

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