

# DISTINCTIONS FOR SENSATION

Location	Temperature	Pressure	Movement	Energy Level	Other
Surface	Hot	Heavy	Tingling	Hyper	Breathless
Deep	Warm	Dense	Streaming	Excited	Queasy
Organs	Sweltering	Sharp	Pulsing	Triggered	Itchy
Heart	Sweating	Stiff	Trembling	Aroused	Tickle
Esophagus	Cold	Contracted	Shivering	Lethargic	Pain
Belly	Cool	Tense	Shaking	Listless	Loose
Genitals	Chilled	Tight	Pounding	Tired	Relaxed
Skin	Icy	Weightless	Releasing	Draggy	Empty
	Shivering	Light	Still	Weak	Dizzy
Limbs	Clammy	Floating	Twitchy		Fuzzy
Head/neck/jaw		Airy	Butterflies		Blurry
Neck/throat		Expansive			Strong
Chest		Spacey			Dull
Abdomen		Open			
Pelvis					
Arms/Hands					
Legs/feet					

Adapted from Amanda Blake, Body=Brain and Peter Levine