
VOCABULARY OF SENSATIONS

Sensation is the language of the nervous system. By learning to notice and track your sensations, you will connect deeper with your primal, biological nature. In doing so, you'll be able to respond to life more fully and with a greater awareness of the present moment.

Achy	Airy	Alive	Bloated	Blocked	Breathless	Brittle	Bubbly
Burning	Buzzy	Calm	Chilled	Clammy	Clenched	Closed	Cold
Congested	Constricting	Contracted	Cool	Cozy	Crampy	Damp	Dark
Dense	Disconnected	Dizzy	Draining	Dull	Elastic	Electric	Empty
Energized	Expansive	Faint	Flaccid	Flowing	Fluid	Flushed	Fluttery
Frozen	Full	Gurgling	Hard	Heavy	Hollow	Hot	Icy
Itchy	Jagged	Jittery	Jumbly	Jumpy	Knotted	Light	Loose
Moist	Moving	Numb	Open	Paralyzed	Pounding	Pressure	Prickly
Puffy	Pulled	Pulsing	Quaking	Quiet	Queasy	Quivering	Radiating
Ragged	Raw	Relaxed	Releasing	Rolling	Rumbling	Shaky	Sharp
Shivery	Shuddering	Silky	Smooth	Soft	Spacey	Spacious	Spasm
Spinning	Sticky	Still	Stretchy	Stringy	Strong	Suffocating	Sweaty
Tender	Tense	Thick	Throbbing	Tickly	Tight	Tingling	Trembly
Twitchy	Vibrating	Warm	Wobbly	Wooden			

* Source: www.TraumaAndSomatics.com & Mandy Witters Coaching, LLC

