

Fixed phrases, or idioms are used a lot to express strong feelings and emotions, such as **fear**. Try using some of those listed below to add interest or emphasis to your speech or writing.

frightening someone

give someone the shivers
make someone's blood run cold
make someone jump out of their skin
scare the living daylights out of someone

give someone the willies (*slang*)
make someone's hair stand on end
put the fear of God into someone

being frightened

be a bundle of nerves
be rooted to the spot
be shaking in your shoes
have a chill running down your spine
have the heebie-jeebies (*slang*)
shake like a leaf

be in fear of your life
be scared out of your wits
have butterflies
have your heart in your mouth
shake like jelly
turn to jelly

giving in to fear

bottle out (*slang*)
lose your nerve
wimp out (*US*)

get cold feet
take fright

coping with fear

brave it out

pluck up the courage