

BODY SENSATIONS

A SOMATIC VOCABULARY

Unsettled	Pull	Vitality	Shaky
Zest/spirited	Sore	Heart racing	Heavy Head
Jittery	Twitchy	Dizzy	Sluggish
Sweaty	Numb	Tightness	Burning sensation
Weak	Activated	Wobbly	Bruised
Melting	Breathless	Heavy	Congestion
Achy/slight fever	Empty	Fuzzy	Spinning
Dry mouth	Pounding/Heart racing	Suffocating	Dry Throat
Warm	Constriction	Tight Jaw	Tense
Prickly	Full	Goosebumps	Needling
Raw	Drained	Tension	Blocked
Fiery	Open	Expansion	Tingling
Energetic	Bubbly	Chills	Flushed/Hot face
Itchy	Cold Hands & Feet	Light	Restless
Tight Chest	Rush	Sweaty palm	Gnawing in the belly
Trembling	Shivery	Tender	Stomach knots
Puffy	Shrinking	Cramped	Hollow
Stiff	Clenched	Energised	Spacious
Fluttery	Imploding		
