

SENSATIONS



POSTURE

straight
crooked
hunched
forward
backwards
centered
balanced
stable
unstable
open
closed
collapsed



PAIN

sore
bruised
achy
raw
sharp
nauseous



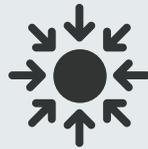
TEMPERATURE

burning
hot
warm
cold
frozen



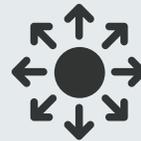
SKIN

itchy
tingly
goosebumpy
flushed
clammy
sweaty
moist
dry



CONSTRICTION

pressure
stiff
hard
dense
tense
contracted
clenched
knotted
suffocated



EXPANSION

loose
releasing
expanding
radiating
melting
dissolving



VIBRATION

pulsating
jittery
twitchy
wobbly
trembling
shaky
shivery
throbbing
pounding



MIND STATES

racy
dizzy
spacy
foggy
dazed
drowsy
still



WHOLE BODY STATES

energised
strong
awake
relaxed
light
faint
limp
weak
heavy
tired
lethargic
exhausted