

## List of Sensation Words

- Calm
- Energized
- Smooth
- Streaming
- Warm
- Cool
- Relaxed
- Open
- Light
- Spacious
- Airy
- Releasing
- Expanded/Expansive
- Flowing
- Floating
- Fluid
- Draining
- Tense
- Tight
- Constricted
- Clenched
- Knotted
- Hot
- Full
- Sweaty
- Congested
- Dull
- Dense
- Frozen
- Icy
- Disconnected
- Thick
- Blocked
- Contracted
- Heavy
- Suffocated
- Cold
- Numb
- Closed
- Hollow
- Empty
- Tender
- Bruised
- Achy
- Sore
- Tense
- Tight
- Nauseous
- Shaky/Trembly
- Throbbing
- Pounding
- Fluttery
- Shivery
- Queasy
- Wobbly
- Bubbly
- Dizzy
- Spacey
- Breathless
- Prickly
- Electric
- Tingling
- Twitchy
- Burning
- Radiating
- Buzzy