

Somatic Sensations

- Awake
- Blushing
- Body Aches
- Breathless
- Brown-furrow
- Buzzing
- Calm
- Clenching
- Cold
- Crying
- Curling up
- Electrified
- Empty
- Energetic
- Eye roll
- Eyebrows Up
- Face - scrunched
- Feeling hot
- Fidgety
- Flushed

- Foot - tapping
- Frozen
- Gut - turning
- Headache
- Heart Racing
- Heaviness
- Hiding
- Hollow feeling
- Hot
- Inflated
- Jaw Drop
- Jaw Set
- Jumpy
- Light
- Limp
- Lip - tremble
- Lip Curled
- Looking Down
- Loud words
- Lump in throat

- Nausea
- Need to move
- Numb
- Numb hands
- Open
- Queasy
- Quiet
- Racing heart
- Relaxed
- Scowl
- Sensitive
- Shuttering
- Slouching
- Slow Heart
- Soft
- Speechless
- Steady
- Still
- Sweaty Palms
- Tall

- Tender
- Tense
- Tight Jaw
- Tiredness
- Trembling
- Turn away
- Turning away
- Unsteady
- Weak
- Writhing