

Putting Body Sensations to Words

intensity - duration – movement – constriction - **openness**

slippery	tingly	relaxed	fragile
wobbly	itchy	grimy	flaky
spacy	bare	frozen	shaky
sharp	raw	blocked	crumbling
clear	tickly	stiff	tense
knotted	quivery	melted	rigid
gnarly	yuk	bouncy	still
electric	dull	stabbing	drained
buzzy	dead	jumpy	loose
floating	prickly	calm	clenched
thick	stretchy	sneezy	unreal
icy	tight	bloated	gross
hovering	ansty	brittle	queasy
firm	achy	unstable	slimy
empty	shadowy	sticky	hollow