**
cocking or tilting the head
creeping closer
crossing arms and observing
drawn to excited voices, crowds,
bright colors, places, or things
edging closer
forgetting what you were saying
moving toward something to
witness it
prying or snooping
pulling on someone’s sleeve to get
them to follow you or join you
pushing glasses up and tilting body
toward what you’re curious about
rapt attention
shuffling closer
slow nod
smelling for the sake of knowing
what something feels like
sneaking up to observe
stillness
stopping to look at something
straining to hear
touching to feel the texture
trying to puzzle out a sound

**Voice**
softened voice or tone

**DEFEATED/DESPAIR**

**Facial**
dead eyes
eyes blank, devoid of hope
eyes redden
failing to make eye contact
heavy expression
looking down at floor
mouth sags into a frown
staring down at hands in lap

**Body Language**
breathing slows
dishheartened shrug
dissolving into tears
dull pain in chest
fisted hands open, losing their
tension
holding head in hands
lack of energy
limp muscles
shoulders bowed
slow shake of head
slumped/hunched shoulders
slumping forward
vacant expression

**DEFEASIVE**

**Facial**
cheeks sucked in
eye rolling
flinching
going wide-eyed
lip licking, excessive saliva
lips pressed tightly together
lip pursed
lowered, angry brows
mouth gaping
nostrils flaring
spots of color in the cheeks
squinting eyes
surprised, innocent expression
teeth grinding

**Body Language**
arms crossed
breathing heavily
excessive swallowing
finger drumming
flipping hair in annoyance
foot tapping
hand splayed across chest
hands on hips
hands up, palms out, as if to ward
off a blow
jerking back
jerky movements
leaning away from the offender
raised blood pressure
raised chin
rigid body
shaking the head
stiff neck, cords standing out
storming away
sweating
wagging a finger, berating for
accusations

**Voice**
blowing out a noisy breath
raised voice
shaky voice
short snort of dismissive laughter
shouting
sputtering
stuttering, difficulty being
articulate
verbally attacking the accuser

**DESIRE**

**Facial**
deep gaze
focused, flinty stare
gleaming eyes
healthy flush or glow
smiling
tension in face, shoulders, neck

**Body Language**
excessive swallowing
inner core of warmth when one is
together with desire
physical ache at the need to have
or be with the desire
rapid heartbeat
restlessness
shivering
stomach flutters
strong posture
sweaty or shaky hands
touch that lingers

**Voice**
emotional timbre to voice
nervous hitch in voice
stammering
stuttering
Emotions & Body Language

**DESPERATION**

**Facial**
- anguished expression
- eyes wet with desperation
- pained look
- shining eyes, feverish

**Body Language**
- beating fists against door, window
- closed off posture, chin down
- crying, sobbing, wailing
- dragging nails down cheeks
- fluttery movements in hands
- grabbing at another person
- grabbing at fist fulls of hair at sides of head
- hugging shoulders, chin tight to chest
- inability to eat, sleep
- inconsolable
- increased strength, fortitude
- irrational thinking, poor judgment
- pacing
- panic
- refusing to see truth or be reasoned with
- retreating internally to cope
- rocking in place
- rubbing upper arms for comfort
- sacrificing others or lesser goals, desires, needs
- shaking another person
- shaking head in denial
- shaking, trembling
- shoulders curing toward chest
- shutting world out
- strained forearms
- tightness in muscles
- willingness to try anything
- wringing hands

**Voice**
- anxious muttering to self
- moaning
- pleading to be exchanged for another person
- reaching out to another in a plea
- screaming
- stuttering, inarticulation
- unable to make out words properly

**DISGUST**

**Facial**
- eyebrows furrowed
- eyes cold, dead, flat
- eyes narrow with disgust
- flinching away, recoiling
- lips curl in disgust
- nose twitch
- nose wrinkles up in disgust
- nostrils contract reflexively
- pale cast to one’s face
- pallor over features
- peer down one’s nose
- contemptuously
- pinched or pained look conveying revulsion
- sneering

**Body Language**
- avoiding touches, brushes
- backing away with a shudder
- bring a hand up to cover one’s mouth
- curl away from another
- dry washing hands
- feeling dirty, oily, soiled
- pulling away from contact
- pressing hand to stomach
- refusing to look at someone
- shake one’s head
- spitting on the ground or in the direction of another person
- turn away, spin on a heel

**Voice**
- make “tsking” sound in back of throat
- muttering
- shunning, evasive answers

**DISAPPOINTMENT**

**Facial**
- biting/chewing at lip
- eyes closing, squeezing shut for a moment
- eyes focusing inward
- eyes tearing up
- face falling
- false cheer, weak smile
- gaze dropping down
- going stone-faced

