**The Role of Emotion in Writing: 5 Tips to Make Your Readers Feel**

***Words by Andrew Baird***

*In our modern world of distraction and disconnection, writing with genuine emotion helps readers relate to your content. Plus, writing is an excellent way to release pent-up feelings.*

*Read on to discover five emotion-fuelling tips for your writing!*

**Tip 1 – Journal**

Journaling is a super-charged tool for understanding your emotions and releasing them constructively.

The journaling process can help you uncover the roots of your emotions, understand how they develop and recognise your responses to them. It also encourages reflection on how your emotional reactions affect others.

Armed with this insight, you can more effectively infuse your writing with emotion, and your readers will be more likely to feel what you intend.

*Read more:*

[How to Write Emotion](https://www.masterclass.com/articles/how-to-write-emotion)

**Tip 2 – Dig deep**

William Wordsworth said, ‘Fill your paper with the breathings of your heart.’

To write with authentic emotion, it’s vital to understand how emotions surface from the heart – and yes, that means both positive *and* negative ones.

How do you react when a strong emotion rises? Dig deep into your emotional patterns and explore that unique tapestry. Perhaps discuss what you find with a friend, or even a therapist, to further deepen your self-perception.

Applying what you learn to your writing will make it more relatable; your readers will feel the raw, self-sourced emotion in your words.

*Discover more:*

[6 Ways to Infuse Your Writing With Emotion](https://medium.com/the-book-mechanic/6-ways-to-infuse-your-writing-with-emotion-cb39f5675a1d)

[How to Show Emotion in Writing and Make Readers Feel It](https://prowritingaid.com/how-to-show-emotion-in-writing%22%20%5Cl%20%22head0)

**Tip 3 – Draw on your personal experiences**

Everyone has a myriad of life experiences, from happy and triumphant moments to sad ones and everything in between. These experiences provide a solid foundation for writing with emotion.

Readers connect more deeply with emotions written from authentic first-hand experiences. The writing doesn’t necessarily need to be about the experience itself; it can simply draw on those feelings to present a new story.

For instance, when writing about my own separation from a long-term relationship, I allowed myself to revisit the past and feel those emotions again. This was difficult, to be sure, but doing so enabled me to write about the experience with genuine feeling.

*Read more:*

[Three Challenges of Writing a Human-Interest Story About Your Own Life](https://www.nzwriterscollege.co.nz/journalism/three-challenges-of-writing-a-human-interest-story-about-your-own-life/)

[Emotions in Writing: How to Make Your Readers Feel](https://jerichowriters.com/emotions-in-writing/)

[The Best Writing Tip I've Ever Received: Keep It Real](https://www.writerscollegeblog.com/the-best-writing-tip-ive-ever-received/)

**Tip 4 – Be deliberate with your word choice**

Once you’ve worked to understand your emotions, it’s essential to think carefully about the words you will choose to express them.

As Mark Twain wrote, ‘The difference between the right word and the almost right word is the difference between lightning and a lightning bug.’

Consider not only the meaning of the words you choose but also their connotations, and ensure both align with the emotional response you want to evoke.

The English language is rich in synonyms. As you write, try to use the words best suited to the specific emotion you’re describing.

For example, you could use a broad term like *happiness* to describe the feeling of enjoying a fulfilling conversation with a friend. But a more nuanced word like *jubilation* or *joy* might convey the feeling you intend more accurately.

*Explore more:*

[The Importance of Word Choice in Writing](https://writers.com/word-choice-in-writing)

**Tip 5 – Tap into your emotions to develop fictional characters**

The tips in this list don’t only apply to non-fiction, such as feature writing and memoir; they’re also invaluable for character development in fiction writing. Emotion is what brings characters to life and makes them feel real.

Next time you craft a new character, imagine you’re a mad (or sane) scientist creating a Frankenstein to suit your story. Be bold and take your time.

Consider your character’s strengths, weaknesses, fears, flaws, desires, dreams and motivations. Where and how did they grow up? What influenced them? How do they experience and react to various emotions?

A well-thought-out and developed character allows readers to empathise and lose themselves in the story.

*Learn more:*

[How to Use the Wheel of Emotions to Write Better Fictional Characters](https://medium.com/swlh/how-to-use-the-wheel-of-emotions-to-write-better-fictional-characters-a86ba6381fe2)

[Emotions in Writing: The Author's Guide to Stirring Up Big Feels](https://www.dabblewriter.com/articles/emotions-in-writing)

Now, go forth and conquer writing with emotion – here’s a quick recap:

1. First, journal to understand your emotions – this will allow you to write more relatable descriptions.
2. Dig deep into your emotions to observe how they surface – describe this process for your readers.
3. Draw on your own experiences to bring emotions to life – your readers will connect better with your writing and feel it more deeply.
4. Use words that align with the emotions you want your readers to feel – be conscious of meanings, connotations and synonyms.
5. When writing fiction, spend time developing multi-layered characters – this will make their feelings and behaviours more relatable to your readers.