Working with the felt sense for the first time can be challenging to grasp, especially if this is new for you! For now, simply let your attention roam, with a gentle curiosity, and see what sensations you notice.

Below is a list of some descriptive words that you might use when describing sensation in the body. Take a minute to scan through the words and see if you can *feel* what they might be like. Or keep a copy of this nearby, and when you feel like dropping into your felt experience, see if any of these resonate! And maybe add a few of your own.

Be curious and enjoy exploring your felt sense.

Emma

Airy

Avoid

Advance

Aroused

Agile

Absorbed

Alleviate

Blocked

Bloated

Breathless

Brittle

Bubbly

Buzzy

Burning

Back-body

Beating

Clammy

Cool Congested

Constricted

Contracted

Clenched

Closed

Coiled

Crunchy

Damp

Dark

Deflated

Dry

Dull

Dizzy

Dense

Dissipating

Draining

Descending

Doughy

Dim

Dilute

Effervescent

Edgy

Empty

Expanded

Expansive

Exposed

Faint

Flaccid

Floating

Flowing

Fluid

Foggy

Flushed

Fluttery

Fragile

Frantic

Falling

Frozen

Full

Fuzzy

Fiery

Front body

Frisky

Frail

Galvanised

Grounded

Gloopy

Gummy

Gluey

Gripped

Heavy

Heated

Hollow

Inflated

Itchy

Icy

Imploding

Inward

Inflamed

Inviting

Jittery

Jumpy

Knotted

Light

Luminous

Lengthening

Loose

Mobilised

Motion

Melting

Mushy

Numb

Nauseous

Open

Oscillating

Paralyzed

Pounding

Pressure

Prickly

Puffy

Pulsing

Papery

Queasy

Quivery

Restricted

Raw

Rushing

Reverberate

Rigid

Ropey

Resisting

Settled

Shaky

Sharp

Spacey

Spacious

Spinning

Still

Sticky

Sensitive

Streaming

Stringy

Suffocating

Sweaty

Solid

Still

Syrup

Silky

Sturdy

Squidgy

Slack

Shooting

Scattered

Tense

Tingly

Thick

Thin

Tight

Tingley

Trembley

Tremulous

Throbbing

Twitchy

Translucent

Tangled

Twisted

Unfurling

Unwinding

Urgency

Warm

Webby

Wide-eyed

Wobbly

Wooden

Woolly

Vibrating

Viscous

Zesty