



REFLECTIONS

**WHAT'S DIFFERENT?**



**Advanced Level Somatic Dimensions  
Noticing Inner Experience**

*Refer to the examples here to describe your inner experience (aka, interoception),  
use the Glossaries of Somatic Dimensions and Emotions  
(see appendix), or add your own:*

Airy	Emotion(s)	Image(s)	Softening
Breath	Expansive	Lukewarm	Softer
Brisk	Fluid	Melting	Smooth
Buzzing	Glowing	Oblong	Snug
Calmer	Grounded	Pulsing	Spacious
Comfy	Heart Beating	Relaxed	Tepid
Cooler	Heavier	Round	Tingling
Color(s)	Held	Settled	Vibrating
Dense	Hotter	Slower	Warmer