

Felt Sense Vocabulary

By [Jaclyn Explains](#)

Dimensions & descriptors

1. Feeling/Sensation
 1. pressure – even, uneven, supportive feeling, crushed feeling, cutting off circulation
 2. air current – gentle, cool, warm, from right, from left, stimulating, rush, like a feather, like mist
 3. tension – solid, dense, warm, cold, inflamed, protective, constricting, angry, sad
 4. pain – ache, sharp, twinge, slight, stabbing
 5. tingling – pricks, vibration, tickling, numb
 6. itch – mild itch, angry itch, irritating itch, moving itch, subtle itch, small itch, large area of itching
2. Temperature – warm, hot, burning, cool, cold, clammy, chills, icy, frozen, like: hearth, oven, fire, sunshine, baked bread, snow, stone, shade
3. Size – small, large
4. Shape – flat, circle, blob, like a mountain
5. Weight – light, heavy
6. Motion – circular, erratic, straight line
7. Speed – fast, slow, still
8. Texture – rough, wood, stone, sandpaper, smooth, silk
9. Element – fire, air, earth, water, wood
10. Color – gray, blue, orange etc.
11. Mood/emotion - sinking, pulling in, open, closed, uplifting, sunny day, dark cloud, roiling
12. Sound – buzzing, singing
13. Taste – sour, bitter, sweet
14. Smell – pungent, sweet, like rain, like leaves
15. Absence/nothingness – blank, empty

Other descriptors

Achy Cool Frozen Light Radiatin Tense
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Bloated Damp Full Nauseous Raw Throbbing

Breathless Dense Fuzzy Numb Releasing Tight

Brittle Dizzy Heavy Open Shaky Tingling

Bruised Dry Hollow Pounding Sharp Trembling

Bubbly Dull Hot Pressure Smooth Twitchy

Burning Electric Icy Prickly Sore Warm

Buzzy Energized Itchy Puffy Spacious Wobbly

Calm Flaccid Jittery Pulsing Spinning Blob

Clenched Flushed Jumpy Queasy Sweaty Fluffy

Cold Free Knotted Quivery Tender Achy Frozen Raw

Airy Full Rolling

Alive Fuzzy Shaky

Bloated Goose Bumpy Sharp

Blocked Gurgling Shimmer

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Breathless	Hard	Shivery
Brittle	Heavy	Shudder
Bubbly	Hot	Silky
Burning	Icy	Smooth
Buzzing	Intense	Soft
Chilled	Itchy	Spacious
		Spacious
Clammy	Jagged	Breathing
		Spasming
Closed	Jittery	
Cold	Jumbly	Sticky
Congested	Jumpy	Still
Constricted	Knotted	Stretchy

Constricted		
Breathing	Light	Stringy
Contracted	Limp	Strong
Cool	Loose	Suffocating
Cozy	Nauseous	Sweaty
Cramped	Numb	Tender
Dense	Open	Tense
Dizzy	Paralyzed	Thick
Dull	Pounding	Throbbing
Elastic	Pressure	Tickly
Electric	Prickly	Tight

Empty	Puffy	Tightness of skin
Energized	Pulled	Tingling
Expanding	Pulsing	Trembling
Faint	Quaking	Twitchy
Fluid	Quiet	Vibration
Flushed	Quivering	Warm
Fluttery	Radiating	Weak
Frantic	Ragged	Wobbly