

Language of the Body-- Sensation Cheat Sheet

achy	cozy	gurgling	playful	spinning
activated	crampy	hard	pounding	sticky
airy	dark	heavy	pressure	still
alive	dense	hollow	prickly	stretchy
armored	dizzy	hot	puffy	stringy
awake	dull	icy	pulsing	strong
big	elastic	intense	quiet	stuck
bloated	electric	itchy	radiating	suffocating
blocked	empty	jagged	ragged	sweaty
breathless	energized	jittery	raw	swishy
bright	explosive	jumbly	relaxed	tender
bubbly	faint	jumpy	rushing	tense
burning	fast	knotted	shaky	thick
buzzy	fiery	light	sharp	thundery
chilled	floaty	loose	shimmery	tickly
clammy	flowing	loud	shivery	tight
clenched	fluid	melting	silky	tingly
closed	fluttery	moving	small	trembly
cold	frantic	nauseous	smooth	twitchy
congested	frozen	numb	soft	untethered
constricted	full	open	spacey	vibrating
contracted	gooey	piercing	spacious	warm
cool	goose bumpy	pins and needles	spasming	wobbly



*Adapted from Somatic Experiencing International (c), www.traumahealing.org