



# PHYSICAL FEELINGS

PAIN	TEMPERATURE	LIGHT	HEAVY	SHAKY
Tender	Warm	Light	Dull	Antsy
Sore	Cool	Open	Disconnected	Fluttery
Achy	Chilly	Airy	Drained	Trembly
Tense	Cold	Calm	Dense	Squirmy
Tight	Clammy	Smooth	Tired	Jittery
Hurt	Sweaty	Relaxed	Blocked	Queasy
Weak	Shivery	Fluid	Congested	Wobbly
Hungry	Hot	Floating	Heavy	Dizzy
Nauseous	Icy	Expansive	Bloated	Shaky
Short of Breath	Sweltering	Energized	Lethargic	Jumpy
Clenched	Freezing	Strong	Numb	Frantic