

Sensation *vocabulary*

Sometimes the hardest part is finding words. Here are some to borrow. Pick the ones that fit, ignore the rest, and make up your own. There isn't a right answer.

<i>Where?</i> Throat, chest, belly, hands...	<i>What's it like?</i> Try a word from below	<i>Moving, or still?</i> Does it change as you notice it?
Temperature <i>How warm or cool it feels</i> warm hot flushed cool cold clammy chilled glowing sweaty burning	Energy & movement <i>Something humming, moving, or stirring</i> buzzing tingling fluttering vibrating pulsing trembling shaky twitchy racing electric jumpy swirling	
Tightness & pressure <i>Holding, bracing, or being squeezed</i> tight clenched gripping braced constricted squeezed pressure tense knotted locked rigid stuck	Weight & density <i>How heavy or thick things feel</i> heavy weighted dense sinking dragging thick full stuffed solid light floaty	
Ease & openness <i>Softening, loosening, space arriving</i> soft loose open spacious relaxed flowing expansive melting settled easy released smooth	Surface & texture <i>What it feels like on the skin or in the muscle</i> prickly sharp stinging achy sore raw itchy dull tender rough fuzzy stretched	
Inside, and in between <i>Gut feelings, absence, and the quieter ones</i> churning queasy hollow empty numb flat blank foggy dizzy fizzy butterflies a drop in the stomach lump in the throat still quiet nothing I can name		

Sensations are what you can notice in the body. Feelings like "anxious" or "sad" often come with them, and sometimes it helps to put those down for a moment and just describe what's here. If nothing shows up, that counts too. This is meant to make things easier, not to be one more thing to get right.