



Sensation Words

General Sensations



Achy
Alive
Anxious
Aroused
Awake
Balanced
Blocked
Bouncy
Bright
Calm
Clear
Comfortable
Congested
Connected
Cool
Dense
Disconnected
Distorted
Dull
Eager
Electrified
Empty

Energized
Expansive
Flat
Flowing
Floating
Foggy
Free
Full
Gentle
Grounded
Heavy
Hollow
Hot
Light
Loose
Open
Overwhelmed
Peaceful
Pulsating
Relaxed
Restricted
Rigid
Rough

Secure
Shaky
Sharp
Smooth
Soft
Solid
Spacious
Stiff
Stuck
Sunk
Suppressed
Tense
Thick
Tight
Tingling
Tired
Trembling
Unsteady
Vibrating
Warm
Weak
Whole

