

Language of Sensations

Whole body sensations

- trembling
- vibrating
- puffy
- energized
- fidgety
- faint
- spinning
- heavy
- thick
- full
- jittery
- gurgling
- light
- calm
- jumpy
- buzzing
- flaccid
- fuzzy
- tingling
- wobbly

Skin sensations

- itchy
- moist
- prickly
- clammy
- goose bumps
- tingly
- dry
- sweaty
- flushed

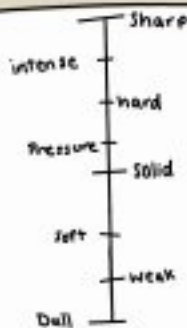
temperature

- steaming
- boiling
- warm
- cool
- icy
- numb
- cold
- frozen

muscle sensations

- achy
- trembling
- twitching
- shuddering
- tense
- throbbing
- crampy
- shivery
- pulsing
- shaky
- fluttery
- spasming

intensity of sensation



expansion sensations

- expansive
- floating
- fluid
- radiating
- waves
- moving
- flowing
- relaxed
- glowing
- streaming

constriction sensations

- Stuck
- blocked
- contracted
- breathless
- Compressed
- knotted
- tight
- tense
- congested
- Suffocating
- constricted