**Body Language**
- assuming fetal position
- avoiding other peoples’ eyes
- chin dipped to chest
- clutching at self (gripping elbows, rubbing arms, clenching hands)
- collapsing into a chair, bench
- covering head with arms, face with hands
- feet shuffling
- fist pressing to lips
- heart sinking
- looking around in confusion
- pressing hand to abdomen
- pressing hands to side of head
- reaching out to something to steady self
- sagging against a door/wall
- shoulders drooping
- shoulders slumping, sagging
- slow nod while frowning
- stomach dropping
- stumbling mid-stride
- sudden feeling of nausea
- tilting chin to side and frowning
- turning away
- weaving hands into hair and pulling down
- weaving slightly

**Voice**
- going quiet
- heavy sigh
- voice dropping
- voice rising in anger

**DOUBT**

**Facial**
- avoiding eye contact
- brow furrowed
- cocking or tilting the head
- licking lips/wetting lips or other nervous habit
- looking down
- pained or forced smile
- pressing lips together

**Voice**
- “tsking” sound in back of throat
- muttering
- shunning, evasive answers

**Body Language**
- avoiding touches, brushes
- backing away with a shudder
- bring a hand up to cover one’s mouth
- curl away from another
- dry washing hands
- feeling dirty, oily, soiled
- pulling away from contact
- pressing hand to stomach
- refusing to look at someone
- shake one’s head
- spitting on the ground or in the direction of another person
- turn away, spin on a heel

**Voice**
- going quiet
- heavy sigh
- voice dropping
- voice rising in anger
Emotions & Body Language

pursing lips
raising eyebrows
sharing a look with an ally
tightness in face
widening eyes

Body Language
backing away
checking/rechecking appearance
cold hands
dry-washing hands
fiddling with a watch or other jewelry
hesitating nod
pulling or tugging at clothes
rubbing the back of the neck
running hands through hair
shaking the head
shoving hands in pockets
shrug
shuffling feet
slightly clenched fists
tapping fingers together
wringing hands

Voice
arguing or questioning
avoiding speaking or openly agreeing
heavy, weighted sigh
pauses, Ums or hmmm's in conversation
sharp or exaggerated intake of breath
throat clearing

DRINKING/DRUNKENNESS
Body Language
bridle violently at the searing sensation running down one's throat
carom off the walls
chug-a-lug
down
drunk as a lord
giddily with drink
grow increasingly pot valiant
gulp
guzzle

head feels like a bag of lead
inebriated
lose one's sense of equilibrium
pickled
reel
sit in a happy stupor
smack one's lips
sniff one's glass like a connoisseur
soused
sprawl out on the floor, anesthetized with alcohol
stagger
sway
swig lustily
swill
swish wine on one's tongue
take a long draw
toss off

EMBARRASSMENT/ MORTIFICATION
Facial
cheeks/forehead getting warm,
flushing, burning
cheeks red
face mottled
flushed skin
glancing about for an escape
gritting teeth
hand covers mouth
lack of eye contact
looking shamefaced, sheepish
pressing lips tight
wet lips with tongue

ENERGETIC
Facial
color in cheeks, a glow
eye contact
gaze flits from person to person
gaze sweeps across a room
raised chin
sparkling eyes
wide smile

Body Language
alert
bouncing on balls of feet
bright, positive outlook
bumping shoulders
chest bumping
chugging a drink
difficulty focusing
erect posture
excited
feeling that you can do anything
friendly shake of shoulders
hands in constant movement
high-fiving
increased heartbeat
lighthearted
nodding as someone speaks
pacing, running
pumping a fist in air
Emotions & Body Language

restless movements
shaking hands firmly
sharpened senses
shoulders back
squeezing the arm
swinging or tapping foot
taking in deep cleansing breaths
tapping fingers against leg

tingly extremities
touching things
twitchy

Voice
buoyant voice
cheering
cutting in
deep/genuine laughter
shouting
speed-talking
whooping

ENVY/JEALOUSY

Facial
clenching teeth
eyebrows arched
eyelids form little slits while
eyes blazing with anger
face mottled in color
hot eyes, tears form
no smile
pursed or tightly pressed lips
snarling facial expression
sneering
squinting at someone
sullen looks, glowering

Body Language
breaking pencils
crossing arms in front of chest
crumpling paper

Voice
jeering, calling names
muttering unkind things under breath
refusing to speak to others

EXCITED

Facial
eyes glittering with inner light
grimacing
high color, flushed appearance
smiling

Body Language
body constantly in motion
bouncing foot to foot
bouncing walk or run, skipping
breathlessness
chest bump
cold fingers
doing a victory dance
drumming chest
fanning self
fast-paced strut
feeling instantly awake
good-natured shoving, pushing
grabbing someone and lifting them up
heightened senses
high energy
hugging, kissing
numbness, shock
racing heartbeat
rejuvenated by adrenaline
running on the spot
scattered thoughts or attention
swinging someone through the air
trembling
unable to sit still
warm glow through body

