

Felt Sense: The Language of Sensation

Intensity of Sensations

Sharp	Dull
Intense	Weak
Hard	Soft
Pressure	Solid

Muscle Sensations

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

Skin Sensations

Itchy	Prickly
Tingly	Sweaty
Moist	Clammy
Dry	Flushed
Goosebumps	

Temperature

Frozen	Icy
Cold	Cool
Numb	Warm
Hot	Boiling
Steaming	

Constriction Sensations

Stuck	Contracted
Knotted	Tight
Blocked	Congested
Tense	Constricted
Breathless	
Compressed	
Suffocating	

Whole Body Sensations

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

Expansion Sensations

Expansive	Moving
Floating	Flowing
Fluid	Relaxed
Radiating	Glowing
Waves	Streaming