



Body Sensation Vocabulary

Why is this skill important?



- Emotions create a somatic reaction in the body.
- Being able to identify when an emotion is occurring is the first step to coping with or processing an emotion.
- Attending to our somatic reactions in our body can also help us stay present.

Parts of the Body to Notice

- Head/Scalp
- Jaw
- Face
- Neck
- Shoulders
- Arms
- Hands
- Chest
- Upper Back
- Stomach
- Lower Back
- Glutes
- Legs
- Feet
- Other

Vocabulary to Describe Body Sensations

- Tingling
- Trembling
- Shaking
- Radiating
- Throbbing
- Shuddering
- Writhing
- Pounding
- Pulsing
- Itchy
- Vibrating
- Fluttering
- Quivery
- Buzzing
- Energized
- Restless
- Cold
- Chills
- Shivery
- Warm
- Heat
- Flushed
- Burning
- Sweaty
- Clammy
- Blushing
- Sharp
- Biting
- Prickly
- Jolting
- Electric
- Light
- Open
- Relaxed
- Calm
- Loose
- Airy
- Faint
- Rising
- Surging
- Nausea
- Dizzy
- Tender
- Sensitive
- Lump in throat
- Tight
- Tense
- Pressure
- Heavy
- Weight
- Paralyzed
- Stuck
- Numb
- Frozen
- Blocked
- Congested
- Constricted
- Breathless
- Suffocating