

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