

List of Physical Sensations

Partial list. Sensation is a subjective experience and can include synesthesia: physical sensation experienced as or with color, image, smell, taste... (dark, bright, sour, bitter, sweet).

<u>Pressure / Weight</u>	<u>Texture</u>	Straight	<u>Density</u>	<u>Size / Shape</u>
Breathless	Bumpy	Shaky	Airy	Big
Floating	Even	Streaming	Dense	Blob-like
Light	Itchy	Tickling	Empty	Circular
Lifting	Jagged	Tingling	Expansive	Flat
Soft	Metallic	Throbbing	Hollow	Huge
Spacey	Prickly	Trembling	Light	Large
Supported	Rough	Twitchy	Loose	Lines
Touching	Sandpapery	Queasy	Open	Miniscule
Uplifting	Soft	Upward	Solid	Round
Crushing	Silky	Vibrating	Steady	Small
Hard	Smooth	Vital	Spacious	Tiny
Heavy	Uneven	Wobbly		
Pressing			Blocked	<u>Degrees</u>
Pulling	<u>Movement /</u>	<u>Speed</u>	Closed	Cellular
Pushing	<u>Direction</u>	Brisk	Clenched	Deep
Sinking	Bubbly	Easy	Congested	Dull
Suffocating	Buzzy	Fast	Constricted	Gentle
Weighed down	Dizzy	Moderate	Contracted	Gross
	Downward	Slow	Dense	Immense
	Draining	Still	Full	Large
<u>Temperature</u>	Electric	Quick	Knotted	Mild
Chills	Energized		Tight	Microscopic
Clammy	Erratic	<u>Tone</u>	Thick	Shallow
Cold	Effervescent	Agreeable	Tense	Slight
Cool	Flowing	Bitter	Viscous	Subtle
Freezing	Fluid	Pleasant	Wooden	Teeny
Frozen	Fluttery	Comfortable		Tender
Icy	Inward	Disagreeable	<u>Painful</u>	Tiny
Boiling	Nauseous	Neutral	Achy / Aching	Vast
Burning	Nervy	Unpleasant	Bruised	
Warm	Opening	Uncomfortable	Numb	<u>Absence</u>
Inflamed	Outward	Soothing	Sore	Blank
Fiery	Pounding	Sour	Sharp	Disconnected
Sweaty	Radiating	Sweet	Sensitive	Empty
Hot	Releasing		Stabbing	Nothing
	Roiling		Tender	Numb
	Shivery		Twisting	