



CLIENT INFORMATION SHEET

Words to expand your somatic vocabulary

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Words to describe sensation + movement:

goosebumps
shaky
trembling
wobbly
pulsing
flow
buzzing
slow

radiating
twitchy
vibrating
bubbles/bubbly
jerky
fluttery
rhythmic
fast

e.g. "I feel shaky in my chest" or "I notice when I think about X, my stomach feels bubbly"

Words to describe pain/discomfort:

sore
stiff
suffocating
achy
stabbing
restless
jagged
numb
tense

tight
itchy
nauseous
weak
dizzy
burning
intense
pins +
needles sharp

e.g. "my heart aches," "my hands feel weak and shaky" or "that feels suffocating"

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Words to describe texture/pressure:

knotted
sticky
bony
congested
soft
clenched
firm
squishy

harsh
fleshy
blocke
d tough
slimy
gritty
rough
spongy

e.g. "everything feels knotted up inside" or "my grief feels stuck and congested"

Words to describe temperature/size:

icy
fiery
thick
hot
warm
chilly
expansive
sweaty
large

full
empty
chilly
damp
cold
boiling
small
clammy
tiny

e.g. "my arms feel hot and heavy" or "the interaction made me feel chilly and distant"

Building a somatic vocabulary helps with multi-sensory integration.

Building somatic language models not only helps us with awareness within (interception) but can also support:

- decision making
- creative problem solving
- soothing overwhelm
- monitoring body cues
- managing triggers
- etc.

Research shows that this type of awareness plays an important role in integrating cognitive, emotional, and somatic experiences — a key aspect of wellbeing and mental health recovery.

Tools to practice

Challenge yourself to use **somatic words** instead of feeling or thought words. Practicing often can make tuning into your body more instinctive over time.

- **Do regular body scans** - take a minute to check in with your body from toes to scalp. What do you notice in terms of pressure, tension, temperature, or discomfort?
- **Record your experiences:** try journaling, voice notes, simple trackers, etc., as tools to monitor your progress and the questions that come up over time.

*finding somatic
language crafts
new inner worlds
to explore.*

You deserve space and time to practice building a somatic vocabulary without shame, judgment, or added pressure.

Allow curiosity to guide you as a rich landscape of a new world emerges through small shifts in attention and attunement.

You got this 