Voice
babbling
getting the giggles
laughter
shaking voice
shouting
speed-talking
squealing, screaming
talking over another
throaty laughter
whooping, hollering

FATIGUE

Facial
bags or circles under eyes
bloodshot eyes, red-rimmed

blurred vision
closing eyes briefly
distant look or glaze in eyes
eyes drifting shut involuntarily
eyes tearing up
heavy head
heavy lids
rubbing at face and eyes
scratchy eyes

Body Language
bone-weariness
clumsiness, fumbling
falling asleep in odd places
forgetfulness
hands hanging limply
heaviness in limbs
heavy muscles
inability to focus
inattention
jolting at sudden sounds
lack of appetite
laying head on arms
ringing in ears
sagging in chair
shoulders bowing over chest
slouching, leaning
slowed breathing and heartbeat
slowed reaction time
supporting head with hand
swaying from side to side
thoughts trailing off
unkempt appearance
wanting/need to sit down
yawning

Voice
incoherence
mumbling, muttering
repeating things
subdued voice

FEAR/PANIC

Facial
blood drains from one’s face
eyes become saucers
eyes dart maniacally
eyes staring out but not seeing
eyes transfixed with horror
eyes widen in alarm
face becomes a mask of terror
Emotions & Body Language

face etched in desperation
face grows ashen
face grows chalky
face pales
face stricken
facial muscles twitch nervously
lips trembling
peer about wild-eyed
stare catatonically
stare saucer-eyed
stare with fascinated horror
watch with numbed horror

Body Language

arms blossoming with goosebumps
beads of sweat on lip, forehead
breath comes raw in one’s throat
breath quickens
chill running up one’s spine
clenched fists
dizzy, weak
dry mouth
faint
feel a cold fist closing over one’s heart
feel dreamlike
feel strangely disembodied
flinching at noise
gasp
go into shock
grasping onto someone
gulp air furiously
gulping spastically
hackle rise
hands gripping something, white knuckles
hands twisting together
heart flutters in one’s chest
heart palpitations
heart performs paroxysms in one’s chest
heart pounds/hammers/beats
heart pumps spastically
heart racing
heart skipping a beat
heart throbs/flip-flops
holding breath
knees quake
knot constricting one’s throat

limbs going weak
lips form a mute O
mind reels
nauseating spurts of adrenaline
course through veins
nostrils flare/dilate
pressing arms against chest or stomach
prickling sensation up one’s spine
pulse hammering, rattling
pulse roars in one’s ears
rapid breathing
sensation of a spider crawling up one’s back
shaking head in denial
shaking, trying not to shake
shallow breaths
shivery skin, flesh crawling
shuddering
sickening wave of terror welling up from one’s belly
skin crawling
skin grows clammy
small hairs on the back of one’s neck stir
sound of heartbeat roaring in ears
stand paralyzed
stand rigid with terror
stiff legs
stiff walking
stomach dropping
swallow a lump in throat
swallow dryly
tension in parts of body: stiff neck
throat closing spastically
trembling

Voice

cry out in a voice raw with terror
guttural scream
holding back a scream or cry
inability to speak
let out a strangled cry
screams
shriek
uncontrollable whimpering
voice becomes high and hysterical
voice breaks
voice degenerates to a childish whimper
voice explodes out of one
voice grows maniacal

voice shrill with horror

FRUSTRATION

Facial

biting lips
clenched jaw
flushed cheeks
gritting teeth
pinched lips
scrunching up face
sneer
tension-filled expression
tight eyes, squint

Body Language

closed body posture
fists tight, fingernails biting into palms
grasping hair in clumps
harried appearance
hot intakes of breath
inability to sit or stand still
jerky movements, hand waving
kicking at something
kicking over a chair
leaving in a huff
making fists
pacing in short spans
restlessness
running hands through hair
rushed, heavy breathing
shaking head
shaking something
slamming a door
smashing something
stalking away from someone
stiff posture, rigid muscles
stomping away
storming out of a room
sweating
swiping at tears
talking with hands
throwing hands up
throwing objects
tightness in chest
wringing hands

Voice

criticizing

crying, sobbing
groaning  
heavy sigh  
impatient snort  
inability to form clear, concise sentences  
 ranting  
screaming  
snorting through teeth  
speaking without thought  
stilted speaking  
strained voice  

Emotions & Body Language

picking at nails  
shaking head in denial  
shoulders shrugged  
shoulders slumped  
nose with haughty denial  
squeezing in chair  
staring down at feet  
sweating  
taking a deep, pained breath  
thumbing an ear  
tightening fists  
toes curl in one’s shoes  
touching lip  
unable to eat or drink  
unnaturally quiet or still weight loss  

Body Language

angelic smile  
blink at owlishly  
blush  
deepest hue of shame  
elaborately casual expression  
eye one another conspiratorially  
eyes blinking with incredulity  
eyes downcast  
eyes widen incredulously  
eyes widening innocently  
features remarkably composed and angelic  
flush  
gawk incredulously  
harried or haunted look  
incriminating look  
insipid grin  
paleness  
pitiful look of appeal  
quivering lip  
shameless grin  
smile like a saint  
unable to make eye contact  

