

Prepvivo.com 100 Powerful Phrases (Defined + Examples)

Use 2–3 per composition – quality over quantity!

1. Heart leapt with joy

Def: Felt sudden, overwhelming happiness.

✦ When I saw the results, my heart leapt with joy.

2. Grinned from ear to ear

Def: Smiled very broadly.

✦ He grinned from ear to ear after winning the race.

3. Over the moon

Def: Extremely delighted.

✦ She was over the moon about her birthday surprise.

4. Barely contain my excitement

Def: Almost unable to control happiness.

✦ I could barely contain my excitement on the first day.

5. Laughter bubbled up

Def: Started laughing spontaneously.

✦ Laughter bubbled up from the children playing.

6. Eyes lit up

Def: Showed sudden interest or joy.

✦ Her eyes lit up when she saw the puppy.

7. Walking on air

Def: Feeling extremely happy and light.

✦ After the compliment, I felt I was walking on air.

8. Wave of warmth

Def: Sudden feeling of comfort or happiness.

✦ A wave of warmth washed over me as she smiled.

9. Hearts sank

Def: Felt sudden disappointment or sadness.

✦ Our hearts sank when we heard the bad news.

10. Eyes brimmed with tears

Def: Eyes filled with tears (about to cry).

✦ Her eyes brimmed with tears as she said goodbye.

11. On the verge of crying

Def: Almost starting to cry.

✦ He was on the verge of crying after losing his wallet.

12. Shoulders slumped in defeat

Def: Body language showing failure/giving up.

✦ His shoulders slumped in defeat when he missed the goal.

13. Heavy sigh escaped

Def: Breathed out deeply due to tiredness or sadness.

✦ A heavy sigh escaped her lips as she sat down.

14. Seething with rage

Def: Extremely angry.

✦ He was seething with rage after being blamed unfairly.

15. Glared with dagger-like eyes

Def: Stared angrily and sharply.

✦ She glared with dagger-like eyes at the trespasser.

16. Voice shook with fury

Def: Voice trembled due to anger.

✦ His voice shook with fury as he confronted them.

17. Clenched fists in frustration

Def: Tightened hands due to anger/annoyance.

✦ I clenched my fists in frustration at the unfair rule.

18. Blood boiled with anger

Def: Became very angry.

✦ My blood boiled with anger at the injustice.

19. Chill ran down my spine

Def: Felt sudden fear or eerie sensation.

✦ A chill ran down my spine as the door creaked open.

20. Heartbeat pounded like a war drum

Def: Heart beat very fast and loudly (fear/excitement).

✦ My heartbeat pounded like a war drum as I approached the stage.

21. Terror gripped my heart

Def: Suddenly felt intense fear.

✦ Terror gripped my heart when I saw the shadow move.

22. Mind went completely blank

Def: Could not think or remember anything.

✦ My mind went completely blank during the oral exam.

23. Froze in sheer terror

Def: Stopped moving because of extreme fear.

✦ I froze in sheer terror as the snake slithered past.

24. Dread coiled tighter

Def: Fear and anxiety grew stronger.

✦ Dread coiled tighter in my stomach with each step.

25. Jaw dropped in disbelief

Def: Showed extreme shock or surprise.

✦ My jaw dropped in disbelief when I saw the magic trick.

26. Rooted to the spot

Def: Unable to move due to shock.

✦ I was rooted to the spot in shock at the accident.

27. Gasp escaped my lips

Def: Inhaled sharply due to surprise.

✦ A gasp escaped my lips as the fireworks exploded.

28. Heaved a sigh of relief

Def: Breathed out because worry was over.

✦ I heaved a long sigh of relief when the test was over.

29. Mustered up my courage

Def: Gathered bravery to do something.

✦ I mustered up my courage and asked for help.

30. Curiosity got the better of me

Def: Could not resist finding out.

✦ Curiosity got the better of me, so I opened the box.

31. Without a moment's hesitation

Def: Immediately, without delay.

✦ Without a moment's hesitation, I jumped into the water.

32. Took a deep breath and stepped forward

Def: Prepared oneself to act.

