



## Common Sensations

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