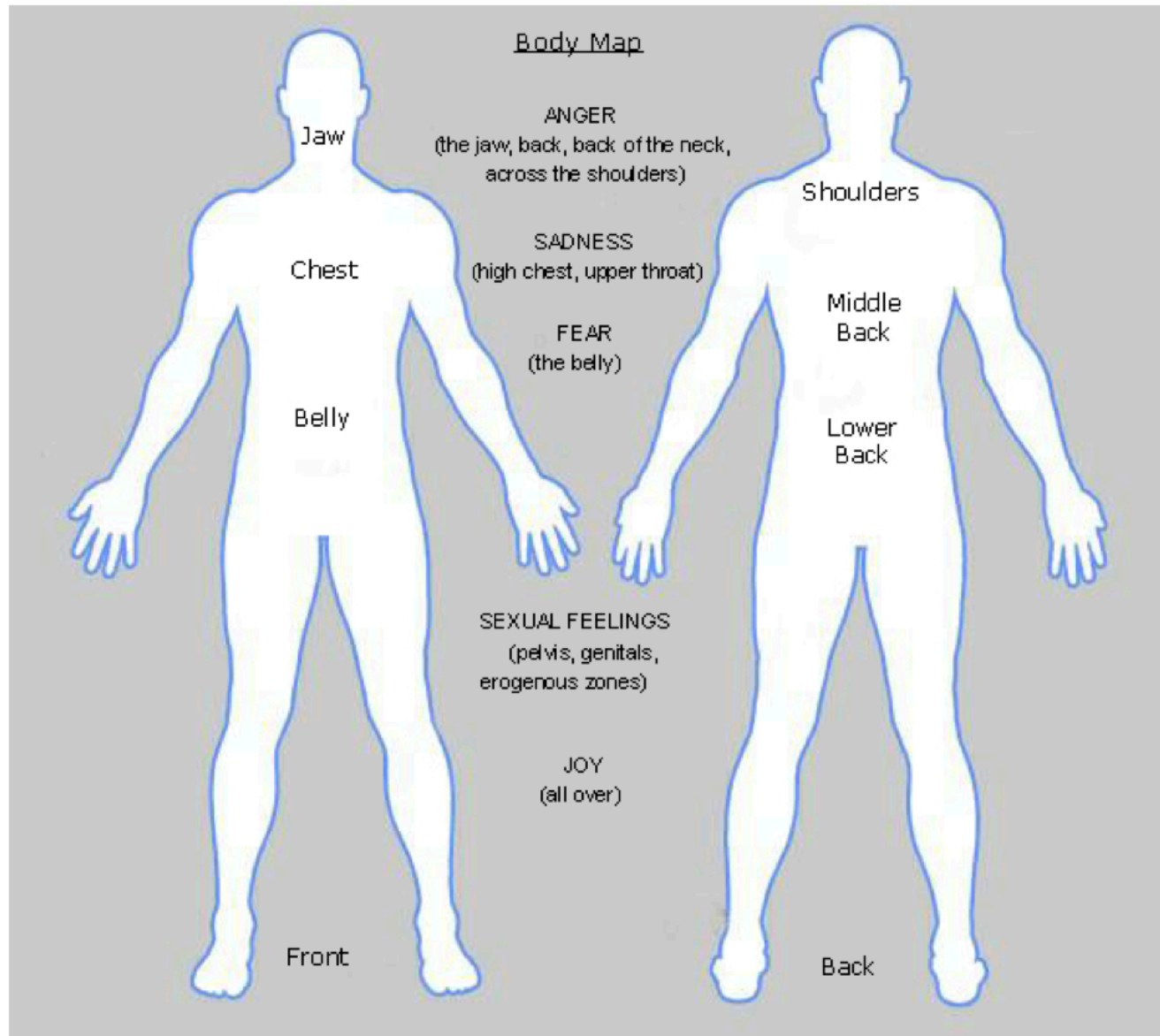


Body Verbs/Sensations

~ A sample list

Tight
 Constricted
 Ticking
 Tingling
 Spreading
 Flowing
 Aching
 Whirling
 Clenched
 Stretching
 Hot
 Poking
 Foggy
 Stinging
 Pressing
 Searing
 Creaking
 Pounding
 Achy
 Grating
 Wiggling
 Popping
 Jarring
 Pricking
 Racy
 Fluttering
 Touch-tender
 Buzzy
 Fuzzy
 Fluffy
 Throbbing
 Lengthening
 Burning
 Dissolving
 Crackling
 Dancing
 Twisting
 Bubbling



Hollow
 Zinging
 Narrowing
 Piercing
 Melting
 Glowing
 Bunched
 Cord-like
 Compressed
 Tightening
 Twisted
 Dense
 Itching
 Blocky
 Pulling
 Steely
 Trembling
 Heavy
 Closed in
 Fluttering
 Pressing
 Humming
 Congested
 Floating
 Lumpy
 Waving
 Twinkling
 Dragging
 Knotting
 Queasy
 Held in
 Butterflies
 Zig-zaggy
 Vibrating
 Shortening
 Gyrating
 Pinching

Source: Hendricks Institute; Marlene Neufield; Karen Thompson