

SENSEWORDS

Describe the sensations you feel in your body

To effectively label and describe the sensations you feel in your body, a diverse vocabulary is very helpful. Here are some terms that can be used to describe various bodily sensations. This list is just to get you started and is in no way comprehensive, so please do add your own words.

1. TEMPERATURE & BREATH:

Temperature: Burning, Chilly, Clammy, Cool, Cold, Flushed, Frozen, Heated, Hot, Icy, Sizzle, Sticky, Sweaty, Warm.

Breath: Cool, Dry, Faint, Flowing, Fluttery, Gentle, Gusty, Heavy, Hushed, Light, Moist, Muffled, Quiet, Rough, Shallow, Sharp, Smooth, Soft, Steamy, Warm, Whispery, Windy

2. MOVEMENT, ENERGY & PERCEPTUAL:

Movement: Clenching, Butterflies, Flowing, Jumpy, Twitchy, Shaky, Trembly.

Energy: Electric, Energized, Floating, Fluid, Flowing, Jittery, Pulsing, Radiating, Streaming, Swirling, Tingling, Throbbing.

Perceptual: Bright, Clear, Dark, Disembodied, Faint, Full, Heavy, Light, Luminous.

3. TEXTURE & PRESSURE:

Texture: Dense, Dull, Hollow, Itchy, Nervy, Rigid, Sharp, Soft, Silky, Smooth, Tickly, Thin, Thick.

Pressure: Coiled, Constricted, Congested, Contracted, Expanded, Jagged, Knotted, Loose, Open, Pressure, Release, Restricted, Stiff, Strong, Tight, Tense, Tough.

4. PAIN & DISCOMFORT:

Pain: Achy, Brittle, Bruised, Crooked, Jagged, Numb, Paralyzed, Pinched, Pounding, Prickly, Pulsing, Sore, Tender, Throbbing.

Discomfort: Dizzy, Draining, Fuzzy, Frantic, Ragged, Spacey, Spinning, Blurry, Deflated, Hollow, Jittery, Nauseous, Nervous, Queasy, Quivery, Sleepy, Tearful, Wobbly, Suffocating.