

Identifying Sensations

Deepening into our Inner World experience can be confusing for many of us who don't have sufficient language to name internal sensations. Here are some sensation words to help you to begin to name some of your somatic (body) Inner World experiences.

Aching	Crunchy	Glowy	Numb	Spacious
Achy	Damp	Goosey	Open	Spasming
Airy	Deep	Goose bumpy	Oppressive	Spinning
Antsy	Dense	Grounded	Paralyzed	Stabbing
Bloated	Dizzy	Gurgly	Pounding	Strangling
Blocked	Dull	Hard	Pressured	Sticky
Bound	Effervescent	Hazy	Prickly	Streaming
Bracing	Electric	Heavy	Puffy	Stringy
Breathless	Empty	Hot	Pulsing	Strong
Bubbly	Energized	Icky	Quaky	Suffocating
Burning	Erratic	Intense	Queasy	Superficial
Buzzy	Even	Itchy	Quivery	Sweaty
Chaotic	Expansive	Jagged	Radiating	Tense
Chilly	Faint	Jittery	Raw	Thick
Churning	Flaccid	Jumbly	Relaxed	Throbbing
Clammy	Flowing	Jumpy	Rigid	Tight
Clear	Fluid	Lifeless	Rumbly	Tingly
Cloudy	Flushed	Light	Shaky	Trembly
Cold	Fluttery	Limp	Sharp	Tremulous
Compressed	Foggy	Loose	Shivery	Twisty
Congested	Frantic	Mild	Shuddery	Twitchy
Constricted	Frozen	Moist	Smooth	Vibrating
Contracted	Full	Moving	Soft	Warm
Cool	Fuzzy	Murky	Solid	Weighted
Course	Globby	Mushy	Sore	Wobbly
Cramping	Glommy	Nauseous	Spacey	Zippy

Comparing Sensations

For some of us, even naming a distinct sensation can be challenging if we have a rupture in our body awareness. It can be helpful to ask yourselves questions that follow the format: "Is it more _____ or more _____," such as:

Airy...Dense	Full...Empty	Puffy...Flat
Calm...Antsy	Gentle...Rough	Pulsing...Twitchy
Clear...Hazy	Hard...Soft	Relaxed...Tense
Constant...Erratic	Hot...Cold	Smooth...Rough
Deep...Superficial	Lifted...Weighted	Static...Moving
Dull...Sharp	Light...Dark	Tense...Relaxed
Energetic...Frantic	Light...Heavy	Thick...Thin
Energetic...Lifeless	Mild...Intense	Throbbing...Aching
Empty...Spacious	Moist...Dry	Tight...Loose
Expansive...Contractive	Open...Blocked	Tingly...Elect
Fast...Slow	Opaque...Translucent	Wide...Narrow