

Physical Sensations Examples

These examples will help to 'notice' what is happening in your body in relation to the thought you are believing.

Aglow, Achy, Alive, Airy

Bruised, Blocked, Brittle, Bubbly, Burning, Buzzy, Breathless

Cosy, Calm, Closed, Congested, Cool, Cold, Clammy, Clenched, Constricted, Constrained

Damp, Dark, Disappearing, Disconnected, Dense, Dizzy, Dull, Drained, Deflated, Dry throat

Empty, Electric, Energised, Expanding, Expansive

Fluid, Flowing, Floating, Fiery, Frantic, Frozen, Full, Fluttery, Faint, Frail, Fragile, Fuzzy

Gurgling

Hard, Heavy, Hot, Hollow

Imploding, Icy, Intense, Inflated, Itchy

Jagged, Jumbly, Jittery, Jumpy

Knotted

Light, Loose

Moving, Moved, Melting

Nervy, Nauseous, Numb

Open

Paralysed, Pounding, Pressure, Prickly, Pulled, Pulsating, Puffy, Pit in the stomach

Quirky, Quaking, Quiet, Quivering, Queasy

Radiating, Ragged, Raw, Restless, Relaxed, Releasing, Rigid, Red Hot,

Stretchy, Small, Spacious, Smooth, Shaky, Sore, Streaming

Sharp, Shivery, Soft, Spinning, Sticky, Still, Strong, Sweaty, Spacey, Suffocating, Soft, Stiff, Sparkly, Slouched, Sensitive, Searing

Tender, Tense, Thick, Throbbing, Tight, Tingling, Trembley, Tickly, Twitchy, Tired

Wakeful, Warm, Wobbly, Wooden