

Body Sensations

Words to help you name what you are experiencing

Tender	Trapped	Quivery	Piercing
Sensitive	Paralyzed	Fidgety	Sharp
Raw	Contained	Twitchy	_____
Bruised	_____	Buzzy	Draining
Wounded	Imploding	Itchy	Flowing
Achy	Shrinking	Fuzzy	Releasing
Sore	Hiding	Jumpy	Expanded
_____	Hollow	Pulsing	_____
Tense	Empty	Throbbing	Fluid
Tight	Disconnected	Pounding	Streaming
Stiff	Spacey	_____	Melting
Dense	Numb	Prickly	_____
Constricted	Floaty	Fizzy	Spacious
Breathless	_____	Vibrating	Open
Clenched	Pit in stomach	Electric	Light
Pressure	Nauseous	Tingling	Airy
Knotted	Dizzy	Burning	Expansive
Blocked	Spinning	Radiating	Growing
Closed	Wobbly	Energized	_____
Cut off	Queasy	Cold	Glowing
Dark	Clammy	Hot	Alive
Congested	_____	Warm	Awake
Suffocated	Shaky	Sweaty	_____
Heavy	Trembly	Fiery	Smooth
Burdened	Fluttery	Red hot	Relaxed
Full	Shivery	Cool	Calm
Frozen	Quivery	Blue	
Immobile	Fidgety	Flushed	
Armored	Twitchy	Dry	
Stuck	Buzzy	_____	
	Shivery	Stinging	