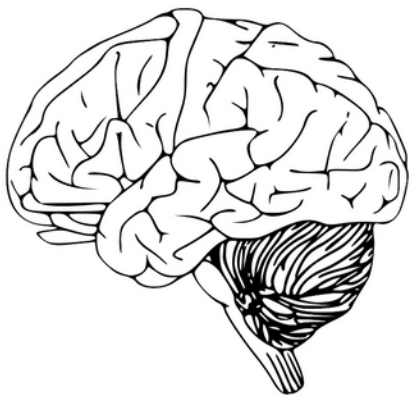
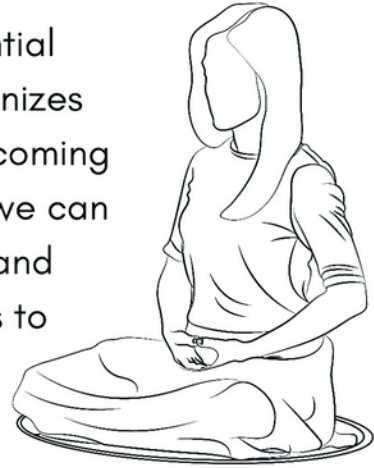


Language of Sensations

The exercise of identifying felt senses is an essential practice in somatic trauma therapy, which recognizes that emotional trauma is held in the body. By becoming aware of our physical sensations and emotions, we can understand the impact of trauma on our bodies and develop greater self-awareness. This can help us to regulate our emotions, release tension and emotional pain, and promote healing.



Trauma can have a profound impact on our nervous system and can result in physical symptoms such as tension, pain, numbness, and other sensations.

These physical symptoms can sometimes be difficult to identify or understand. By focusing on our felt senses, we can begin to make connections between our emotions and physical sensations.

Somatic trauma therapy recognizes that emotional trauma is often held in the body, and that healing requires addressing both the emotional and physical aspects of trauma. By becoming more aware of our felt senses, we can begin to develop a deeper connection to our bodies and emotions. This can help us to release tension and emotional pain that may be stored in our bodies and promote healing.



Connect with your Senses

Identifying and being aware of our felt senses can help us connect with our bodies and regulate our emotions. By sitting quietly and scanning our bodies for felt senses, we can become more aware of the sensations and feelings within us. Try to practice this exercise regularly to develop your ability to identify your felt senses.

Step 1: Find a quiet and comfortable space

Find a quiet and comfortable space where you can sit undisturbed for a few minutes. This could be a chair or a cushion on the floor. Ensure that you are in a comfortable and relaxed position.

Step 2: Close your eyes and take deep breaths

Close your eyes and take a few deep breaths. Inhale deeply through your nose and exhale slowly through your mouth. Pay attention to the sensation of your breath moving in and out of your body.

Step 3: Scan your body for felt senses



Begin to scan your body for felt senses. A felt sense is a sensation or feeling that you can perceive within your body. It may be a physical sensation, such as pressure or warmth, or an emotional sensation, such as anxiety or joy.

As you scan your body, try to identify any felt senses that you notice. You may notice sensations in your chest, stomach, arms, legs, or other parts of your body.

There is no right or wrong way to do this – simply observe and be curious about what you notice.

Step 4: Label and describe your felt senses

Once you have identified a felt sense, try to label and describe it. For example, you may notice a tightness in your chest, a warmth in your hands, or a buzzing sensation in your arms. Give each felt sense a name and try to describe it in as much detail as possible.

Step 5: Continue for a few minutes

Continue scanning your body for felt senses and labeling and describing them for a few minutes. If you find your mind wandering, simply return to observing your felt senses.

Step 6: Reflect on your experience

After a few minutes, open your eyes and reflect on your experience. Consider how it felt to focus on your felt senses and how it impacted your body and emotions. You may want to write down your reflections or discuss them with a therapist or trusted friend.

Identifying your *Felt Senses*

Vibration

- ☐ Buzzing
- ☐ Vibrating
- ☐ Tingling
- ☐ Pulsing
- ☐ Trembling
- ☐ Shaking
- ☐ Quivering
- ☐ Prickling

Size/Position

- ☐ Large
- ☐ Small
- ☐ Compact
- ☐ Expansive
- ☐ Medium
- ☐ Constricted

Temperature

- ☐ Hot / Burning
- ☐ Burning
- ☐ Fluttering Flame
- ☐ Falling Snow

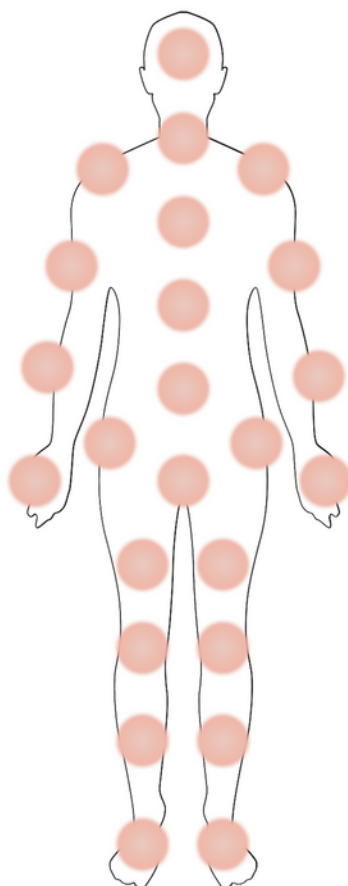
Speed

- ☐ Rapid
- ☐ Slow
- ☐ Still
- ☐ Consistent

Shape

- ☐ Rounded
- ☐ Flat
- ☐ Blob

Where in your body?



Texture

- ☐ Rough
- ☐ Soft
- ☐ Fuzzy
- ☐ Grainy
- ☐ Jagged
- ☐ Silky

Pressure

- ☐ Crushing
- ☐ Heavy
- ☐ Pressure
- ☐ Constriction
- ☐ Tightness

Absense

- ☐ Numbness
- ☐ Hollow
- ☐ Stuck
- ☐ Release
- ☐ Melting

Senses

- ☐ Dizziness
- ☐ Sensitivity

Color

- ☐ Red, Yellow etc
- ☐ Grey
- ☐ Multicolored

Pain

- ☐ Throbbing
- ☐ Sharp
- ☐ Intense
- ☐ Dull
- ☐ Aching

Reflect on your *Sensations*

Brain dump all of your sensations here



PRIORITY
MIND MANAGEMENT

Reflect on your *Sensations*

What felt sense(s) do you notice most frequently in your body?

How would you describe the intensity of these felt senses (mild, severe, etc.)?

Are there any patterns or triggers that you notice in relation to your felt senses?

How do these felt senses impact your emotions? For example, do they cause anxiety, tension, or discomfort?

Are there any felt senses that you find particularly challenging or difficult to cope with?



PRIORITY
MIND MANAGEMENT

Reflect on your *Sensations*

How do you typically respond or react when you notice these felt senses in your body?

Are there any felt senses that you find pleasurable or soothing?

How do you typically respond or react when you notice these pleasurable or soothing felt senses in your body?

How can you use your awareness of your felt senses to better regulate your emotions and care for your body?

Are there any self-care practices or techniques that you can incorporate into your routine to help you manage your felt senses?

