

## Heart Writing Challenge by Cindy O'Hora

**Directions:** Harness the heart idioms to fill in this heart warming story.

Last night Emily had a \_\_\_\_\_ to \_\_\_\_\_ talk with her mother. She \_\_\_\_\_ her \_\_\_\_\_ out to her over the phone. Her mom said she had been \_\_\_\_\_ at \_\_\_\_\_ when she had heard the shocking news about that varmint Mike. She wished from the \_\_\_\_\_ of her \_\_\_\_\_ that the whole terrible situation had never occurred. She urged Emily to \_\_\_\_\_ in the love of those around her.

Truth be told, Mrs. Jones had been relieved when she heard Mike had announced his \_\_\_\_\_ of \_\_\_\_\_ about the marriage. In her \_\_\_\_\_ of \_\_\_\_\_ she had doubted his sincerity from the beginning. She hoped the year he was spending in Europe would end the relationship with her daughter. She had never believed the old saying \_\_\_\_\_ makes the \_\_\_\_\_ grow \_\_\_\_\_. It certainly was not true in her past marriage. But recalling the pain of her break up with her Emily's father, John, made her \_\_\_\_\_ go \_\_\_\_\_ to her daughter all the more. She had encouraged her daughter to go to the party in hopes it would relieve Emily's \_\_\_\_\_.

"Mom is right," thought Emily as she got in the cab. "There is no point in sitting home all weekend." She had always enjoyed being with Jane. Just thinking of her warmed the \_\_\_\_\_ of her heart. Besides, she didn't \_\_\_\_\_ the \_\_\_\_\_ to disappoint such a cherished friend, by missing the big celebration.

As she entered the atrium of the massive room, she spied herself in a full length mirror. She \_\_\_\_\_ heart in how good she looked in the flaming red, sequined dress. Even though her \_\_\_\_\_ was not \_\_\_\_\_, she pasted a smile on her face and began to circulate around the room.

A few people ahead of her she saw Grace Veiny. Grace looked stunning in her simple, dark red gown. In college, Grace had been the one with the \_\_\_\_\_ of gold. Always a bit too sympathetic, Emily feared a word from Grace's \_\_\_\_\_ heart would put her in tears. Emily quickly reversed direction before Grace saw her.

The soft rock music pulsed through the room. The steady lub - dub rhythm soothed Emily's \_\_\_\_\_ heart a bit. Listening to music had always been relaxing for her. Suddenly, she saw an all too familiar figure. Her \_\_\_\_\_ skipped a \_\_\_\_\_. What was he doing here? How could Jane have invited Mike to her bash,too?

Emily \_\_\_\_\_ her heart as she walked towards Mike. She was behind him and hoped his \_\_\_\_\_ would be in his \_\_\_\_\_ when she unexpectedly appeared in front of him.

"He'll be eating his \_\_\_\_\_ when he sees me in this gorgeous dress," she mumbled to herself to build her confidence. As she drew near, Mike staggered a bit almost falling on the man standing next to him. Emily noticed the man was holding on to Mike's arm. Mike swayed abruptly again, spilling his drink down Jane's dress. He was drunk! Emily heard Jane angrily demand that Mike leave immediately. The man holding him up literally dragged Mike out the door.

Emily greeted Jane and offered to help clean up her dress. As they entered the ladies room Jane's anger exploded.

"None of us had the \_\_\_\_\_ to tell you this before, Emily. Mike is a drunk. How dare he come to my party high on drugs and booze? Oh no, Look at my dress!" Jane looked sadly at her reflection in the mirror. Emily's heart \_\_\_\_\_ over the look of disappointment and despair in Jane's face.

"I am so sorry he is such a jerk. Tell you what. We are the same size. Let's swap dresses. I want to head home anyway," suggested Emily. Jane could see by her expression that the offer came straight from Emily's \_\_\_\_\_. They quickly switched outfits. Jane whole \_\_\_\_\_ thanked Emily telling her she would stop by the next afternoon to return Emily's dress.

For Emily, the cab ride home was a peaceful pleasure. She went straight to bed. She even smiled as her eyes drifted shut. She \_\_\_\_\_ heart on the goal of forgetting Mike. She realized that ending the relationship with Mike was the right thing after all.

"The most powerful agent of growth and transformation is something more basic than any technique: a change of heart." ~ John Welwood

### Heart Idioms:

Absence makes the heart grow fonder  
from the bottom of your heart  
warm the cockles of your heart  
your heart bleeds  
heart is in their boots  
heart is in the right place  
heart skips a beat  
eat your heart out!  
break someone's heart  
harden your heart  
have a heart of stone  
know/learn it (off) by heart  
lose your heart to a person  
a man/woman after your own heart  
pour your heart out  
put your heart and soul into doing

set your heart on doing something  
strike at the heart of it  
take something to heart  
take heart  
go to the heart of the matter  
bleeding heart  
a change of heart  
put your hand on your heart  
your heart goes out to  
heart is in their mouth  
heart is not in something  
heart sinks  
be all heart  
close/dear to a person's heart  
cry your heart out

have a heart of gold  
in your heart of hearts  
let your heart rule your head  
lose heart  
open your heart  
to your heart's content  
wear your heart on your sleeve  
a heart-to-heart  
Home is where the heart is  
sick at heart  
someone is heartless