

What Am I Noticing in My Body?

HYPERAROUSSED: Wired,



Fast, Spinney, Jumpy,
Twitchy, Squirmy,
Tense, Tight,
Quivering, Wobbly, Racing,
Busy, Quick, Restless,
Breathless, Butterflies,
Hyper, Shivery, Buzzing,
Sweaty, Throbbing, Pounding.

REGULATED: RELAXED, RESTED,
STEADY, GROUNDED, SMOOTH,
AWAKE, STRETCHED, COMPOSED,
TINGLY, CALM, SAFE, READY.

HYPOAROUSSED: Cold, Icy, Sluggish, Slow,
Heavy, Empty, Slimy, Stuck, Congested,
Achy, Lightheaded, Nauseous, Squished,
Saggy, Sore,



Electric, Hot, Speedy,
Jittery, Trembly,
Scrunched, Squeezed,
Clenched, Shaky, Wiggly,
Hard, Itchy, Burning,
Fidgety, Fluttery, Popping,
Exhilarated, Explosive,
Energetic, Pulsing, Lively,

COMFORTABLE, WARM, BUBBLY, LOOSE,
BALANCED, STABLE, ALERT, BRIGHT,
FLOWING, OPEN, AIRY, LIGHT, TICKLY,



Fuzzy, Foggy, Dizzy, Floppy, Droopy, Full,
Dark, Soft, Still, Frozen, Numb, Closed, Dull,
Suffocated, Blocked, Teary, Pressure, Rigid,
Disconnected.