



SELF AWARENESS INCLUDES BODY AWARENESS

BODY SENSATION WORDS

The mind needs to be reeducated to feel physical sensations...Individuals who lack emotional awareness are able, with practice, to connect their physical sensations to psychological events. Then they can slowly reconnect with themselves. In order to change, people need to become aware of their sensations and the way that their bodies interact with the world around them. Physical self-awareness is the first step in releasing the tyranny of the past.” Bessel van der Kolk

Achy
Airy
Blocked
Breathless
Bruised
Burning
Buzzy
Clammy
Clenched
Cold
Constricted
Contained
Contracted
Dizzy
Drained
Dull
Electric
Empty
Expanded
Flowing
Fluid
Fluttery
Frozen
Full
Gentle
Hard

Heavy
Hollow
Hot
Icy
Itchy
Jumpy
Knotted
Light
Loose
Nauseous
Numb
Pain
Pounding
Prickly
Pulsing
Queasy
Radiating
Relaxed
Releasing
Rigid
Sensitive
Settled
Shaky
Shivery
Slow
Smooth

Soft
Sore
Spacey
Spacious
Sparkly
Stiff
Still
Suffocated
Sweaty
Tender
Tense
Throbbing
Tight
Tingling
Trembly
Twitchy
Vibrating
Warm
Wobbly
Wooden