
Felt Sense and Sensation Language

Expansion

airy, aliveness, bright, broad, colourful, expanding, expansive, faint, flow, flowing, fluid, fresh, freshness, growing, invigorated, large, light, lightness, lively, loose, open, opening, pulsing, refreshed, roomy, roominess, shimmering, spacious, spaciousness, widening

Contraction

blocked, closed, compact, constricted, constricted breath, contracted, hard, hardening, knotted, pulled, robotic, rigid, shrinking, tense, tight, tightness

Comfort

comfortable, comfy, cozy, easeful, enjoyable, fluffy, fuzzy, nice, pleasant, pleasing, pleasurable, restful, safe, snug, soft, supported

Discomfort

aching, achy, bloated, bulging, burning, crampy, distended, dizzy, dull, grumbling, itchy, nauseated, nauseous, pangs, radiating, raw, rumbling, sensitive, sharp, shooting, shudder, spasming, spinning, sore, suffocating, tender, throbbing, unpleasant, wobbly, woozy

Density

blob, blocked, clear, clogged, congested, dense, empty, firm, flimsy, full, heavy, hollow, jelly, light, opaque, plugged, pressure, see through, sparse, strong, thick, thickening, thin, translucent, transparent, unblocked, unclogged, wispy

Energy, Arousal or Activation

beating, breathless, buzzing, dizzy, electric, energized, frantic, increasing, intense, jittery, jolting, jumbly, jumpy, moving, moving up, pounding, pulsing, quaking, quivering, rapid, revving, rising, rolling, shaky, sparks, spinning, swirling, twitchy, vibration, whirling, whizzing, womping, zooming

Immobilization

arrested, cemented, collapsed, comatose, deflated, drooping, flaccid, frozen, lifeless, limp, numb, paralyzed, quiet, rigid, slack, stiff, still, weak

Settling or Deactivation

calming, coming down, deflating, fading, faint, flickering, decreasing, dissipating, gurgling, moving down, quiet, relaxed, relaxing, release, releasing, restful, resting, settling, softening, still, tingling, trembling, trembly, tremulous, vibrating, yielding

Texture

blob, brittle, bubbly, bumpy, elastic, fizzy, flexible, fluttering, furry, gooey, goopy, goose-bumpy, jagged, prickly, puffy, ragged, seeping, sharp, shimmer, shiny, silky, slimy, sludge, smooth, soft, solid, stretchy, sticky, stringy, tickly, wooden

Temperature

burning, chilled, clammy, cold, cold breath, cool, damp, feverish, flushed, freezing, frozen, heat, hot, icy, moist, shivering, shivery, sweaty, tepid, warm

Images or Metaphors

armour, balloon (growing or deflating), boulder, brick wall, butterflies, clouds, column, curling into a ball, fireworks, fist, flowing water, fog, going into a cave, happy dance, internal smile, knot, lava lamp, like a flash, overflowing, popcorn, porcupine, prickly puffer fish, robot, metal rod, ripple on a pond, rock, shell (hard, empty, etc.), shield, smile in my heart, stiff as a board, storm, stream of light, sun in my chest, sunshine, surfing a wave, swarm of bees, trickling, turtling, thunder, waves, whale calls, wiggly puppy

What else can you come up with?
