

Somatic Experiences

Physiology



Achy



Airy



Blocked



Breathless



Bruised



Burning



Buzzy



Clammy



Clenched



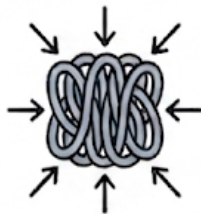
Cold



Constricted



Contained



Contracted



Dizzy



Drained



Dull



Electric



Empty



Expanded



Flowing



Fluttery



Fluid



Frozen



Full

Somatic Experiences

Physiology



Gentle



Hard



Heavy



Hollow



Hot



Icy



Itchy



Jumpy



Knotted



Light



Loose



Nauseous



Numb



Pain



Pounding



Prickly



Pulsing



Queasy



Radiating



Relaxed



Releasing



Rigid



Sensitive



Settled

Somatic Experiences

Physiology



Shaky



Shivery



Slow



Smooth



Soft



Sore



Spacey



Spacious



Sparkly



Stiff



Still



Suffocated



Sweaty



Tender



Tense



Throbbing



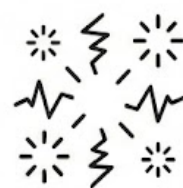
Tight



Tingling



Trembly



Twitchy



Vibrating



Warm

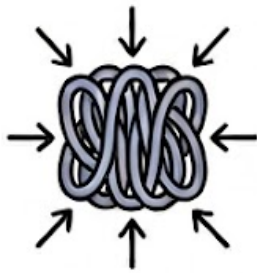


Wobbly



Wooden

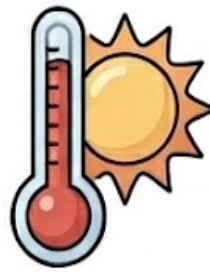
Somatic Experiences Physiology



Contracted



Dizzy



Hot



Cold



Heavy



Light



Electric



Fluid



Empty



Full



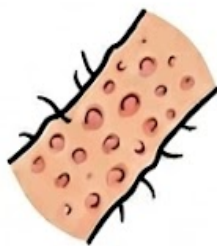
Pounding



Fluttery



Squirmy



Goosebumps



Lumpy



Growly



Sweaty



Tight



Bubbly



Shaky