

BODY SENSATIONS

tense shoulders	tense neck	shortness of breath	tight facial muscles
tense back	voice cracking	tightness in throat	difficulty swallowing
dry mouth	trembling	jittery	nose twitching
itching	clenched teeth	hand shaking	fast heartbeat
pressure in head	watery eyes	crying	headache
fists clenched	weak	wobbly knees	relaxed
slumped over	erect	strong	furrowed brow
thrust jaw	raised brow	tightness in forehead	eyelid twitching
sweaty palms	smiling	grimacing	frowning
sweaty armpits	tight stomach	knot in stomach	butterflies in stomach
nauseated	lightheaded	giddy	foot tapping
legs shaking	warm	hot	cold
cool	freezing	teeth chattering	sleepy
weighted down	dizzy	lighthearted	aroused
excited	sweaty feet	flush faced	hot headed
biting lips	hot ears	sexually aroused	nail biting
lump in throat	tension headache	pain in neck	pain in buttocks
restless	jumpy	hurting heart	chest pain
tight hands	stomach cramps	stomach gurgling	spastic stomach
jumpy stomach	heartburn	belching	hiccuping