GUILT/REMORSE

Facial Expressions

cheeks red  
cheerful expression  
eyes brightly lit  
eyes brimming with joy  
eyes crinkling mirthfully  
eyes dance  
eyes glinting with pleasure  
eyes moist with joy  
eyes shining with pleasure  
eyes sparkle  
face beaming  
face brightening  
face flushed with happiness  
face radiant with good cheer  
great big smile  
grin  
lazy smile  
look of bliss  
look of delight  
look of rapture  
pupils dilated  
relaxed appearance  

Body Language

blithe  
bouncing on toes  
buoyant mood  
dizzy with glee  
energized  
fearlessness  
feeling bumpy  
feeling euphoric  
feeling whole  
giddy with joy  
hands twitching  
happy tears  
heart leaping  
heart soaring  
hearty  
intoxication of the spirit  
invigorated  
light step, floating walk  
nervous tapping of feet  
perky  
pounding heart  
reeling with unfettered joy  
satisfied catlike stretches  
sensing tide of joy washing over one  
shaking with excitement  
sunny feeling in one’s soul  
surge of elation  
sways to music  
swelling with good cheer  
swings/taps foot to an easy beat  
tingling hands  
unsinkable spirit  
vivacious  

Voice

big, dreamy sighs  
bubbling laughter  
high speaking voice  
hum softly  
rapid speaking  
sing  
voice purring  
whistling
Emotions & Body Language

**HATRED**

**Facial**
- clenched jaw
- frigid features
- grinding teeth
- hot, fevered stare
- mouth twisted into a snarl
- pinched face

**Body Language**
- acting violently
- angry tears
- clenched, shaking fists
- fists flying
- Heaving chest
- jumping up, overturning chair
- lurching walk
- reaching for someone in an attempt to throttle, cause pain
- rigid shoulders
- spitting at someone
- stiff posture
- tense muscles

**Voice**
- bitter, seething words meant to provoke
- cursing, swearing
- rushing loud breaths
- scathing tone
- screaming, yelling
- shaking, rage-filled voice
- shouting

**HUNGER**

**Facial**
- dry lips
- facial bones showing, like a skull
- hollowed-out eyes
- licking lips
- protruding cheekbones
- sallow skin
- shiny, glittery eyes
- teeth loosening in the gums
- thinning hair

**Body Language**
- bony shoulders, fingers, legs
- clothes hanging on frame
- distended midsection
- dry mouth
- empty, floating feeling in belly
- greasy skin, discoloration
- headache
- inability to concentrate
- knobby joints
- knobby knees
- lack of focus
- lethargy
- lightheadedness
- losing consciousness
- over-sensitive sense of smell
- quick salivation at sight or scent of food
- racing heartbeat
- sagging skin
- shaking hands
- shaking or body tremors
- stomach pain
- stomach twisting in knots
- swallowing often
- uneven heartbeat
- unfocused thoughts
- weak movements
- weight loss/emaciation

**Voice**
- gurgling in belly
- whispery voice

**HOPEFUL**

**Facial**
- brightened countenance
- eyes looking up and exhaling
- eyes shining with tears
- hesitant smile, turning radiant

**Body Language**
- bouncing on balls of feet
- clutching at chest or belly
- deep breaths
- floaty feeling
- flutter in the belly
- hands clasped in prayer, pressed to lips, eyes closed
- jolt through the body
- lighthearted feeling
- quivering breaths
- rapid swallowing and nodding

**INGRAM**

**Facial**
- darting gaze
- downcast eyes
- down-turned eyes
- frozen expression
- lack of eye contact
- lowered chin
- no direct eye contact
- pale face
- pout
- small smile
- tight-lipped

**Body Language**
- arms next to side
- avoid interaction with people
- fidgeting with clothes
- bowed head
- crumpled or tight posture
- excessive swallowing
- hands in lap
- head tilted to one side
- open palms
- shrug shoulders
- silent
- slumped/hunched shoulders
- small movements
- turn body inward to make smaller
- watching but not interacting

**Voice**
- muttering to yourself
- soft voice, overly quiet
- hesitant when speaking

**IMPATIENCE**

**Facial**
- clenched jaw
- focused stare, seemingly at nothing
- frowning
Emotions & Body Language

gritting teeth
ingenue smile
jutting chin
lips pressed together in fine line
narrowing eyes
tightness to face

**Body Language**
clicking fingernails against a table
crossed arms
door or window watching
fiddling with items on a table or desk
fidgeting
fussing with appearance (brushing lint from a sleeve, checking fingernails)
glancing down at watch or clock
increased tension in body
moving about in a seat
pacing
stiff posture
straying attention
tapping foot
uncrossing and recrossing legs

