

Sensations

achy	empty	moist	spacious
airy	energized	moving	spacious breathing
alive	expanding	nauseous	spasming
bloated	faint	numb	spinning
blocked	flaccid	open	sticky
breathless	fluid	paralyzed	still
brittle	flushed	pounding	stretchy
bubbly	flutter	pressure	stringy
burning	frantic	prickly	strong
buzzy	frozen	puffy	suffocating
chilled	full	pulled	sweaty
clammy	furry	pulsing	tender
closed	goose bumpy	quaking	tense
cold	gurgling	quiet	thick
congested	hard	quivering	throbbing
constricted	heavy	radiating	tickly
constricted breath	hot	ragged	tight
contracted	icy	raw	tightness of skin
cool	intense	rolling	tingling
cozy	itchy	shaky	trembly
crampy	jagged	sharp	tremulous
damp	jittery	shimmering	twitchy
dense	jumbly	shivery	vibration
dizzy	jumpy	shudder	warm
dull	knotted	silky	wobbly
elastic	light	smooth	
electric	loose	soft	