✦ I took a deep breath and stepped forward to speak.

33. With a resolute nod

Def: Nodding firmly with determination.

✦ With a resolute nod, I promised myself to try harder.

34. Summoned every ounce of courage

Def: Used all bravery available.

✦ I summoned every ounce of courage to enter the dark room.

35. Gritting my teeth, I pressed on

Def: Continued despite difficulty/pain.

✦ Gritting my teeth, I pressed on up the steep hill.

36. Crestfallen, I hung my head

Def: Sad and disappointed, looking down.

✦ Crestfallen, I hung my head when I didn't get the prize.

37. Mortified when I realised

Def: Extremely embarrassed.

✦ I was mortified when I realised my mistake in front of everyone.

38. Wished the ground would swallow me

Def: Wanted to disappear due to embarrassment.

✦ I wished the ground would swallow me up after tripping.

39. Let out a breath I didn't realise I was holding

Def: Released tension unconsciously.

✦ I let out a breath I didn't realise I was holding when the plane landed.

40. Wave of relief swept over me

Def: Suddenly felt all worry leave.

✦ A wave of relief swept over me when I found my lost phone.

41. The sun cast a warm golden glow

Def: Describes beautiful, peaceful morning light.

✦ The morning sun cast a warm golden glow over the fields.

42. Gentle breeze rustled through the leaves

Def: Soft wind moving through trees.

✦ A gentle breeze rustled through the leaves of the angana tree.

43. Sunlight filtered through the canopy

Def: Light coming through a layer of leaves.

✦ Sunlight filtered through the canopy, creating dancing shadows.

44. The park was alive with cheerful chatter

Def: Full of happy noise and activity.

✦ The park was alive with cheerful chatter on Sunday morning.

45. The city was an orchestra of lights

Def: Night city looked like a symphony of bright lights.

✦ From the hill, the city was an orchestra of lights below.

46. Moonless night cast an eerie shadow

Def: Darkness that feels creepy and scary.

✦ The moonless night cast an eerie shadow over the graveyard.

47. Darkness swallowed the street whole

Def: Complete darkness covered everything.

✦ Darkness swallowed the street whole, hiding all the houses.

48. Silence was unnerving, thick and heavy

Def: Silence that makes you feel uncomfortable.

✦ The silence was unnerving: thick and heavy like a held breath.

49. Shadows crept across the corridor

Def: Shadows moved slowly and ominously.

✦ Shadows crept across the corridor as the candle flickered.

50. Night air hung still and oppressive

Def: Air was motionless and suffocating.

✦ The night air hung still and oppressive, as if waiting.

51. Sky turned an ominous shade of grey

Def: Clouds looked threatening (before storm).

✦ The sky turned an ominous shade of grey before the storm hit.

52. Rain lashed against the windowpanes

Def: Rain hit the glass violently.

✦ Rain lashed against the windowpanes, blurring the view.

53. Thunder rumbled in the distance

Def: Low, deep sound of thunder far away.

✦ Thunder rumbled in the distance, promising a storm.

54. Air was thick with tension

Def: Atmosphere felt stressful and strained.

✦ The air in the courtroom was thick with tension.

55. A gentle breeze caressed my face

Def: Soft, pleasant wind touched the skin.

✦ A gentle breeze caressed my face as I walked along the beach.

56. All of a sudden...

Def: Happened very quickly and unexpectedly.

✦ All of a sudden, the lights went out.

57. Without warning...

Def: Unexpectedly, with no sign before.

✦ Without warning, the dog started barking furiously.

58. In the blink of an eye...

Def: Very quickly (use sparingly).

✦ In the blink of an eye, the thief had vanished.

59. Before I knew it...

Def: Happened so fast I didn't notice.

✦ Before I knew it, the holidays were over.

60. As time went by...

Def: As the days/weeks passed.

✦ As time went by, I began to understand the lesson.

61. Eventually...

Def: Finally, after a long time.

✦ Eventually, we reached the top of the mountain.

62. Shortly after...

Def: Soon after that moment.

