

IDENTIFYING SENSATIONS

PURPOSE

Learning to notice and identify sensations is helpful for learning to recognize and manage emotions. This capacity is also essential for working more directly with helping one's body shift from a stressed, dysregulated state to a resourced and regulated state. It is important to be able to notice and connect with sensations that are associated with both stressed states and resourced states. These word lists are just samples and may carry different meanings for each person. Some words fit in both lists; it will depend on the quality of it. Feel free to add your own words.

SENSATION WORDS

Often associated with more **stressed** and **dysregulated** states:

Abrasive, Angular

Barbed, Bendy, Bloated, Blunt, Bristly, Broken, Bulging, Bulky, Bumpy, Bushy

Chafing, Chapped, Choppy, Chunky, Clammy, Coarse, Cold, Corrugated

Dense, Dented, Dirty, Distended, Distorted, Dry, Dusty

Eggy, Etched, Filmly, Flat, Flimsy, Fragile, Freezing, Frigid, Furry, Fuzzy

Glassy, Glazed, Gnarled, Goopy, Grainy, Grating, Gravelly, Greasy, Gritty

Hairy, Hard, Harsh, Hollow, Hot, Icy, Impenetrable, Inflated, Irregular, Itchy

Jagged, Limp, Lumpy, Metallic, Narrow, Pointy, Prickly

Ragged, Rasping, Razor-sharp, Ridged, Rigid, Rough, Rusty, Ruttled

Sandy, Saturated, Scalding, Scarred, Scored, Scraped, Scratched, Sculptured, Serrated, Shaggy, Sharp, Slimy, Soiled, Spiky, Spiny, Steely, Stubbly

Stiff, Sticky, Sweaty, Tepid, Thick, Thin, Thorny, Throbbing

Uncomfortable, Uneven, Vibrating, Viscous

Waterlogged, Withered, Woolen, Wrinkled, Zigzag

IDENTIFYING SENSATIONS

Often associated with **resourced**,
solid, and **regulated** states:

SENSATION WORDS

Airy, Aerated

Breathy, Bubbly, Calm, Circular, Clean, Cool, Cushioned

Doughy, Downy, Earthy, Even

Feathery, Firm, Fleecy, Flowing, Fluffy, Fluid, Frothy

Gentle, Glossy, Grounded, Grooved, Hot

Layered, Leathery, Level, Lined, Loose, Lukewarm

Malleable, Moist, Moving, Mushy, Neat

Oily, Open, Padded, Patterned, Pliable, Polished, Pulpy

Quiet, Ribbed, Rock-solid, Rubbery, Rolling

Sheer, Silky, Slick, Slippery, Smooth, Soaking, Soapy, Soft, Soggy, Solid

Sparkly, Spongy, Springy, Stable, Steely, Syrupy

Tepid, Thick, Thin, Tingly, Unbreakable, Unyielding

Varnished, Velvety, Veneered, Vibrating

Warm, Wavy, Well-oiled, Wet, Wide, Wiry, Woven

Yielding, Zigzag