

# BODY SENSATION WORDS

Achy	Contracted	Fluid	Limp	Satisfied	Tall
Airy	Cool	Fluttery	Nauseous	Sensitive	Taut
Bloated	Dark	Frozen	Nervy	Shaky	Tearful
Blocked	Dehydrated	Full	Numb	Shivery	Teary
Boiling	Disconnected	Giddy	Open	Short	Tense
Breathless	Dizzy	Grounded	Parched	Short of breath	Thick-headed
Bruised	Drained	Headachey	Pounding	Shuddering	Throbbing
Bubbly	Dry-mouthed	Heavy	Pressure	Sick	Tickly
Burning	Dull	Hollow	Prickly	Sore	Tight
Bursting	Empty	Hot	Pulsing	Spacey	Tingling
Butterflies	Energetic	Hungry	Queasy	Spacious	Tingly
Buzzy	Energised	Hurting	Quivering	Spongy	Tired
Calm	Exhausted	Icy	Radiating	Squashed	Trembly
Clenched	Expanded	Itchy	Ravenous	Squirmy	Twitchy
Closed	Expansive	Jabbing	Raw	Stabbing	Uncomfortable
Cloudy	Faint	Jittery	Relaxed	Stinging	Vibrating
Cold	Flexible	Jumpy	Released	Stretchy	Warm
Comfortable	Floating	Knotted	Rigid	Stuffed	Wet
Congested	Floaty	Light	Saggy	Suffocated	Wobbly
Constricted	Floppy	Lightheaded	Satiated	Sweaty	Wozy

