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 ae some sensation words to help you to begin to name some of your somatic (body) Inner World experiences.

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

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