

# frightened

You can show how **frightened** someone is by choosing the correct words.

These words are arranged from being quite frightened to being very frightened!

**uneasy** → **alarmed** → **afraid** → **terrified** → **petrified**

If you are a little bit frightened, you might feel

**uneasy**  
**anxious**  
**apprehensive**

If you are more frightened than that, you might feel

**afraid**  
**fearful**  
**scared**  
**alarmed**  
**shocked**

If you are very frightened, you might feel

**horrified**  
**terrified**  
**terror-stricken**  
**petrified**

Informal phrases for being frightened are

**scared out of your wits**  
**scared stiff**

Things you might do when you are frightened are

**panic**  
**tremble**  
**shudder**

Informal phrases for things you might do:

**shake like a leaf**  
**have your heart in your mouth**  
**freak out**

Something that frightens you might

**strike fear into your heart**  
**make your blood run cold**  
**scare the living daylights out of you**  
**make your hair stand on end**  
**make you jump out of your skin**

To create a frightening atmosphere in scary story, you could say it is

**spooky**  
**eerie**  
**grim**

## Over to you

Try using these words and phrases, just as this writer has done.

The humming started quietly – but then it grew louder as the sky darkened around him. He started to **tremble** then **shudder** as they started falling on him – not one, but thousands. He was **shocked** by the noise and could not move. It **struck fear into his heart** when he realized that his phone was dead ...

Here are some ideas to get you started!

- You are stuck in a lift.
- Your brakes fail as you cycle down a steep hill.
- You are swimming near shore when a shark appears.