

# SENSATIONS

Twitch

Dull

Sharp

Achy

Pounding

Airy

Suffocating

Tremble

Shivery

Chills

Vibration

Itchy

Stringy

Fluid

Frozen

Warm

Radiating

Shudder

Numb

Flaccid

Blocked

Goose-bump

Congested

Heavy

Tight

Puffy

Bubbly

Tingly

Shaky

Paralysed

Sweaty

Moist

Clammy

Jumbly

Jerky

Energised

Stringy

Damp

Electric

Tight skin

Light

Fuzzy

Dense

Cool

Throbbing

Faint

Quivery

Pulsing

Bloated

Flushed

Prickly

Buzzy

Flutter

Pressure

Jumpy

Tense

Wobbly

Tingly

Nauseous

Spinning

Dizzy

Tremulous

Breathless

Quake