



Sensation Word List

Below are some examples of how sensations can show up in the body.



Prickly
It's kind of weird
Warm
Expansive
Sinking
Buzzing
Shaky
Heavy
Tight
Tingling
Pulsing
Swampy
Piercing
Foggy
Dark
Light
Streaming
Wavy
Crushing
Electric
Spacey
Numb
Burning
Pressure
Sticky

Dense
Thick
Aware
Sharp
Burning
Flowing
Glowing
Bubbly
Cloudy
Dull
Hum
Rough
Smooth
Disconnected
Warm
Cold
Hot
Full
Empty
Void
Delicate
Fragile
Solid
Edgy
Relaxing

