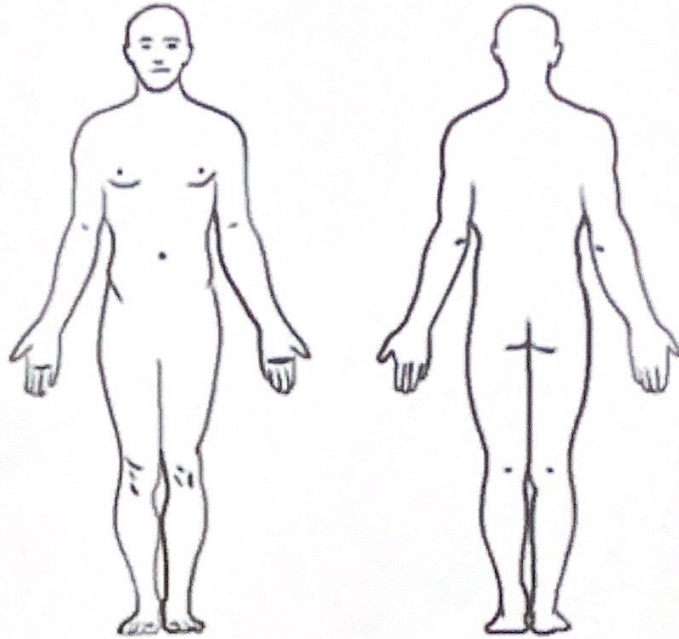


## Identifying Body Sensations

Use the words below to identify the body sensations you may have. Then mark up the silhouettes to create an image of how your body feels in response to certain thoughts, situations, or people.



Warm	Prickly	Relaxed	Soft	Nauseous
Cool	Heavy	Flexible	Still	Dizzy
Dry	Slow	Rising	Trembling	Racing
Energized	Pounding	Tense	Stinging	Balanced
Sluggish	Open	Weak	Steady	Cutting
Numb	Tight	Vibrating	Shaky	Neutral
Electrical	Pressure	Sensitive	Traveling	Sinking
Light	Rigid	Calm	Sweaty	Tired

Add your own descriptive words to this list. Consider describing colors, sounds, smells, tactile sensations, vibrations, or other ways to describe body sensations.