**Voice**
complaining to others
grumbling
heaving a heavy sigh
muttering
sharp tone
talking to oneself
whining, pouting

**INDIGNANT**

**Facial**
break in eye contact
color rising in cheeks
eyes bulging
lips pressed thin
mouth dropping open
rapid blinking
rolling eyes
tense jaw

**Body Language**
arms akimbo
arms waving about in wild fashion
crossing arms over chest
feet stomping

flinching, recoiling
hands on hips
hold a shaking finger up at someone
jerking
shaking of head
shoulders flung back
standing with feet firmly placed about 12 inches apart
stiff posture, shoulders set
taking a step back
throwing hands in air
tossing
walking away
white knuckles

**Voice**
exhaling impatiently
raised voice
snorting
speechlessness
spitting
sputtering
stuttering over words, broken sentences
vehement denial
voice shrill and very loud
yelling, cursing

**LOL**

**Facial**
downcast eyes
dull or watery eyes
inward gaze
lack of eye contact
sad smile
tears
unsmiling, expressionless

**Body Language**
listless demeanor
pain in the chest
sadness
slumped shoulders
waves of despair wash over person

**Voice**
monotone voice
soft voice
thickness in throat

**LOVE/ATTRACTION/LUST**

**Facial**
beam fondly
conspiratorial leer
exchange predatory looks
exchange scorching looks
eyebrows arched suggestively
eyes dark and smoldering
eyes range freely up and down one’s body
Emotions & Body Language

flirt demurely
gaze at candidly
hooded eyes
knowing leer
look at with reverence
moistening lips
mouth dropping open
mouth going dry
pupils dilate
regard provocatively
regard with open fondness
run one’s tongue slowly over lips
shoot a knowing wink
shoot flitting glances up and down
another’s body
smile nastily
smile roguishly
smile suggestively
soft smiles
stare adoringly
stare at one another ravenously
wink at salaciously

Body Language
ache with an inner longing
arm around shoulders
breath ragged with desire
breathe words of desire
brush of fingertips
carresses
dissolve at one’s touch
embraces
face flushes
fluttering in stomach
gentle touches
grow feverish with desire
hand-holding
heart flip-flops
heart hammers
heart pounds
heart thobs
heart thumps
holding hands
hot wave sweeps into one’s belly
hugging
jangling nerves, jumpiness
jittery hands
kiss deeply
kiss roughly
kiss savagely
kiss softly
light feathery touches
melt like butter in one’s arms
physical contact with another
person where their body touches
another body in close fashion
pulse racing
quick shallow breathing
rub up against someone
seductively
set one’s blood aflame
shuffling feet
shyness
sitting together, legs touching
swaying to bump against other
person as you walk
tingling skin
toes curl in ecstasy
weak knees or legs
writhe in pleasure

Voice
going speechless
non-stop talking
soft, sultry voice
tongue getting tangled
whispering

LYING/DECEPTIVE
Facial
darting tongue
dilated pupils
facial flushing, especially around
eyes
false smile
gazing down
lack of eye contact
lips pressed together
rapid eye blink

Body Language
deliberate control of body energy
pretending excitement to convince
raising upward on/lifting toes
reticence
scratching/rubbing/pinching parts
of body
shoulder shrug
stiffness of demeanor
sweaty palms/head/neck/armpits
touching forehead/jaw with hand
withdrawal from contact

OVERWHELMED
Facial
eyes filling with tears
glasy stare
glazed look

Body Language
bringing shaky hand to forehead
crumpling onto floor
curling up in a ball, fetal position
difficulty breathing
fainting, swooning, reeling
falling against another person
hitting something in frustration
inability to eat
leaning against a door frame or
wall
lightheadedness
mental numbness
pulling at own hair
pulling knees up to chest
putting hands over ears
rocking back and forth
shaking into a chair
sensitivity to noise
shaking all over
shaking the head repeatedly
uncertain steps or gait
unsteady on feet
wave of heat or cold
weakness in legs, sudden need to
sit down
weakness in limbs

Voice
lashing out at others
letting out uncontrollable cry, sob
or whimper
mumbling, muttering
quaking voice
screaming, yelling, shouting
trouble with articulation
voice choking with tears

PAIN (Physical & Emotional)
Facial
biting lip
bless
blood drains from one’s face
brows furrowed deeply
clamp eyes shut
clamp teeth
clenching teeth
crying, watering eyes
eyes take on a wounded look
face contorted grotesquely
face contorted in agony
face dark with pain
face growing drawn and pinched
face pales
face turning scarlet and swollen
face twisted in pain
glasy eyes
grimace
grind teeth
grit teeth
make a pained expression
snarl of agony spreads over one’s face
squeezing eyes shut
tightness in expression
veins standing out in livid ridges
along temple and throat
wince

