

## BODY SENSATIONS

Reference Material  
SoulAliveWomen.com

Airy	Empty	Jagged	Smooth
Bloated	Energized	Jittery	Spacey
Blocked	Expanded	Jumpy	Spacious
Breathless	Expansive	Knotted	Spinning
Brittle	Faint	Light	Still
Bubbly	Flaccid	Luminous	Streaming
Buzzy	Floating	Moist	Stringy
Calm	Flowing	Nervous	Strong
Clammy	Fluid	Numb	Suffocating
Cold	Flushed	Paralyzed	Sweaty
Cool	Fluttery	Pounding	Tense
Congested	Fragile	Pressure	Thick
Constricted	Frantic	Prickly	Thin
Contracted	Frozen	Puffy	Tight
Damp	Full	Pulsing	Tingly
Dark	Fuzzy	Queasy	Trembly
Deflated	Heavy	Quivery	Tremulous
Disconnected	Heated	Radiating	Throbbing
Dry	Hollow	Restricted Ragged	Twitchy
Dull	Hot	Raw	Warm
Dizzy	Inflated	Shaky	Wobbly
Dense	Itchy		Wooden

List: Original NVW- Adapted [Add] by Susan A. Purnell SoulAliveWomen.com 1/12/2011