

A close-up, artistic photograph of a person's skin and hair, likely a woman's neck and shoulder area. The lighting is warm and directional, coming from the right, which highlights the texture of the skin and the strands of hair. The background is dark, making the illuminated skin stand out. The overall mood is intimate and sensual.

Sensation Vocabulary

ARTICULATING FEELINGS

JULIA DELANEY

SENSATION VOCABULARY

Articulating Feelings

This expanded list can serve as a comprehensive guide for those looking to deepen their mindfulness practices or simply become more connected to their bodily sensations.

BY

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Julia Delaney

Putting Words to Feelings

In our day-to-day lives, we often breeze past the subtle signals our bodies send us, caught up in the hustle and rush. Yet, pausing to recognize and articulate what we're feeling physically can be a game-changer. Why? Because naming our sensations does more than just help us communicate; it's a powerful tool for tuning in to our bodies, recognizing our needs, and understanding our emotional states.

When you can describe exactly how you feel, you're better equipped to address your needs, whether that's stretching a stiff back or taking a moment to breathe through stress. This short guide is here to offer you the words you might be missing, making it easier to connect with yourself and others on a deeper level. It's about turning inward with a kind and attentive eye, and truly listening to what your body has to say.

By learning to articulate our feelings, you open the door to a more mindful, connected, and understanding relationship with your own body.

Wording Your Way to Body Awareness

This expanded list can serve as a comprehensive guide for those looking to deepen their mindfulness practices or simply become more connected to their bodily sensations.

Guidelines for Using the Body Vocabulary

Exploration is Key

Use these terms as a springboard for your own exploration. If a sensation doesn't fit exactly, it's an invitation to get creative and describe it in your own words.

Dynamic Nature

Sometimes, sensations blend or change. For example, you might start with a "throbbing" pain that becomes a "sharp" sensation. Observing these changes can deepen your experience and provide deeper insights into your body scan practice and overall well-being.

Personalize and Expand

This list is just a starting point. Everyone's body communicates differently. Feel free to add to this list based on your unique experiences. Your body's language is uniquely yours.

Practical Tool

Beyond meditation, this vocabulary can enhance communication with healthcare professionals, support emotional understanding, and enrich daily mindfulness practices.



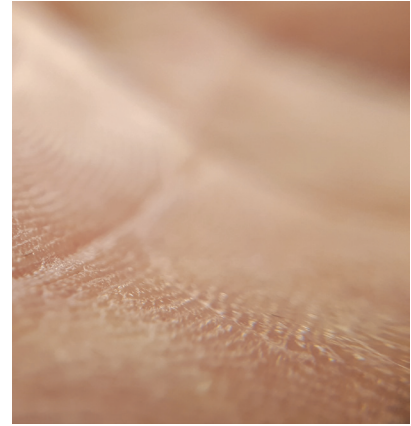


Temperature-Related

Warm
 Cool
 Hot
 Icy
 Chilly
 Lukewarm
 Burning
 Freezing
 Toasty
 Frosty
 Steaming (as in feeling a steam-like warmth)
 Radiating (heat emanating from a spot)
 Simmering (a low-level warmth)
 Chilled (a sensation of cold spreading)
 Blistering (intense heat feeling)
 Clammy (uncomfortably wet and cold)
 Flushed (warmth with a red appearance)
 Tingly (as in the sensation after touching something cold)
 Sun-kissed (warmth from sunlight exposure)
 Wind-chilled (coolness from air movement)

Texture-Related

Smooth
 Rough
 Prickly
 Fuzzy (as in a light, ticklish touch)
 Sticky
 Slippery
 Bumpy
 Grainy (a fine, sandy texture)
 Silky (smooth and soft to touch)
 Slick (smooth and wet)
 Velvet-like (soft and slightly plush)
 Leathery (tough and slightly textured)
 Pebbled (like small bumps on the skin)
 Creased (as in the sensation of folded skin)
 Wrinkled (texture of aged or dry skin)
 Spongy (soft and absorbent feeling)
 Puffy (swollen, soft texture)
 Blistered (raised, bubble-like texture)
 Calloused (hardened skin texture)
 Scarred (irregular, healed-over texture)



