

# THE VOCABULARY OF SENSATIONS



Achy	Electric	Knotted	Shudder
Airy	Empty	Light	Smooth
Alive	Energised	Loose	Soft
Bloated	Expanding	Moving	Spacious
Blocked	Faint	Nauseous	Spasming
Breathless	Flaccid	Numb	Spinning
Brittle	Fluid	Open	Sticky
Bubbly	Flushed	Paralysed	Still
Burning	Flutter	Pounding	Stretchy
Buzzy	Frozen	Pressure	Strong
Chilled	Full	Prickly	Sweaty
Clammy	Furry	Puffy	Tender
Closed	Goose Bumpy	Pulled	Tense
Cold	Gurgling	Pulsing	Tickly
Congested	Hard	Quiet	Tight
Constricted	Heavy	Quivering	Tingling
Contracted	Hot	Radiating	Trembly
Cool	Icy	Raw	Twitchy
Cozy	Intense	Rolling	Vibrating
Crampy	Itchy	Shaky	Warm
Dense	Jagged	Sharp	Wobbly
Dizzy	Jittery	Shimmering	
Dull	Jumbly	Shivery	

