The Felt Sense

Sensations and emotions are both considered “feelings” words but they aren’t the same thing! Sensations are the physical ways our bodies feel at any given time, and emotions are what our minds feels about what is going on around us. Sensations words go along with our emotions words to help give us information. We often notice our sensations first and can use them to help us identify our emotions. For example tense and hot may help us realize we are angry while jittery and shaky may help us realize we are nervous. Like emotions, sensations are designed to give us information and not last forever.

Burning/Hot/Cold/Warm/Chilly/Icy/Cool/Clammy/Chilly/Sweaty/Gentle
Sharp/Dull/Rough/Smooth
Shaky/Trembly/Tingly/Twitchy /Butterflies/ Jittery/Jumbled/Itchy/Jumpy
Weird/Off-Kilter/Off-Center/Edgy/Tearful/Owie
Hard/Soft
Stuck/Weak
Strong/Tough
Small/Large
Sour/Sweet/Bitter/Salty/Pungent
Relaxed/Calm/Peaceful/ Flowing/Spreading/Silky/Still/Tranquil/Comfortable
Undisturbed/Chill/Still/Quiet/Peaceful
Empty/Full
Fast/Slow/Still
Tight/Tense/Pressure/Vibrating/
Dizzy/Fuzzy/Blurry/Woozy/Faint/Light-Headed
Numb/Prickly/Tickly/ Goose-Bumpy/Uncomfortable
Light/Heavy
Open/Closed/Loose/Tight

Some of the body sense categories (qualities) may include: Pressure, Air Current, Pain, Tingling, Itching, Temperature, Size, Weight, Shape, Motion, Speed, Texture, Earth Element, Color, Smell, Taste, Sound, Lack of Sensation

Faith G. Harper, PhD, LPC-S
www.faithgharper.com
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