Body Language
avoiding people
blotchy skin
body locking into fetal position
body stiffening in apprehension
buckling knees
clenched stomach
convulse with pain
cringing
curling up
depression
dizziness
doubled over in agony
dry mouth
eyes brim with tears
feeling cold or feverish
flinch
grabbing at painful spot
grabbing onto someone
gulp
hallucinations
hands balled into tight fists
head hanging down
hobbling about
hyperventilation
inability to eat or sleep
knuckles turning white
leaning back and grimacing
loss of breath
mouth opening in shock
nausea
numbness
pale skin
pulling knees to chest
pulsing blood
racing heart
recoiling in pain
rocking back and forth
rubbing at offending spot
shaking fingers
shaking head in denial
short-temperedness
shrink
shuddering breaths
squeezing eyes shut
squirming
steel oneself
stumbling
swallow lump in throat
sweating
tears well up
tense up
thrust
throb at chest
tight chest
tight muscles, rigidness
trembling limbs
using pillows to prop up pained areas
wanting to be alone
weak knees
weariness
whrite

Voice
bawl
cry
cry out
expelling a grunt or pained hiss
gasping for breath
groan
grumble
howl
let out a strangled cry
moan
panking
scream
shriek

snivel
sob
speechlessness
taking a deep breath before trying to move
tears, sobbing
wail
whimper

Facial
closed eyes
compulsive nodding
eyes look heavenward
eyes shining
head bowing briefly
letting head fall back
lips parting
mouth gaping in shock
pressing palms to cover eyes
slow smile
touching face

Body Language
body slumping
breaking down in tears
falling back into a chair
hand covering mouth
hands tremor
hugging
palm pressed to heart
pressing hands to stomach
reaching for someone’s hands
reaching out to another for comfort
rocking back and forth
sagging against a wall, person
shaking head and closing eyes
shaky knees, legs
wanting to be held
wobbly walk

Voice
asking a redundant question to assure moment is real
crying/calling out in release
gasp
letting out a huge breath
shaky laughter
slight moan
struggle to find right words
struggle to speak
Emotions & Body Language

thanking God
uttering a curse

RESENTFUL/SULLEN

Facial
angry tears
dark look
glaring
glowering
lifting chin up sharply
lips pinched together
narrowed eyes
refusing to make eye contact
rolling eyes
sour expression
squished-looking face

Body Language
breaking something
crossing arms over chest
giving someone a shove
hunched shoulders
kicking at something
pouting
purposely someone’s hot buttons
refusing to eat
refusing to interact
spinning away in a huff
stalking off
stomping away
sulking, moping
tension in neck, shoulders, arms

Voice
complaining to other
cursing
giving forced apology
mumbling, muttering
refusing to apologize
refusing to speak to someone
shouting “Fine then!” or
“Whatever” or “I hate you!”
whining

RESIGNED

Facial
dimming gaze
dull or bleak look
expression leaves face
head hanging
head tipping back to look skyward
looking down or away
loose jaw
mirthless smile

Body Language
clasping hands together
falling into a chair
head in hands
leaning forward, elbows on knees
limp hands and arms
patting someone’s shoulder in
comfort
propping cheek up with fist
rubbing hand through hair in
distraction
rubbing someone’s back in
comfort
shake of head
shoulders sag
slowed movement

Voice
becoming less verbal
being at a loss for words
grunting answers
long exhale
monotone voice
mumbling, muttering
one-word answer
words trickle off

SADNESS/GRIEF

DEPRESSION

Facial
aching, smarting eyes
blood drains from one’s face
bottom lip curling
dark shadows around the eyes
dark with pain
despairing look
downcast
etched with sorrow
eyes bloodshot from crying
eyes haunted by inner pain
face a study of desolation
face ashen
face drawn
face in a snarl of agony
face pale
face scarlet and swollen from
crying

Voice
lying
making excuses
stammering
stuttering

SADNESS/GRIEF

DEPRESSION

Facial
aching, smarting eyes
blood drains from one’s face
bottom lip curling
dark shadows around the eyes
dark with pain
despairing look
downcast
etched with sorrow
eyes bloodshot from crying
eyes haunted by inner pain
face a study of desolation
face ashen
face drawn
face in a snarl of agony
face pale
face scarlet and swollen from
crying
Emotions & Body Language

face twisted in anguish
features fallen
glum
hang-dog expression
hunted eyes
incurably sad
long-faced
look of mute appeal
lost expression
makeup running
moue
pensive look
pouting
pouting grimace
pouty lips
splotchy skin
staring down at hands
stiff eyelids
stricken look
tears pouring, coursing
uncontrollable crying
wincing
wounded look in the eyes

