

LANGUAGE OF SENSATION

Bloated
Thick
Moist
Congested
Blocked
Damp
Dark
Pressure
Puffy
Suffocating
Blocked
Tense
Bound

Jittery
Frantic
Shaky
Raw
Trembling
Jumpy
Itchy
Sharp
Ragged
Prickly
Pushy
Twitchy
Pounding
Dizzy
Spinning

Electric
Bubbly
Buzzy
Energized
Fluttery
Vibrating
Flushed
Pulsing
Tingly
Sweaty
Throbbing
Hot

Tight
Jagged
Constricted
Breathless
Wobbly
Nauseous
Knotted-up
Cold
Icy
Frozen
Paralyzed
Clammy
Contracted
Stonelike

Faint
Empty
Brittle
Fragile
Flaccid
Deflated
Dull
Dry
Numb
Hollow
Soft

Grounded
Solid
Strong
Settled
Dense
Filled-out
Warm
Heavy
Thick
Still
Smooth
Calm
Weighted

Wide
Airy
Fluid
Flowing
Floating
Spaced-out
Light
Radiant
Radiating
Spacious
Expansive
Disconnected