INDEX OF BODY SENSATIONS

Having the language to describe sensations can be helpful so you can better connect with your body. It can also help others understand what you are experiencing. Below is a list of sensations to get curious about as you check in with what is happening inside your body. You can use it as a starting point to give voice to your nervous system's story.

Achy
Airy
Alive
Bloated
Blocked
Breathless
Brittle
Bubbly
Burning
Buzzy
Chilled
Clammy
Closed
Cold
Congested
Constricted
Contracted
Cool
Cozy
Crampy
Damp
Dense
Dizzy
Dull
Elastic
Electric
Empty
Energized
Expanding
Faint
Flaccid
Flushed
Flutter
Frantic
Frozen
Full
Goose bumpy
Gurgling
Hard
Heavy
Hot
Icy
Intense
Itchy
Jagged
Jittery
Jumbly
Jumpy
Knotted
Light
Loose
Moist
Moving
Numb
Open
Paralyzed
Pounding
Pressure
Prickly
Puffy
Pulsing
Quiet
Quivering
Radiating
Ragged
Raw
Rolling
Shaky
Sharp
Shimmering
Shivery
Shudder
Silky
Smooth
Soft
Spacious
Spasming
Spinning
Sticky
Still
Stretchy
Stringy
Strong
Suffocating
Sweaty
Tender
Tense
Thick
Throbbing
Tickly
Tight
Tingling
Trembly
Tremulous
Twitchy
Vibration
Warm
Wobbly

Additional Things to Get Curious About:

- Is it okay to notice this sensation?
- Is the sensation pleasant, unpleasant or neutral?
- Does the sensation have a shape, size, color, or texture?
- Is there an image associated with the sensation?

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Want to learn more about your body sensations?
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