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# THE MYSTERIOUS GLOW



## Emotions and phrases to express emotions

### Nouns phrases

mysterious glow	a kind of a steady light that gives you a feeling of wonder or curiosity
happiness	feeling of pleasure and contentment
little trinkets	small decorative things
soothing warmth	warm feeling in the body that makes one feel at peace
bristled stranger	a foreign animal with hair that feels rough
gruff voice	a voice that is rough and low in pitch
unfamiliar grunt	a low, short sound made through the nose
treasures	things of value
shame	a painful feeling of humiliation or embarrassment
solemn silence	the state of being tranquil, calm, serious
pain injury	highly unpleasant physical or mental sensation caused by illness, or a hurting situation
grief	intense sorrow caused by a loss
fear	an unpleasant emotion caused by the threat of danger, pain or harm
sadness	the condition of being sad
despair	having no hope
love	an intense feeling of deep affection, tenderness and devotion
kindness	quality of being gentle, caring, generous and helpful
healing	to feel content and healthy again
peace	a feeling of being calm, happy, and not worried
comfort	a feeling of physical and emotional relaxation, calmness, and hope

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## Verbs phrases

to grumble impatiently	to express annoyance and restlessness
to gasp	to catch one's breath with an open mouth
to sob	to cry very strongly
to feel like [doing sth]	to enjoy doing something
to treasure [sth]	to keep something as precious; to collect something
to growl	to make a low rumbling noise usually made by an animal
to gently pat [sb's] back	a repeated kind and tender touch
to gently wipe [sth] off	to clean in a soft way
to bask in one's memories	to enjoy pleasure from memories that make one feel good
to fear [sth]	to be afraid of something
to be harmful	something that is dangerous
to feel ashamed	to feel shame
to assure	to give certainty, confidence or comfort
to care for [sb] deeply	to dearly want what's best for someone else
to repeat over and over again	to say the same thing again and again
to feel light as a butterfly	to feel the lightness and brightness of joy
to feel offended	to feel hurt or annoyed because of something wrong someone said
to refuse in anger	to show that one is strongly annoyed to accept something offered
to not yet be ready	to not be ready at the moment, possibly later
to be prepared to face [sth]	to be ready to deal with or accept a difficult or unpleasant task, fact or situation
to become whole	to recover from brokenness in heart, body and mind
to press [sth] against [sb's] chest	to push something against the heart in a tender way

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## Phrasal verbs

to bend down	to move back or knees to touch the ground
to pull [sb] back up	to draw somebody up from the ground
to move along	to continue walking
to get hold of [sth]	something one wants or needs to have
to pick [sth] up	to lift something up
to pop up	to suddenly come to one's mind
to fade away	to gradually become less and less
to come back	something returns to one's memory
to pull out of [sth]	to stop doing something
to flash through one's mind	to suddenly think of or remember something
to gaze at [sth]	to look at something for a long time in surprise or admiration
to get rid of [sth]	to throw away something that seems useless
to cover [sth] up	to try to hide or forget something
to turn [sb] away	to refuse to be with somebody
to work through [sth]	to successfully deal with something that is difficult
to wear out / worn out	the feeling of having no energy left
to deal with [sth]	to take action to solve something
to gather [sth] up	to assemble and pick something up
to snuggle up	to arrange oneself in a ball
to be carried away by [sth]	to forget about everything else
to fall off into [sth]	to quickly relax

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## Adjectives

happy	to feel happiness
entranced	to be completely filled with wonder and delight

## Adverbs phrases

impatiently	to be restless, to be quickly irritated
with a pounding heart	strong heart beat because of excitement

## Phrases

it is/was a relief	a feeling of happiness that something unpleasant has ended
all one can think about	the only thing one can think about
a lump formed in [one's] throat	a tight feeling in the throat because of a strong emotion
someone's heart grows heavy	weight of sadness felt in the heart
this is sad	acknowledgement of a sad experience
as if one was walking on a moonlit sea	feeling like walking on water that is bright with moon light
to one's utter bewilderment	very strong feeling of being confused
to repeat over and over between sniffs	saying the same thing again and again while recovering from crying
Don't worry!	there is no need for concern
to trust the small voice inside [os]	to rely on the loving inner voice