



## Common Sensations

Ache	Fluid	Rapid breathing
Agitated	Fluttery	Rapid heart beat
Brittle	Foggy	Rigid
Broad	Free	Rough
Butterflies	Frozen	Satiated
Calm	Full	Shaking
Clammy	Hard	Sharp
Closed	Heavy	Shallow
Collapsed	Hollow	Smooth
Cold	Hot	Soft
Constricted	Immobile	Solid
Clear	Inflated	Spacious
Closed	Itchy	Streaming
Cloudy	Knot	Strong
Cool	Light	Tense
Dark	Limited	Tension
Deep	Luscious	Tight
Deflated	Luminous	Tingling
Drained	Lumpy	Toxic
Dull	Melting	Trembling
Electric	Narrow	Vast
Energized	Numb	Vibrating
Expansive	Open	Void
Flexible	Pressure	Warm
Flowing	Prickly	Weak