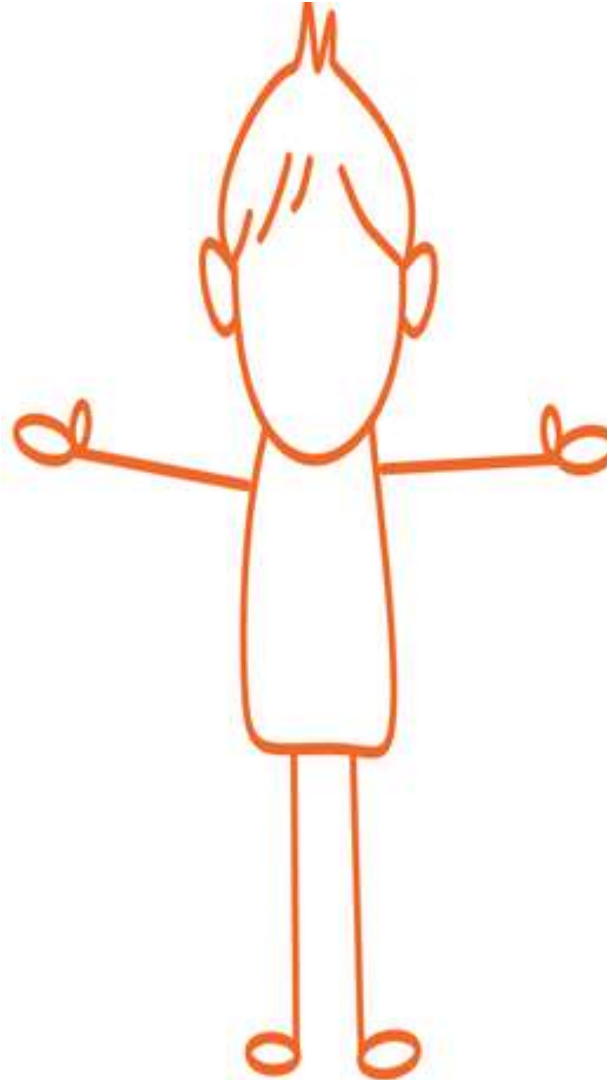


# What do my sensations mean for me?

## Body Sensations

Achy, Dull, Knotted,  
Sharp, Bloated, Electric,  
Nauseous, Light, Heavy,  
Smooth, Breathless, Energised,  
Sore, Airy, Brittle,  
Bruised, Burning, Buzzy,  
Open, Pounding, Spinning,  
Icy, Hot, Cold,  
Clenched, Pulsing, Throbbing,  
Tight, Tingling, Twitchy,  
Itchy, Dry, Jumpy,  
Shaky, Damp, Full,  
Fuzzy, Hollow, Puffy,  
Prickly, Wobbly, Flushed,  
Numb, Tense, loose



## Emotions

Happy

Sad

Scared

Worried

Disgusted

Surprised

Angry

Calm