

@journey_to_wellness_

Somatic Vocabulary



Achy	Cozy	Fluttery	Knotted	Quivering	Stringy
Airy	Cramped	Frantic	Light	Radiating	Strong
Alive	Cut off	Frozen	Limp	Ragged	Stuck
Bloated	Dense	Full	Loose	Raw	Suffocating
Blocked	Dizzy	Fuzzy	Nauseous	Releasing	Sweaty
Breathless	Disappearing	Goose Bumpy	Nervy	Rolling	Tender
Brittle	Dissolving	Gurgling	Numb	Shaky	Tense
Bubbly	Drained	Hard	Open	Sharp	Thick
Burning	Dull	Heavy	Paralyzed	Shimmering	Throbbing
Buzzing	Elastic	Hollow	Pit in stomach	Shivery	Tickly
Chilled	Electric	Hot	Pounding	Shudder	Tight
Clammy	Empty	Icy	Pressure	Silky	Tightness of skin
Closed	Energized	Imploding	Prickly	Smooth	Tingling
Cold	Expanding	Intense	Puffy	Soft	Trembling
Congested	Explosive	Itchy	Pulled	Spacious	Twitchy
Constricted	Faint	Jagged	Pulsing	Spacious Breathing	Untethered
Constricted Breathing	Flowing	Jittery	Quaking	Spasming	Vibration
Contracted	Fluid	Jumbly	Queasy	Sticky	Warm
Cool	Flushed	Jumpy	Quiet	Still	Weak
				Stretchy	Wobbly