

## Sensation Words

aching	jumpy	smarting
aligned	lacerating	smooth
bloated	light	soft
burning	loose	solid
calm	lubricated	sore
cold	muzzy	spacious
congested	nauseating	splitting
connected	numb	spreading
cool	open	squeezing
cramped	peaceful	stabbing
crushed	penetrating	sticky
cut off	piercing	stinging
cutting	pinched	stretched
disconnected	pounding	stringy
drilling	pressing	stuck
dull	prickly	suffocating
electric	pulling	swollen
expanded	pulsing	taut
flat	quiet	tender
flexible	quivery	thick
flickering	radiating	throbbing
fluffy	rasping	tickly
full	relaxed	tight
fuzzy	released	tingling
gnawing	rough	tiring
hard	round	tugging
heavy	rumbling	vibrating
hot	shaky	warm
intense	scalded	wonky
irritated	sharp	wrenching
itching	shooting	

Please note that some of these words cross over into feeling or emotion words, rather than purely sensation words. It has been my experience, however, that these particular words are frequently used in practice by clients to describe their sensations. © 2016, Aubrey Lesicki, BS, LMT  
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