



Sensations

Observe your sensations like a cloudspotter
Chart for Lesson 1.4

Common

Tender
Sensitive
Bruised
Achy
Sore
Tense
Tight
Nauseous



Ugh & Blah

Dull
Dense
Frozen
Icy
Disconnected
Heavy
Dark
Hallow



Moving

Queasy
Shaky
Trembly
Throbbing
Pounding
Fluttery
Shivery
Wobbly
Dizzy



Discomfort

Tense
Tight
Knotted
Hot
Full
Sweaty
Constricted
Squeezing
Stabbing

Nerve

Prickly
Electric
Tingling
Nervy
Twitchy
Burning
Radiating
Buzzy
Itchy

Wellbeing

Calm
Energetic
Smooth
Warm
Relaxed
Open
Light
Spacious
Expanded

How Intense?

