

# IDENTIFYING SENSATIONS

## PURPOSE

Learning to notice and identify sensations is helpful for learning to recognize and manage emotions. This capacity is also essential for working more directly with helping one's body shift from a stressed, dysregulated state to a resourced and regulated state. It is important to be able to notice and connect with sensations that are associated with both stressed states and resourced states. These word lists are just samples and may carry different meanings for each person. Some words fit in both lists; it will depend on the quality of it. Feel free to add your own words.

### SENSATION WORDS

Often associated with more **stressed** and **dysregulated** states:

*Abrasive, Angular*

*Barbed, Bendy, Bloated, Blunt, Bristly, Broken, Bulging, Bulky, Bumpy, Bushy*

*Chafing, Chapped, Choppy, Chunky, Clammy, Coarse, Cold, Corrugated*

*Dense, Dented, Dirty, Distended, Distorted, Dry, Dusty*

*Eggy, Etched, Filmly, Flat, Flimsy, Fragile, Freezing, Frigid, Furry, Fuzzy*

*Glassy, Glazed, Gnarled, Gooey, Grainy, Grating, Gravelly, Greasy, Gritty*

*Hairy, Hard, Harsh, Hollow, Hot, Icy, Impenetrable, Inflated, Irregular, Itchy*

*Jagged, Limp, Lumpy, Metallic, Narrow, Pointy, Prickly*

*Ragged, Rasping, Razor-sharp, Ridged, Rigid, Rough, Rusty, Ruttled*

*Sandy, Saturated, Scalding, Scarred, Scored, Scraped, Scratched, Sculptured, Serrated, Shaggy, Sharp, Slimy, Soiled, Spiky, Spiny, Steely, Stubbly*

*Stiff, Sticky, Sweaty, Tepid, Thick, Thin, Thorny, Throbbing*

*Uncomfortable, Uneven, Vibrating, Viscous*

*Waterlogged, Withered, Woolen, Wrinkled, Zigzag*

# IDENTIFYING SENSATIONS

Often associated with **resourced**,  
**solid**, and **regulated** states:

## SENSATION WORDS

*Airy, Aerated*

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*Breathy, Bubbly, Calm, Circular, Clean, Cool, Cushioned*

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*Doughy, Downy, Earthy, Even*

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*Feathery, Firm, Fleecy, Flowing, Fluffy, Fluid, Frothy*

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*Gentle, Glossy, Grounded, Grooved, Hot*

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*Layered, Leathery, Level, Lined, Loose, Lukewarm*

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*Malleable, Moist, Moving, Mushy, Neat*

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*Oily, Open, Padded, Patterned, Pliable, Polished, Pulpy*

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*Quiet, Ribbed, Rock-solid, Rubbery, Rolling*

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*Sheer, Silky, Slick, Slippery, Smooth, Soaking, Soapy, Soft, Soggy, Solid*

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*Sparkly, Spongy, Springy, Stable, Steely, Syrupy*

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*Tepid, Thick, Thin, Tingly, Unbreakable, Unyielding*

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*Varnished, Velvety, Veneered, Vibrating*

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*Warm, Wavy, Well-oiled, Wet, Wide, Wiry, Woven*

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*Yielding, Zigzag*