

Sensation Vocabulary

COLD END

Cold
Dark
Dense
Disconnected
Dragging
Draining
Dull
Empty
Frozen
Heavy
Hollow
Icy
Numb
Paralyzed
Shattered
Splitting
Stiff
Stuck
Thick
Wooden

UNWELL

Breathless
Dizzy
Fluttery
Nauseous
Queasy
Shaky
Shivery
Spacey
Trembly
Twitchy
Wobbly

WELLNESS

Airy
Bubbly
Calm
Cool
Energized
Expanded
Expansive
Floating
Flowing
Fluid
Light
Open
Relaxed
Releasing
Smooth
Spacious
Streaming
Warm

NERVY

Achy
Boring
Bruised
Burning
Buzzy
Drawing
Electric
Itchy
Nervy
Pounding
Prickly
Radiating
Referring
Sensitive
Sharp
Sore
Stabbing
Stinging
Tender
Throbbing
Tight
Tingling

HOT END

Blocked
Bound
Clenched
Closed
Congested
Constricted
Contracted
Cramping
Full
Hot
Knotted
Squeezed
Suffocated
Sweaty
Tense
Tense
Tight