



FELT SENSE INDEX

Tension & Pressure

Buzzing
Tingling
Fluttering
Twitchy
Shaky
Restless
Jittery
Vibrating
Spinning
Pulsing
Wavy

Movement & Energy

Tight
Squeezing
Gripping
Constricted
Heavy
Pressured
Bound
Achy
Dense

Expansion & Release

Open
Flowing
Spacious
Relaxed
Grounded
Melting
Light
Loose
Soft
Drifting
Unfolding

Temperature & Texture

Warm
Cool
Clammy
Icy
Prickly
Sweaty
Damp
Dry
Burning
Safe

Disconnection & Dullness

Numb
Disconnected
Hollow
Empty
Absent
Foggy
Faint
Still
Frozen



POWER

