

List of Bodily Sensations

How Emotions Show Up In Our Bodies

Achy muscles	Numbness
Being easily startled	Pain
Blushing	Pounding heart
Chest pain	Rapid breathing
Chills	Rashes
Choking feeling	Shakiness
Churning stomach	Shortness of breath
Cramps	Soreness
Decreased or increased appetite	Stomach “butterflies”
Digestion difficulties	Stomach pain
Discomfort	Sweating
Dizziness	Tears
Faint	Tense muscles
Fatigue	Throat tightness
Feeling detached	Tingling
Headache	Trembling
Heat sensations	Unsteady
Lightheadedness	Weakness
Nausea	