

— SENSORY WORDS LIST —

Mindfulness has a way of connecting you to your five (six!) senses. You may notice the warmth from the morning sun or the tinkling of the water in your cup. Your daily practices include noting your observations (the “O” in the GLOWY Daily Reflection Practice).

Below is a collection of sensory-related words to enhance your observation descriptions.

Sight

Blurry	Flashy	Glowing	Shiny	Twinkling
Brilliant	Flush	Grimy	Smudged	Unruly
Burning	Gleaming	Misty	Sparkling	Wooly
Colorless	Glistening	Radiant	Streaked	[All colors]
Dazzling	Glittering	Shadowy	Striped	[All sizes]
Dim	Gloomy	Sharp	Tarnished	[All shapes]
Faded	Glossy	Shimmering	Tufted	

Sound

Blare	Crashing	Mumble	Shrill	Thump
Boom	Creak	Murmur	Sizzle	Tinkling
Buzz	Grumble	Roar	Snarl	Whimper
Cackle	Gurgle	Rumble	Squawk	Yelp
Cheer	Hiss	Rustle	Squeal	
Clang	Howl	Screech	Swish	
Crackle	Hush	Shriek	Thud	

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Touch

Arctic	Dusty	Goosey	Moist	Shivery
Bristly	Feathery	Greasy	Oily	Silky
Bumpy	Feverish	Gritty	Pliable	Stiff
Chilly	Fluffy	Hairy	Powdery	Stinging
Coarse	Fluid	Hot	Prickly	Sweltering
Cold	Freezing	Icy	Rough	Throbbing
Cool	Furry	Limp	Scratchy	Warm
Cuddly	Fuzzy	Lumpy	Sharp	

Taste

Appetizing	Flavorless	Metallic	Rotten	Stale
Biting	Full-bodied	Minty	Salty	Sugary
Bitter	Gamy	Moist	Savory	Sweet
Bland	Garlicy	Nutty	Scrumptious	Tangy
Burnt	Juicy	Peppery	Sharp	Tasteless
Creamy	Lemony	Refreshing	Sour	Tasty
Delicious	Light	Rich	Spicy	
Flavorful	Mellow	Ripe	Spoiled	

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Smell

Aromatic	Foul	Noxious	Sharp	Sweet
Burnt	Fragrant	Old	Skunky	Tempting
Citrusy	Fresh	Perfumed	Smoky	Warm
Comforting	Fruity	Pungent	Sour	Woody
Crisp	Funky	Putrid	Spicy	Zesty
Delicate	Masculine	Rancid	Spoiled	Zingy
Dirty	Minty	Rank	Stagnant	[All foods,
Earthy	Moldy	Reeking	Stench	drinks, plants
Feminine	Musky	Repulsive	Stinking	and spices]
Flowery	Musty	Scented	Stuffy	

Think (Mind)

Refer to the Emotions List, which is located in the Quick Reference section of *The Chaos Antidote: Six-Week Mindfulness Workbook* or find the Emotions List at aimeemorgan.com/TCAWorkbook as a free PDF.



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