

Common Words for Physical Sensations

Scared

cold
dark
shaky
shivery
sweaty
trembling

Shame/Depressed

draining
alone
contracted
cut-off
disappearing
disconnected
empty
frozen
heavy
hiding
icy
imploding
small

Anxiety

dizzy
fluttery
nauseous
pit in stomach
queasy
spacey
tingling
twitchy

Angry

burning
clenched
constricted
dense
energized
explosive
firey
hot
impulsive
knotted
red hot
rush

Constricted

armored
blocked
clenched
closed
cold
congested
constricted
cool
knotted
numb
stuck
suffocated
tense
thick
throbbing
tight
wooden

Sad

heavy
alone
blue
burdened
down
empty
hole
hollow
untethered
weighted

Vulnerable/Hurt

achy
bruised
cutting
open
piercing
prickly
raw
searing
sensitive
sore
wobbly

Tender

aglow
cozy
melting
moved
tender
touched
warm

Energized

activated
breathless
bubbly
buzzy
electric
energized
floating
fluid
itchy
nervy
pounding
radiating
shimmery
tingling
twitchy

Open-Hearted

airy
alive
awake
expanded
flowing
full
light
open
relaxed
releasing
shimmering
smooth
spacious
still
vital