

List of Physical Sensations

Excerpt from: *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment*
 Pat Ogden & Janina Fisher
 Forthcoming 2015. New York, NY: W.W. Norton

VOCABULARY FOR SENSATIONS					
achy	clenched	energized	itchy	puffy	tense
airy	congested	faint	jerky	quaking	thick
bloated	constricted	flaccid	jumbly	quivery	tight
blocked	cool	flushed	knotted	radiating	tickley
breathless	cold	fluid	light	sharp	tingly
bubbly	damp	fluttery	moist	shivery	trembling
burning	dense	floaty	nauseous	shuddering	twitchy
buzzy	dizzy	fuzzy	numb	sore	vibrating
chills	dull	goose-bumps	paralyzed	stiff	warm
churning	electric	heavy	pins and needles	suffocating	weak
clammy	empty	hot	prickly	sweaty	wobbly

Ogden . Adapted from Ogden, P. (1997, 1998)

Based on: Women's College Hospital DBT Materials and Miller, Rathus, Landsman (1999). Adapted from Marsha M. Linehan's Skills Training Manual for Treating Borderline Personality Disorder, Guildford Press, 1993.