

— BODY SENSATIONS LIST —

Mindful observations include noticing sensations in your body, which you'll be doing daily. Looking for just the right word to describe that kink in your neck? Or that tingling sensation in your right big toe? Check out the list of body sensations below!

Comfort

Airy	Fluid	Quiet	Spacious
Alive	Full	Radiating	Spacious Breathing
Buzzing	Fuzzy	Refreshed	Still
Chilled	Hairy	Renewed	Stretchy
Cool	Healing	Robust	Strong
Cozy	Intense	Rolling	Suffocating
Elastic	Light	Shimmering	Thick
Electric	Loose	Silky	Thin
Energized	Open	Smooth	Vibration
Expanding	Pulsing	Soft	Warm

See more body sensation words on the next page.

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Discomfort

Achy	Fevered	Numb	Spasming
Bloated	Flushed	Pale	Sticky
Blocked	Fluttery	Paralyzed	Stiff
Breathless	Frantic	Poking	Stringy
Brittle	Frozen	Popping	Sweaty
Bubbly	Goose Bumpy	Pounding	Tender
Burning	Gurgling	Pressure	Tense
Clammy	Hard	Prickly	Throbbing
Closed	Heart-tightening	Puffy	Tickly
Cold	Heavy	Pulled	Tight
Congested	Hot	Quaking	Tightness of skin
Constricted	Icy	Quivering	Tingling
Constricted Breathing	Itchy	Ragged	Trembling
Contracted	Jagged	Raw	Twitchy
Cracking	Jittery	Ringing	Weak
Cramped	Jumbly	Rough	Weighted
Dense	Jumpy	Shaky	Wobbly
Dizzy	Knotted	Sharp	Wooden
Dull	Limp	Shivery	
Empty	Lumpy	Shudder	
Faint	Nauseous	Sore	



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