Pressure-Related

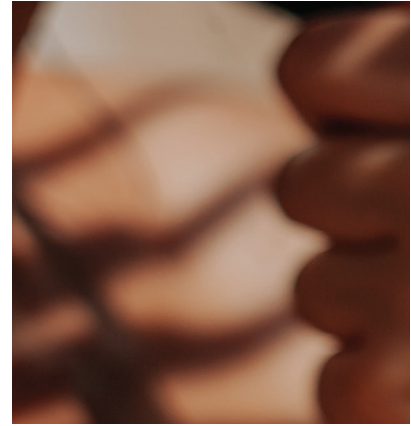
- Heavy
- Light
- Squeezing
- Pressing
- Crushing
- Tugging
- Pinching
- Gripping
- Weighing Down
- Bearing
- Smothering
- Restricting
- Enveloping
- Pushing
- Pulling
- Stretching
- Compressing
- Releasing
- Clamping
- Encircling

Movement-Related

- Pulsing
- Throbbing
- Twitching
- Trembling
- Vibrating
- Shaking
- Quivering
- Waving
- Fluttering
- Swirling
- Flowing
- Gliding
- Jerking
- Spinning
- Rolling
- Oscillating
- Swaying
- Rocking
- Sliding
- Darting

Pain-Related

- Sharp
- Dull
- Aching
- Stabbing
- Shooting
- Throbbing
- Pinching
- Twisting
- Scalding
- Piercing
- Cramping
- Biting
- Ripping
- Burning
- Gnawing
- Stinging
- Squeezing
- Hammering
- Pounding
- Lancing



Comfort-Related

Soothing
Gentle
Calming
Relaxing
Cozy
Soft
Peaceful
Mellow
Tender
Welcoming
Snug
Restful
Cushioned
Balmy
Embracing
Satin-like
Plush
Nurturing
Restoring
Enveloping

Energy-Related

Buzzing
Humming
Electric
Radiating
Lively
Spiraling
Pulsating
Flickering
Glowing
Surge
Sparkling
Flowing
Activating
Energizing
Recharging
Cascading
Expanding
Warming
Cooling
Illuminating

Tightness-Related

Sharp
Dull
Aching
Stabbing
Shooting
Throbbing
Pinching
Twisting
Scalding
Piercing
Cramping
Biting
Ripping
Burning
Gnawing
Stinging
Squeezing
Hammering
Pounding
Lancing



Emotion-Related

Butterflies in stomach (nervousness or excitement)

Heavy heart (sadness or grief)

Tight chest (anxiety or stress)

Sinking feeling (disappointment or dread)

Warm heart (affection or love)

Lump in throat (overwhelm or sadness)

Knot in stomach (anxiety or fear)

Electric skin (excitement or anticipation)

Cold feet (fear or nervousness)

Flushed cheeks (embarrassment or pleasure)

Weight on shoulders (stress or responsibility)

Light-headedness (shock or surprise)

Stomach drop (fear or shock)

Tingling hands (nervousness or adrenaline)

Nervous twitch (anxiety or stress)

Heart flutter (excitement or love)

Tight shoulders (tension or stress)

Clenched jaw (anger or frustration)

Sweaty palms (nervousness or anticipation)

Breathlessness (anxiety or excitement)

Emotions often manifest physically and are an integral part of our bodily experience. Recognizing and naming these sensations can enhance emotional awareness and regulation, providing a holistic approach to understanding our internal states.

This category carefully acknowledges the physical manifestations of our emotional world, emphasizing the interconnectedness of mind and body. Recognizing these sensations provides an opportunity for deeper self-awareness and emotional understanding, making it a crucial part of the body vocabulary.

As you engage with this guide and explore the terms from the “Sensation Vocabulary,” you’ll likely find yourself becoming more aware of how your body communicates. This isn’t just about knowing the words; it’s about using them to deepen your connection with yourself. Recognizing and articulating your sensations is a powerful step towards understanding your needs and enhancing your overall well-being.

Take this guide as a starting point. Continue to observe and describe your experiences as they evolve. Share what you discover—the insights you gain can enrich our collective understanding and help others along their path. Let’s keep this conversation going, fostering our ability to articulate what we feel, to better care for ourselves each day.

*Be Alive,
Love, Julia*



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