Body Language
aching chest
aversion to noise, crowds
bad news striking like hammer
blows
bleak, wintry feeling
body hunched
body slouched
body slumped
body wracked with convulsions of grief
can’t catch breath
chest heavy
chin sunk dejectedly into chest
compulsive cleaning
delirious with grief
dull, empty ache gnawing at one’s soul
eyes grim
eyes mist over
eyes transfixed with shock and grief
fainting
feeling of a cold fist closing over one’s heart
feeling of a dark cloud overhead
feeling of a shriveled heart
focus becomes inward
heart aching with nostalgia
heart wrung with pity
hyperventilating
inability to eat
isolation
lethargy
losing interest in usual hobbies
lump in one’s throat
pick at food
scratchy throat
shake one’s head in commiseration
spasms of nausea from grief
stomach contracted to a tight ball
suicidal thoughts
throat closing
throat constricted
throwing oneself into activities
tug at one’s heart
weight loss or gain

Voice
bawl
blubber
dissolve into tears
groan
hitch in one’s voice
howl
lashing out at others
moan
snivel
sob
tearful voice
voice a lifeless monotone
voice as cold as death
voice becoming high and hysterical with grief
voice breaking
voice cracking
voice quavering
voice wooden, distant
wail with grief
weep
whimper
whine

SHAME
Facial
burning cheeks
glancing down blankly
inability to make eye contact

Body Language
arms flung in wide expanse
bolt out of one’s chair
breath catches in one’s throat
breathlessness

pressing palm over lips to hold back cry or words
tears
using hair to hide face
vacant or glazed stare
wet eyes

Body Language
crumpling onto a chair
desire to flee, get away
hide
hunched shoulders
pressing hands against cheek
pulling body limbs in toward core
shaking head
shaking, trembling, shivering

Voice
berating oneself
lashing out at others to transfer anger or blame
letting out uncontrolled moan
muttering

SHOCK/SURPRISE
ASTONISHMENT

Facial
blink with surprise
dazed look
eyebrows shoot up in surprise
eyes blink with incredulity
eyes shine
eyes water
eyes widen with alarm
face glazes with shock
feel a rush of heat to one’s face
fingers touch parted lips
flinch
gape in stunned silence
gape pop-eyed
gawk in disbelief
incredulous stare
jaw drops
mouth falling open
rapid blinking of eyes

Body Language
crumpling onto a chair
desire to flee, get away
hide
hunched shoulders
pressing hands against cheek
pulling body limbs in toward core
shaking head
shaking, trembling, shivering

Voice
berating oneself
lashing out at others to transfer anger or blame
letting out uncontrolled moan
muttering

SHAME
Facial
burning cheeks
glancing down blankly
inability to make eye contact
Emotions & Body Language

clutching at a purse, coat, etc.
cringe
crumpling against someone
fall backward
hand flies to chest
hand reaches to lightly clasp throat
heart hammers
heart leaps
heart palpitates
heart throbs
heavy feeling in stomach
hiding face against someone’s shoulder or chest
jump reflexively
pulling something tight against chest
pushing someone
raising hand to ward off others from approaching
recoil in horror
reel with astonishment
rigid muscles
running away
shake head in disbelief
shaking hands
shoot upright in one’s chair
shoving or making contact with someone involved
stand as if shot and waiting to fall
stand flabbergasted
stand stupefied
stand thunderstruck
sudden coldness of dread
sudden spurt of adrenaline
coursing through one’s veins
sudden stiffening posture
take shuffling step back
tingling skin
turning away from others

Voice
asking questions for clarification
bark of laughter
give a start of surprise
give a startled gasp
jittery voice
screaming
small yelp, squeal
struggle to speak
swearing
voice denial
voice is shaky, halting

SMILES & GRINS
affected
alligator (broad and menacing)
angelic
animated
arch
beaming
beatific (blissful)
brave
broad
Cheshire cat
condescending
conspiratorial
coquettish (flirtatious)
coy
crafty
cursory (superficial)
curt
defiant
demure
ditty (lecherous)
dreamy
fanatical gleam
forced
gleeful
gracious
grimace
guarded
imploring
incredulous
incriminating
insipid (lifeless)
involuntary
inward
ironic
knowing
leer
lopsided
malicious delight
mocking
mute appeal
nasty
nervous
obligatory
patronizing
pinched
placating
polite
pursed lips
sardonic
sheepish
simper (silly)

smirk
sneer
spastic (twitchy)
superficial
superior
thin
triumphant
vague (half-hearted)
wry

STUBBORNNESS
Facial
closing eyes
frowning
narrowing eyes
pursing lips
squishing face up in a pout
strong jaw
sullen glower/glare
thrusting chin upward
thrusting out lip
tightness in face

Body Language
crossing arms
hard shake of the head
ignoring others
making fists at one’s sides
muscles rigid
refusing to give up, give in
shaking
squared shoulders
stiff posture
temper tantrum (kicking, screaming, drumming feet on floor, jumping up and down in place)
walking away from another person

Voice
bitter words
heated tone
heavier breathing than normal
insults or belittling
raising voice
ranting, raving
sarcasm
saying “Forget it”
saying “No”
shouting
talking to oneself
Emotions & Body Language

