

# 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

Blocked  
Bumblng  
Closed  
Cold  
Congested  
Constipated  
Contracted  
Dark  
Dense  
Disconnected  
Dim  
Dull  
Empty  
Foggy  
Frozen  
Fuzzy  
Glassy  
Hollow  
Icy  
Indistinct  
Leadn  
Limp  
Muffled  
Numb  
Paralyzed  
Plodding  
Shapeless  
Spacey  
Speechless  
Sluggish  
Stiff  
Suffocating  
Thick  
Tepid  
Yawning

## DISQUIETED

Active  
Beating  
Blushing  
Breathless  
Bubbly  
Buzzing  
Dizzy  
Electric  
Fidgety  
Fluttery  
Frantic  
Goose Bumpy  
Gurgling  
Itchy  
Jittery  
Jumbled  
Jumpy  
Need to Move  
Pounding  
Pressure  
Pulsing  
Quaking  
Quivering  
Racing  
Raised  
Referring  
Rolling  
Shaky  
Shivery  
Slippery  
Squirmy  
Stringy  
Throbbing  
Unsteady  
Vibrating

## TENSION & IRRITATION

Blazing  
Burning  
Clenched  
Constricted  
Cramped  
Flushed  
FirmTough  
Hot  
Intense  
Jagged  
Knotted  
Prickly  
Pulled  
Scrunchy  
Sharp  
Spasming  
Sticky  
Stinging  
Sweaty  
Tense  
Tight  
Thundering  
Vivid  
Unstable  
**TENDER**  
Achy  
Brittle  
Broken  
Bruised  
Crying  
Frail  
Heavy  
Sensitive  
Sore  
Squishy  
Tender

## DISGUSTED/ILL

Acidic  
Bloated  
Chilled  
Clammy  
Creaking  
Damp  
Dropped  
Faint  
Fatigue  
Gassy  
Gut-Turning  
Hungry  
Lethargic  
Lump in Throat  
Malaise  
Moist  
Nauseated  
Nauseous  
Noxious  
Parched  
Puffy  
Queasy  
Radiating  
Ragged  
Raw  
Shuddering  
Sluggish  
Sneezy  
Sleepy  
Toxic  
Turning Away  
Weak  
Withered  
Writhing

## WELLBEING & VITALITY

Alive  
Airy  
Breathing  
Calm  
Cool  
Cozy  
Draining  
Elastic/Flexible  
Energized  
Expanded  
Expanding  
Feathery  
Floating  
Flowing  
Fluid  
Full  
Grounded  
Harmonious  
Lax  
Light  
Loose/Pliable  
Open  
Quiet  
Radiant  
Relaxed  
Releasing  
Shimmering  
Silky  
Soft/Smooth  
Soothing  
Spacious  
Still  
Streaming  
Stretchy  
Strong  
Vivid  
Warm

