

## **OBSERVE AND DESCRIBE**

Staying neutral, curious, and objective about painful internal experiences becomes very important when facilitating a non-judgmental relationship with internal experiences you'd rather not be having.

**Pick something in the room. Observe it and then describe it here:**

(You may want to consider the shape, color, texture, density, movement, and/or your proximity to it).

**Bring up an uncomfortable internal experience -- one you feel comfortable enough working with right now (thought, feeling/emotion, belief). Observe and describe it here:**

(Try putting it into sensory words and again consider the shape, color, texture, density, movement, your proximity to it, any urges that you notice, etc.)

**Bring up a pleasant internal experience. Observe and describe it here:**

(Try putting it into sensory words and again consider the shape, color, texture, density, movement, your proximity to it, any urges that you notice, etc.)

## List of Sensation Words

- Calm
- Energized
- Smooth
- Streaming
- Warm
- Cool
- Relaxed
- Open
- Light
- Spacious
- Airy
- Releasing
- Expanded
- Expansive
- Flowing
- Floating
- Fluid
- Draining
- Tense
- Tight
- Constricted
- Clenched
- Knotted
- Hot
- Full
- Sweaty
- Wooden
- Congested
- Dull
- Dense
- Frozen
- Icy
- Disconnected
- Thick
- Blocked
- Contracted
- Heavy
- Suffocated
- Cold
- Numb
- Closed
- Dark
- Hollow
- Empty
- Tender
- Sensitive
- Bruised
- Achy
- Sore
- Tense
- Tight
- Nauseous
- Shaky
- Trembly
- Throbbing
- Pounding
- Fluttery
- Shivery
- Queasy
- Wobbly
- Bubbly
- Dizzy
- Spacey
- Breathless
- Prickly
- Electric
- Tingling
- Nervy
- Twitchy
- Burning
- Radiating
- Referring
- Buzzy
- Itchy