

## Body Sensations

Achy	Full	Shivery
Airy	Fuzzy	Shuddery
Antsy	Goose bumpy	Sneezy
Bloated	Hollow	Sore
Blocked	Hot	Spazzy
Bouyant	Heavy	Spinning
Breathless	Icy	Squirrely
Bubbly	Itchy	Squirmy
Burning	Jittery	Still
Buzzy	Jumbled	(like I'm)
Chilly	Jumpy	Suffocating
Cold	Lax	Sweaty
Cool	Lethargic	Teetery
Congested	Light	Tender
Constricted	Light-headed	Tense
Clammy	Limp	Thick
Clenched	Loose	Throbbing
Damp	Lumpy	Tight
Dense	Mild	Tightness of skin
Dizzy	Nauseous	Tingly
Drained	Numb	Trembly
Dull	Open	Tremulous
Effervescent	Paralyzed	Twisted
Electric	Pounding	Twitchy
Empty	Pressure	Unstable
Energized	Prickly	Warm
Expansive	Puffy	Weak
Faint	Pulsing	Wobbly
Flaccid	Queasy	
Flowing	Quivery	
Fluid	Radiant	
Flushed	Relaxed	
Fluttery	Scrunchy	
Frantic	Shaky	
Frozen	Sharp	