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EXERCISES EXPLORING EMOTIONS

Ask writers to make a list of the fears in their life. Write a character who is forced to confront one of those fears.

Writers should write a stream of consciousness describing their emotions when they encountered an important event in their life. Ask them to try to condense that page of writing into a single, powerful, sentence.

Members should write a paragraph where a character struggles with two conflicting emotions simultaneously. For example, a character might learn of their mother's death and feel both satisfaction and pain.

Write a paragraph where a character starts out feeling one emotion, and through a process of thought, it evolves into a completely different emotion.