

# Exploring Body Sensation

## VOCABULARY FOR SENSATIONS

**Purpose:** To become aware of both pleasant and unpleasant body sensations, find words to describe them, and explore the thoughts, emotions, images, movements, or memories that go along with them.

**Directions:** Look over the sensation words below. Throughout the day, pay attention to your body sensations, noticing two times when the sensations were pleasant and two times when they were unpleasant. Then follow the prompts below.

achy	chills	damp	flaccid	heavy	moist	quaking	stiff	tingly
airy	churning	dense	flushed	hot	nauseous	quivery	suffocating	trembling
bloated	clammy	dizzy	fluid	itchy	numb	radiating	sweaty	twitchy
blocked	clenched	dull	fluttery	jerky	paralyzed	sharp	tense	vibrating
breathless	congested	electric	floaty	jumbly	pins and needles	shivery	thick	warm
bubbly	constricted	empty	fuzzy	knotted	prickly	shuddering	tight	weak
burning	cool	energized	goose-bumps	light	puffy	sore	tickley	wobbly
buzzy	cold	faint						

1. Circle two words that best describe the pleasant sensations you noticed and underline two words that best describe the unpleasant sensations you noticed. You can write in new words that fit your experience more accurately in the empty spaces.

2. In the first two boxes of the left column, write the words for pleasant sensations. In the second two boxes of the left column, write the words for unpleasant sensations. Then, for each sensation, describe the situation you were in when you experienced it, and the thoughts, emotions, images, movements, or memories that seem to go along with the sensation.

Pleasant Sensation	Situation	Thoughts, emotions, images/memories, movements
Pleasant Sensation	Situation	Thoughts, emotions, images/memories, movements
Unpleasant Sensation	Situation	Thoughts, emotions, images/memories, movements
Unpleasant Sensation	Situation	Thoughts, emotions, images/memories, movements