✦ Shortly after we left, it started to rain.

63. Meanwhile...

Def: At the same time as something else.

✦ Meanwhile, my sister was waiting at the bus stop.

64. In the end...

Def: Finally, after everything.

✦ In the end, we decided to take the train.

65. "Crash!" The vase shattered

Def: Sound-based opening – loud, sudden noise.

✦ "Crash!" The vase shattered into a thousand pieces.

66. "Stop right there!"

Def: Dialogue opening – immediate conflict.

✦ "Stop right there!" the officer shouted.

67. Have you ever made a mistake...?

Def: Question opening – engaging the reader.

✦ Have you ever made a mistake you couldn't take back?

68. My legs pumped furiously

Def: Running fast, action opener.

✦ My legs pumped furiously as I raced down the alley.

69. The old house stood at the end of the lane

Def: Descriptive setting opener for mystery.

✦ The old house stood at the end of the lane, its windows like hollow eyes.

70. Looking back, I should have known

Def: Flashback opening – reflective tone.

✦ Looking back, I should have known something was wrong.

71. The clock ticked loudly

Def: Tension opener – urgency.

✦ The clock ticked loudly, each second like a drumbeat in my chest.

72. It was just another ordinary Monday

Def: Routine disrupted opener.

✦ It was just another ordinary Monday until the principal's voice crackled over the intercom.

73. Courage is not the absence of fear

Def: Inspirational/general statement opener.

✦ Courage is not the absence of fear, but the triumph over it.

74. That day taught me that honesty...

Def: Moral lesson ending.

✦ That day taught me that honesty is always the best policy.

75. I realised that true courage isn't about being fearless

Def: Reflective ending on character growth.

✦ I realised that true courage isn't about being fearless, but about acting despite fear.

76. The storm finally passed, and a beautiful rainbow arched

Def: Hopeful, symbolic ending.

✦ The storm finally passed, and a beautiful rainbow arched across the sky.

77. With a deep breath, I closed that chapter

Def: Moving on / closure ending.

✦ With a deep breath, I closed that chapter of my life and looked ahead.

78. If only I had known then what I know now

Def: Irony/regret ending.

✦ If only I had known then what I know now, I would have done things differently.

79. I was no longer the same timid person

Def: Character transformation ending.

✦ I was no longer the same timid person I was yesterday.

80. We didn't have much, but we had each other

Def: Relationship/family bond ending.

✦ We didn't have much, but in that moment, we had each other.

81. It was a stark reminder that actions have consequences

Def: Warning/moral ending.

✦ It was a stark reminder that actions have consequences.

82. The soft hum of the city resumed, and all was well

Def: Peaceful resolution ending.

✦ The soft hum of the city resumed, and all was well again.

83. I vowed never to forget that day

Def: Emphatic, life-changing ending.

✦ I vowed never to forget that day, for it had changed my life forever.

84. He wrung his hands nervously

Def: Fidgeting hands showing anxiety.

✦ He wrung his hands nervously while waiting for the results.

85. Something caught my eye

Def: Noticed something suddenly.

✦ Something caught my eye – a shiny coin on the ground.

86. Curiosity got the better of me

Def: Could not resist investigating.

✦ Curiosity got the better of me, so I peeked inside.

87. My heart raced as I...

Def: Fast heartbeat due to excitement/fear.

✦ My heart raced as I approached the haunted house.

88. I was determined to see it through

Def: Resolved to finish no matter what.

✦ I was determined to see it through to the very end.

89. Gritting my teeth, I pressed on

Def: Continued despite difficulty.

✦ Gritting my teeth, I pressed on through the pain.

90. I summoned every ounce of courage

Def: Used all bravery.

✦ I summoned every ounce of courage to speak up.

91. Whispered

Def: Spoke very softly.

✦ "Don't move," she whispered.

92. Exclaimed

Def: Spoke suddenly and loudly.

✦ "That's amazing!" he exclaimed.

93. Growled

Def: Spoke in a low, angry voice.

✦ "Get out," he growled.

94. Muttered

Def: Spoke indistinctly under the breath.

✦ He