

SENSATIONS

Common Sensations	Sensations that just won't stay still	Sensations that have a nerve-quality	The Ugh and Blah Category	Sensations that often signal wellbeing and vitality	The 'Feel Stabby Much' List
Tender	Shaky	Prickly	Wooden	Calm	Tense
Sensitive	Trembly	Electric	Congested	Energized	Tight
Bruised	Throbbing	Tingling	Dull	Smooth	Constricted
Achy	Pounding	Nervy	Dense	Streaming	Clenched
Sore	Fluttery	Twitchy	Frozen	Warm	Knotted
Tense	Shivery	Burning	Icy	CoolRelaxed	Hot
TightNauseous	Queasy	Radiating	Disconnected	Open	Full
	Wobbly	Referring	Thick	Light	Sweaty
	Bubbly	Buzzy	Blocked	Spacious	
	Dizzy	Itchy	Contracted	Airy	
	Spacey		Heavy	Releasing	
	Breathless		Suffocated	Expanded]	
			Cold	Expansive	
			Numb	Flowing	
			Closed	Floating	
			Dark	Fluid	
			Hollow	Draining	
			Empty		