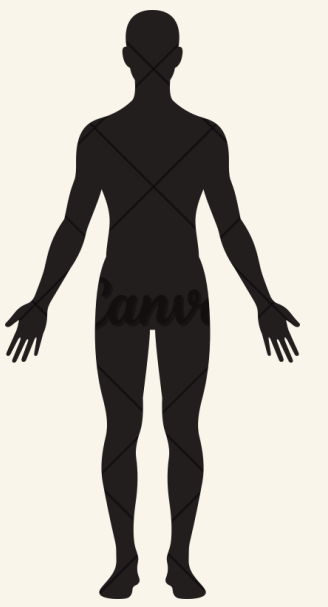


My Body's Language

A Simple Menu to Help Identify Physical Sensations in Real Time



When we experience strong emotions, our stress responses show up physically in our bodies first. However, finding the right words to describe what you feel inside can be incredibly difficult. You do not need to have a perfect explanation. Look at the categories below like a menu, and see if any individual words feel true for your body right now.

Weight & Space

How heavy or full does it feel?

Heavy
(like a lead weight)

Hollow
(empty or see-through)

Tight
(squeezed or bound up)

Full
(packed tightly or bursting)

Floating
(disconnected or drift-y)

Numb
(blank or hard to find)

Weighted Down
(like being pinned or stuck)

Airy
(light, breezy, or hard to center)

Swollen
(feeling larger than your actual body size)

Temperature

What is the climate inside?

Icy
(freezing cold or numb-cold)

Burning
(hot, flashing, or red)

Sweaty
(clammy or damp)

Lukewarm
(stuffy or stagnant)

Shivering
(chilled from the inside)

Neutral
(room-temperature or calm)

Flushed
(a sudden wave of warmth
in the face or chest)

Clammy
(cold sweat or sticky skin)

Feverish
(uncomfortable, restless heat)

Motion & Speed

Is the sensation moving or still?

Racing
(speeding or fast heartbeat)

Shaking
(trembling or jittery)

Buzzing
(tingling, electric, fuzzy)

Frozen
(stuck, locked, paralyzed)

Throbbing
(pulsing, beating, wavy)

Sinking
(dropping or falling down)

Twitching
(small, sudden jumping muscles)

Fluttering
(like butterflies or
a gentle flapping in the stomach)

Spinning
(swirling or dizzy feeling inside)

Shape & Texture

What does the surface feel like?

Sharp
(stabbing, poking, piercing)

Dull
(a dark, flat, or constant ache)

Knotted
(tangled up like a rope)

Jagged
(rough, uneven, prickly)

Soft
(loose, relaxed, giving way)

Hard
(solid like a rock or a wall)

Brittle
(feeling fragile, stiff, or like you might break)

Spiky
(sharp edges or feeling prickly all over)

Squeezed
(like a tight band wrapped around your chest)

Where to Check

Weight & Space often live in the shoulders, limbs, or jaw.

Temperature often shows up in the face, cheeks, or chest.

Motion & Speed usually live in the heart, stomach, or hands.

Shape & Texture can be felt anywhere tension hides.

The “What’s Next?” Action Steps

Step 1: Just Name It. Find your word on this sheet. Say it out loud or think it silently. Just giving it a name helps turn down the volume of the stress response.

Step 2: Breathe Around It. Do not try to force the feeling to change or go away. Imagine breathing slow, gently air *into* or *around* that specific part of your body.

Step 3: Offer a Counter-Touch. Place a warm hand over the spot if it feels right (like your chest or stomach). Let your hand act as a steady, quiet anchor.

Too Intense Inside? Look Outside.

If focusing on your body feels overwhelming or unsafe right now, move your eyes off the screen. Find one physical object in your space that has a rough texture, or press both feet firmly into the floor. Your body can rest while you focus on the outside world for a moment.