

Identifying Sensations

Deepening into our Inner World experience can be confusing for many of us who don't have sufficient language to name internal sensations. This list of sensations may help you to begin to name some of your somatic (body) Inner World experiences. The list is not exhaustive, but a starting point to begin your internal exploration.

Aching	Energized	Moist	Smooth
Achy	Expansive	Moving	Spasming
Airy	Faint	Murky	Spinning
Bloated	Flaccid	Mushy	Stabbing
Blocked	Fluid	Nauseous	Stringy
Breathless	Flushed	Numb	Strong
Bubbly	Fluttery	Oppressive	Suffocating
Buzzy	Foggy	Paralyzed	Sweaty
Chills	Frantic	Pounding	Tense
Clammy	Frozen	Pressured	Thick
Congested	Fuzzy	Prickly	Throbbing
Constricted	Goose bumpy	Puffy	Tight
Contracted	Heavy	Pulsing	Tingly
Cool	Intense	Quakey	Trembly
Damp	Itchy	Quivery	Tremulous
Dense	Jagged	Radiating	Twisty
Dense	Jumbly	Shaky	Twitchy
Dizzy	Jumpy	Sharp	Vibration
Dull	Light	Shivery	Weighted
Electric	Mild	Shudder	Wobbly

Comparing Sensations

For some of us, even naming a distinct sensation can be challenging if we have a rupture in our body awareness. It can be helpful to ask yourselves questions that follow the format: "Is it more _____ or more _____," such as:

Airy...Dense	Gentle...Rough	Pulsing...Twitchy
Dull...Sharp	Light...Heavy	Smooth...Rough
Constant...Erratic	Mild...Intense	Static...Moving
Energetic...Frantic	Moist...Dry	Tight...Loose
Expansive...Contractive	Puffy...Flat	Tingly...Electric