

APPENDICES

GLOSSARY OF SOMATIC DIMENSIONS

Add your own, plus any colors and images you experience!

Achy	Dense	Hazy
Airy	Dizzy	Heart-shaped
Alive	Dully	Heavy
Aromatic	Elastic	Held
Bloated	Electric	Hot
Blob	Empty	Icy
Blocked	Energized	Intense
Braced	Expansive	Itchy
Breathless	Faint	Jagged
Brittle	Fluid	Jittery
Bubbly	Flushed	Jumbly
Burning	Fluttery	Jumpy
Buzzing	Frantic	Knotted
Calming	Freezy	Light
Chilling	Frigid	Limp
Clammy	Frosty	Loose
Closed	Frozen	Lukewarm
Cloudy	Full	Nauseous
Cold	Fuzzy	Neutral
Congested	Geometric	Numb
Constricted	Glowing	Octagonal
Contracted	Goose Bumpy	Oblong
Cool	Gravitated	Open
Cozy	Grounding	Paralyzed
Cramped	Gurgling	Pleasant
Cube	Hard	Pounding

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Pressure	Shivery	Sweet
Prickly	Shudder	Tender
Puffy	Silky	Tense
Pulled	Smoky	Tepid Thick
Pulsing	Smooth	Throbbing
Pungent	Soft	Tickly
Quaking	Soothing	Tight
Quiet	Spacious	Tingling
Quivering	Spaciousness	Trembling
Radiating	Spasming	Triangular
Ragged	Spherical	Twitchy
Raw	Spicy	Unpleasant
Rolling	Square	Vibrating
Round	Sticky	Warm
Safe	Still	Weak
Salty	Stretchy	Weighted
Savory	Stringy	Wide-open
Shaky	Strong	Wobbly
Sharp	Suffocating	Wonderment
Shimmering	Sweaty	

...or add your own!

Includes words from the five senses, sensations, emotions, shapes, temperatures, meaning.