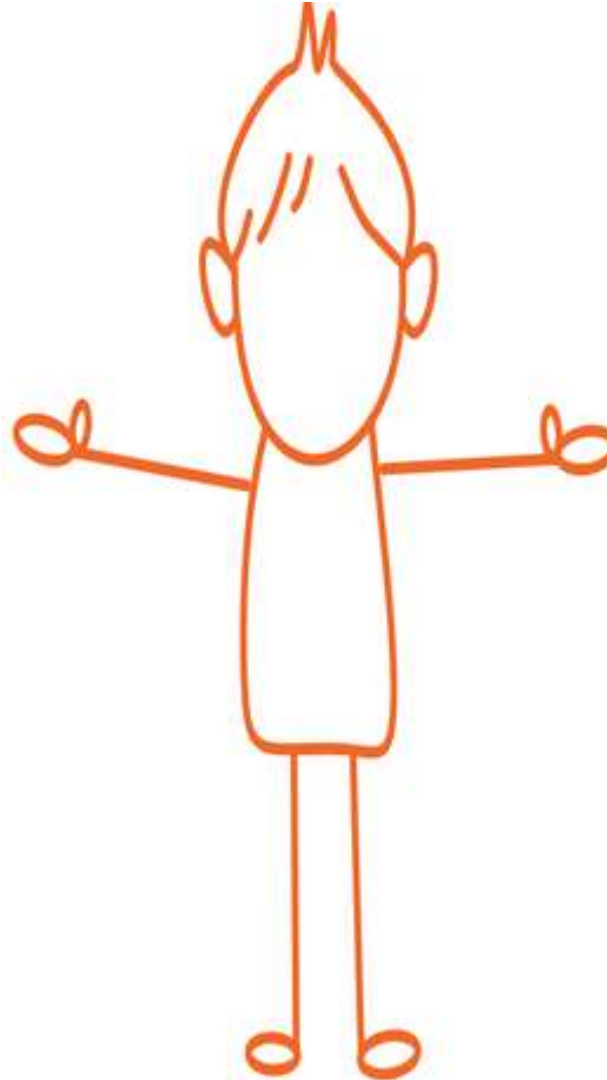


What do my sensations mean for me?

Body Sensations

Achy, Dull, Knotted,
Sharp, Bloating, 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