

Somatic Descriptors

Temperature	Movement	Texture	General quality
cool warm chills frozen burning damp sweaty moist clammy dry flushed cold hot	expanding radiating turned inward twitch tremble shivery vibrating shudder immobile bubble shaky paralyzed jerky throbbing quivery pulsing flutter jumpy wobbly spinning dizzy tremulous quake wobbling	puffy hard bumpy prickly soft pokey dull sharp achy itchy goose-bump numb tingly fuzzy pressure stinging	neutral quiet buzzy pounding airy suffocating deadened frantic flaccid blocked congested energized electric faint tense nauseous breathless puffy heavy tight light dense bloated

*Adapted from Bridging Soma & Soul by Katie Asmus & Sweigh Spilkin
and work from The Somatic Wilderness Therapy Institute.*