

The Felt Sense

Sensations and emotions are both considered “feelings” words but they aren’t the same thing! Sensations are the physical ways our *bodies* feel at any given time, and emotions are what our minds feels about what is going on around us. Sensations words go along with our emotions words to help give us information. We often notice our sensations first and can use them to help us identify our emotions. For example tense and hot may help us realize we are angry while jittery and shaky may help us realize we are nervous. Like emotions, sensations are designed to give us information and not last forever.

Burning/Hot/Cold/Warm/Chilly/Icy/Cool/Clammy/Chilly/Sweaty/Gentle

Sharp/Dull/Rough/Smooth

Shaky/Trembly/Tingly/Twitchy / Butterflies/ Jittery/Jumbled/Itchy/Jumpy

Weird/Off-Kilter/Off-Center/Edgy/Tearful/Owie

Hard/Soft

Stuck/Weak

Strong/Tough

Small/Large

Sour/Sweet/Bitter/Salty/Pungent

Relaxed/Calm/Peaceful/ Flowing/Spreading/Silky/Still/Tranquil/Comfortable

Undisturbed/Chill/Still/Quiet/Peaceful

Empty/Full

Fast/Slow/Still

Tight/Tense/Pressure/Vibrating/

Dizzy/Fuzzy/Blurry/Woozy/Faint/Light-Headed

Numb/Prickly/Tickly/ Goose-Bumpy/Uncomfortable

Light/Heavy

Open/Closed/Loose/Tight

Some of the body sense categories (qualities) may include: Pressure, Air Current, Pain, Tingling, Itching, Temperature, Size, Weight, Shape, Motion, Speed, Texture, Earth Element, Color, Smell, Taste, Sound, Lack of Sensation

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Adapted from Trauma Through A Child's Eyes by Peter Levine and Maggie Kline (2007).

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