

## Body Sensations

|              |              |                   |
|--------------|--------------|-------------------|
| Achy         | Full         | Shivery           |
| Airy         | Fuzzy        | Shuddery          |
| Antsy        | Goose bumpy  | Sneezy            |
| Bloated      | Hollow       | Sore              |
| Blocked      | Hot          | Spazzy            |
| Bouyant      | Heavy        | Spinning          |
| Breathless   | Icy          | Squirrely         |
| Bubbly       | Itchy        | Squirmy           |
| Burning      | Jittery      | Still             |
| Buzzy        | Jumbled      | (like I'm)        |
| Chilly       | Jumpy        | Suffocating       |
| Cold         | Lax          | Sweaty            |
| Cool         | Lethargic    | Teetery           |
| Congested    | Light        | Tender            |
| Constricted  | Light-headed | Tense             |
| Clammy       | Limp         | Thick             |
| Clenched     | Loose        | Throbbing         |
| Damp         | Lumpy        | Tight             |
| Dense        | Mild         | Tightness of skin |
| Dizzy        | Nauseous     | Tingly            |
| Drained      | Numb         | Trembly           |
| Dull         | Open         | Tremulous         |
| Effervescent | Paralyzed    | Twisted           |
| Electric     | Pounding     | Twitchy           |
| Empty        | Pressure     | Unstable          |
| Energized    | Prickly      | Warm              |
| Expansive    | Puffy        | Weak              |
| Faint        | Pulsing      | Wobbly            |
| Flaccid      | Queasy       |                   |
| Flowing      | Quivery      |                   |
| Fluid        | Radiant      |                   |
| Flushed      | Relaxed      |                   |
| Fluttery     | Scrunchy     |                   |
| Frantic      | Shaky        |                   |
| Frozen       | Sharp        |                   |