

# Body Sensations

## Relaxed

Airy  
Calm  
Floating  
Flowing  
Lax  
Light  
Mellow  
Still

## Energized

Buoyant  
Bubbly  
Buzzy  
Effervescent  
Electric  
Expansive  
Flushed  
Goose bumpy  
Warm

## Comfortable

Fluid  
Full  
Fuzzy  
Loose  
Open  
Radiant  
Radiating  
Releasing  
Spacious  
Strong  
Tender  
Warm

## Mild discomfort

Antsy  
Bloated  
Blocked

Breathless  
Chilly  
Closed  
Cool, cold  
Congested  
Constricted  
Contracted  
Clammy  
Disconnected  
Dizzy  
Drained  
Dull  
Empty  
Faint  
Frail  
Full  
Fuzzy  
Hollow  
Lethargic  
Light-headed  
Limp  
Puffy  
Sensitive  
Shaky  
Shivery  
Shuddery  
Sneezy  
Sore  
Spacey  
Tingly  
Vibrating

## Agitated

Frantic  
Frozen  
Hot  
in a knot  
Intense

Itchy  
Jittery  
Jumbled  
Jumpy  
Nervous  
Sharp  
Spinning  
Squirmy  
Scrunchy  
Shaky  
Twisted  
Twitchy  
Unstable

## High discomfort

Achy  
Bruised  
Broken  
Burning  
Heavy  
Icy  
Nauseous  
Numb  
Leadен  
Paralyzed  
Pressure  
Prickly  
Pulsing  
Queasy  
Quivery  
Racing  
Sweaty  
Tense  
Tight  
Trembly  
Tremulous  
Wobbly  
Wooden