Heart Idioms Writing Challenge by Cindy O'Hora

Directions: Harness the heart idioms on the attached page 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.

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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 disappoint 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 one's heart** on doing something
strike at the heart of it
take something to heart
take heart

go to the heart of the matter

a 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

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