

The list below include colors, textures, temperatures, and other words to conceptualize and relate to sensations in the body.

Body Sensations List

Fragile

Feathery
Delicate
Tender
Flimsy
Pliable
Flexible
Steely
Stiff
Tough
Firm

Hard

Soft

Fluffy
Squishy
Spongy
Mushy
Doughy
Fleshy
Gelatinous
Pulpy
Bumpy
Gravelly
Coarse
Rough

Smooth

Satiny
Glassy
Plasticity
Velvety
Rounded
Curved
Angled
Pointy
Prickly
Bitter
Spicy
Stinging
Sharp

Fast

Fleeting
Racing
Rapid
Brisk
Beating
Pulsing
Creaking
Consistent
Clumsy
Bumbling
Plodding
Glue-y
Leaden
Slow
Still

Full

Deep
Strong
Heavy
Intense
Powerful
Floaty
Airy
Weightless
Vacant
Vacuous
Draining
Weak
Empty

Wet

Soaked
Saturated
Soggy
Moist
Slushy
Slimy
Dank
Parched
Dusty
Arid
Dry

COLORS

Black
Brown
Red
Orange
Yellow
Green
Blue
Violet
White

Obsidian
Smoky
Coal
Coffee
Cinnamon
Maroon
Crimson
Burgundy
Magenta
Rose
Pink
Carrot
Salmon
Saffron
Golden
Amber
Lime
Forest
Jade
Aquamarine
Cerulean
Teal
Lilac
Lavender
Indigo
Chalky
Bleached
Cream
Pearly
Snowy

Open

Enormous
Immense
Expansive
Ample
Narrow
Tiny
Constricted

Closed

Hot

Blazing
Burning
Scalding
Steamy
Lukewarm
Tepid
Icy
Frozen

Cold

Loud

Lusty
Raucous
Roaring
Rowdy
Thundering
Muffled
Timid
Mute
Still
Quiet

Dark

Shadowy
Obscure
Opaque
Foggy
Cloudy
Dull
Dim
Vague
Indistinct
Shapeless
Defined
Distinct
Clear
Shiny
Bright

Painful

Achy
Agitated
Irritating
Noxious
Toxic
Warring
Soothing
Sweet
Harmonious
Grounding
Clarifying
Calming
Healing

Dead

Dormant
Withered
Limp
Sluggish
Bubbling
Active
Vibrating
Electric
Radiating
Pulsing
Vivid
Alive



Body parts to consider: feet, gut, lungs, heart, throat, brain