

Somatic Sensations

A Reference for Body-Based Awareness

Temperature & Skin

chills	hot
clammy	icy
cold	moist
cool	raw
damp	scorching
feverish	shivery
flushed	sweaty
goose-bumps	warm

Pressure & Tension

clenched	pressured
compressed	squeezed
constricted	stiff
crushing	suffocating
dense	tense
gripping	thick
heavy	tight
knotted	

Pain & Discomfort

achy	sharp
bruised	sore
burning	stabbing
itchy	tender
pins and needles	throbbing
prickly	tickley

Movement & Vibration

buzzy	rippling
electric	shuddering
jerky	surging
pulsing	trembling
quaking	twitchy
quivery	vibrating
radiating	wobbly

Lightness & Airiness

airy	fuzzy
drifting	light
floaty	spacious
fluid	weightless

fluttery

Fullness & Emptiness

bloated
congested
empty
expansive
full

hollow
open
puffy
swollen

Digestive & Visceral

churning
crampy
dropping
flipping
gurgling

jumbly
nauseous
sinking
unsettled

Weakness & Depletion

depleted
drained
faint
flaccid
limp

numb
paralyzed
rubbery
weak

Vitality & Aliveness

alive
breathless
bubbly
buzzing
energized
glowing

humming
sparkling
tingly
vibrant
warm

Blocked & Stuck

blocked
dull
frozen
immovable

leaden
sluggish
stuck