



Categorised sensation words

Muscle sensation

trembling
achy
shuddering
cramping
shivering
twitching
pulsing
shaky
shuddering
throbbing
spasming

Intensity of sensation

sharp
dull
weak
hard
soft
pressure
intense

Constricted sensations

stuck
contracted
knotted
tight
blocked
congested
tense
constricted
breathless
compress
suffocating

Temperature

frozen
icy
cold
cool
numb
warm
hot
boiling
steaming

Whole body sensations

trembling
heavy
thick
vibrating
flaccid
full
puffy
jittery
gurgling
energised
Light
Calm
Fidgety
Jumpy
Tingling
Faint
fuzzy
wobbly
spinning
buzzy

Skin sensations

itchy
prickly
tingly
sweaty
moist
clammy
dry
flushed
goosebumps

Expansion sensations

expansive
moving
floating
flowing
fluid
relaxed
radiating
glowing
waves
streaming

