

SUGGESTIONS FOR BODILY REACTIONS

The hairs on the back of her neck stood on end.

My flesh crawled.

His heart was hammering in my chest.

A shiver raced down my spine.

It made my blood run cold.

He broke out in a cold sweat.

She was a bundle of nerves.

Her breathing quickened.

I was on the edge of my seat.

My stomach knotted.

His heart was in his mouth.

Her heart missed a beat.

My legs trembled.

Terror stabbed my heart.

He was scared stiff.

Her hands were shaking like a leaf.

I was at my wits' end.

My heart began beating like a drum.

My hands were damp with sweat.

The sweat trickled down the back of his neck.

My skin prickled.

His stomach turned.

She jumped out of her skin.

My throat was dry.

I held my breath.

His eyes darted about.

Fear gripped her.

I was half-mad with terror.

The colour drained from his face.

His blood froze in his veins.

Dread gnawed her gut.