



BE YOUR OWN MEDICINE

# Learn The Language of Somatic Sensation

A VOCABULARY LIST

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# Somatic = Body

These are words that may be useful for you to better connect into your physical experience.

twitch	dizzy	dense	minty cool
frozen	shaky	constricting	spiraling
vibration	frantic	prickly	bubbling
blocked	light	wobbly	electric
bubbly	strong	sweaty	waves
clammy	bloated	stringy	upward movement
throbbing	jumpy	breathless	downward movement
radiating	pounding	spasming	deeperbreath butterflies
flutter	tight skin	jagged	holding
nauseous	achy	chills	breath
quivery	trembling	flaccid	empty
loose	expanding	puffy	relaxed
bumpy	paralyzed	moist	calm
full	energized	damp	penetrating
airy	ripples	burning	swelling
itchy	pulsing	warm	pulling
moving	flushed	buzzy	sharp
tingly	tense	heat	expanding
rumbly	tremulous	quake	ripples stabbing raw
fluid	heavy	fuzzy	racing
faint	smooth	wavy	heart decrease
shudder	shivery	stuck	heart rate increase
pressure	numb	immobile	slushing
spinning	tight	elastic	bouncing
suffocating	sticky	flacid	fiery
sharp	blocked	alive	stretched
thick	tingling	cramp	watery
intense	breathless	knotted	spacious
congested	brittle	bloated	

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