

FELT SENSE: The Language of Sensation

Intensity of Sensations

Sharp
Intense
Hard
Pressure
Dull
Weak
Soft
Solid

Muscle Sensations

Trembling
Shuddering
Shivery
Pulsing
Shaky
Throbbing
Spasming
Achy
Crampy
Twitching
Fluttery
Shuddering
Tense

Skin Sensations

Itchy
Tingly
Moist
Dry
Goosebumps
Prickly
Sweaty
Clammy Flushed

Temperature

Frozen
Cold
Numb
Hot
Steaming
Icy
Cool
Warm
Boiling

Constriction Sensations

Stuck
Knotted
Blocked
Tense
Breathless
Compressed
Suffocating
Contracted
Tight
Congested
Constricted

Whole Body Sensations

Trembling
Vibrating
Puffy
Energized
Fidgety
Faint
Spinning
Heavy
Thick
Flaccid
Full
Jittery
Gurgling
Light
Calm
Jumpy
Tingling
Fuzzy
Wobbly
Buzzing

Expansion Sensations

Expansive
Floating
Fluid
Radiating
Waves
Moving
Flowing
Relaxed
Glowing
Steaming