



Deepening Reader Engagement Through Emotion and Sensory Detail



Developed & Presented by
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EXERCISE 1: EMOTIONAL RANGE (Characters in eMotion)

Walking in Your Character's Shoes. Use quick strokes to show how she/he/they express:

Emotion	Expression: Action/Behavior/Tic	Expression: Thoughts/Dialogue
Anger		
Sadness		
Happiness/Joy		
Fear		
Nervousness		
Anticipation		
Disgust		

EXERCISE 2: CHARACTER LENS:

Writing through character lens allows the reader access into the character's thoughts and emotions. Write a scene through character lens where the character is happy. Now use the same character and setting but revise the scene to show the character's unhappiness.

EXERCISE 3: USING ALL THE SENSES

Pick a scene/setting in your work. List a minimum of three (3) sensory details your character might notice for each sense. Select the ones that best convey what your character is sensing/feeling and incorporate them into your scene.

Sight	Taste	Smell	Hear	Touch

Kinesthetic Sense (Proprioception)	Internal Sense (Interoception)	Awareness (Perception)

Use a variety of 3-5 items from your list that you plan to use to write/revise that scene.

Pro Tips:

- Choose the things that your character would notice based on the mood/pacing
- Use specific words that enhance the scene/mood/tone



EXERCISE 4: REVISING CLICHÉ:

Common clichés make great placeholders, but there is no room for common in our creative writing. Use the space below to revise some common clichés.

HAPPY WRITING!



If you're interested in working with me as a book coach or editor, fill out my inquiry form for a FREE 30-minute consultation.

www.bookcoachingbysharon.com