**SUSPICION**

**Facial**
- arch eyebrow
- a “you-don’t-really-expect-me-to-believe-that” grin
- dubious expression
- enigmatic expression
- examine one’s face owlishly
- exchange questioning glances
- eye skeptically
- eyes fill with dark portents
- eyes narrow speculatively
- eyes narrowed with suspicion
- furtive look
- give a look of uneasy puzzlement
- give a sidelong glance
- glance at surreptitiously
- ironic expression
- long, searching look
- look at asquint
- look of suspicious bewilderment
- narrowed eyes
- peer out of the corner of one’s eye
- probing eyes
- raise one eyebrow in a questioning slant
- regard curiously
- regard quizzically
- scrutinize one’s features for clues
- slow, appraising glance
- steeple one’s fingers and assume a judicial expression
- study acutely
- troubled look
- weigh one’s reaction with a critical squint

**Body Language**
- head shake

**UNCERTAINTY/UNCONVINCED**

**Facial**
- pursing lips in thoughts
- biting inside of cheek
- biting or chewing on lip
- condescending smile
- dark, silent look
- eye roll
- eye widening
- furrowed brow
- head tilt and pause
- inward stare
- jutting chin
- licking lips repeatedly
- pouting
- pressing lips in fine line
- quick eyebrow raise
- raised eyebrow raise
- raised eyebrow and eye contact
- smirk
- tightness in face
- trembling lip
- unreadable glaze
- wrinkling nose like there’s a bad smell

**Body Language**
- biting fingernails
- crossing arms, confrontational
- dragging footsteps
- hesitating nod
- purposeful shiver or shudder
- rigid body posture
- running hands through hair, nervous
- shake of head

**WARINESS**

**Facial**
- brows lowered
- eyes narrowed in confusion
- furrowed brow
- gritting teeth
- jutting jaw
- lifting chin
- lip biting
- lips pursed
- looking from lowered lids
- looking indirectly
- pressing lips together
- probing gaze
- rubbing at forehead or temples
- stern/serious expression

**Body Language**
- approaching carefully
- clinging to own beliefs
- flinch at touch
- hairs standing up
- head cocked to the side
- hesitation
- increased heartbeat
- leaning away
- nervous movements
- pacing
- prickling skin
- shaking head
- slow, cautious movements
- standing back to observe
- stand-offishness
- stiff posture

**SYMPATHY**

**Facial**
- crying with the person
- offering a sad smile
- weak smile

**Body Language**
- floundering hand movements
- gently another’s face
- hold hands with someone

**Voice**
- fumbling for words
- kind words
- soothing tone

**Body Language**
- hugging person
- lightly stroking a forearm
- make clucking noise with tongue
- nod head in agreement
- nod in understanding
- patting a hand
- rub person’s back or back of their neck
- squeezing a shoulder or hand

**Voice**
- asking questions
- clearing throat
- delayed response
- heavy sigh
- humming and hawing
- non-committal answer
- polite verbal opposition
- refusing to speak/answer
- snipping remarks
Emotions & Body Language

stubbornness
unable to relax or smile
white knuckles

Voice
arguing
careful words
interrupting
placating voice
raising voice
snapping at people
speaking in soothing tone
speaking rapidly
strained voice
tension in voice

Voice
throat clearing

RUNNING
bolt
bound
bustle
charge
dart
dash
flee
hurry
hurtle along
hustle
jog
legs pistoning wildly
light
lope
race
run laboriously
rush
scamper
scot
scramble
scurry
skedaddle
skitter
spring
sprint
tear off
trot

WALKING: ANGRY
burst into a room
catatapult into a room
stalk out
stamp out
stomp out
storm out
swoop into a room

WALKING: AWKWARD
backpedal
clamber up

WALKING: CASUAL
amble
mosey
pad
saunter
shuffle
stroll
tread

WALKING: CAUTIOUS/SNEAKY
creep
dodge
inch one’s way
lurk
prowl
shadow
shrink away in silence
skulk
slink away
slip away
steal away
tip-toe
withdraw

WALKING: COMPLEX
circumambulate
maneuver
navigate
Emotions & Body Language

negotiate
pick one’s way around
skirt
step nimbly around
take a circuitous path
thread one’s way
weave
wedge
wind

**WALKING: HUMILIATED**
go cowering off
go slouching off
skulk off like a kicked dog
walk away with an elaborately casual manner
walk away with elaborate nonchalance

**WALKING: MISCELLANEOUS**
bowlegged stride
goose-stepping
loose-boned gait
meander
military gait
mincing steps
portly waddle
proud, stately carriage
retrace one’s steps
swagger
toddle
venture forth
walk resolutely
wander aimlessly
willowy gait

**WALKING: SEXY**
feline grace
pert wiggle
slink
strut
voluptuous sway
walk with porteuse grace