

Sensations

Body sensations (in feet, hands, brain, lungs, temples, eyes, heart, throat, gut, stomach, fingers, skin, etc.) are clues about what we're feeling and needing

NOTE: these categories are simply suggestions; you may notice some will show up in different categories for you (like "Alive", "Raw", or "Bubbly")

DISCONNECTION	DISQUIETED	TENSION & IRRITATION	DISGUSTED/ILL	WELLBEING & VITALITY
Blocked	Active	Blazing	Acidic	Alive
Bumblng	Beating	Burning	Bloated	Airy
Closed	Blushing	Clenched	Chilled	Breathing
Cold	Breathless	Constricted	Clammy	Calm
Congested	Bubbly	Cramped	Creaking	Cool
Constipated	Buzzing	Flushed	Damp	Cozy
Contracted	Dizzy	Firm/Tough	Debilitated	Draining
Dark	Electric	Hot	Dropped	Elastic/Flexible
Dense	Fidgety	Intense	Eyeball	Energized
Disconnected	Fluttery	Jagged	Faint	Expanded
Distorted	Frantic	Knotted	Fatigue	Expanding
Dim	Frowning	Prickly	Gagging	Feathery
Dull	Goose Bumpy	Pulled	Gassy	Floating
Empty	Gurgling	Scrunchy	Gut-Turning	Flowing
Foggy	Itchy	Sharp	Hunched	Fluid
Frozen	Jerking	Spasming	Hungry	Full
Fuzzy	Jittery	Sticky	Lethargic	Grounded
Glassy	Jumbled	Stinging	Lump in Throat	Harmonious
Hollow	Jumpy	Sweaty	Malaise	Lax
Icy	Need to Move	Tense	Moist	Light
Indistinct	Pinching	Tight	Nauseated	Loose/Pliable
Leadn	Pounding	Thundering	Nausea	Open
Limp	Pressure	Vivid	Nauseous	Quiet
Muffled	Pulsing	Unstable	Noxious	Radiant
Numb	Quaking	TENDER	Parched	Relaxed
Out-of-Body	Quivering	Achy	Puffy	Releasing
Paralyzed	Racing	Brittle	Queasy	Shimmering
Plodding	Raised	Broken	Radiating	Silky
Separated	Referring	Bruised	Ragged	Soft/Smooth
Shapeless	Rolling	Crying	Raw	Soothing
Spacey	Shaky	Frail	Shuddering	Spacious
Speechless	Shivery	Heavy	Sluggish	Still
Sleepy	Slippery	Injured	Sneezy	Streaming
Sluggish	Squirmy	Sensitive	Toxic	Stretchy
Stiff	Stringy	Sore	Turning Away	Strong
Suffocating	Throbbing	Squishy	Vomiting	Vibrant
Thick	Trembling	Tender	Weak	Vivid
Tepid	Unsteady		Withered	Warm
Yawning	Vibrating		Writhing	

