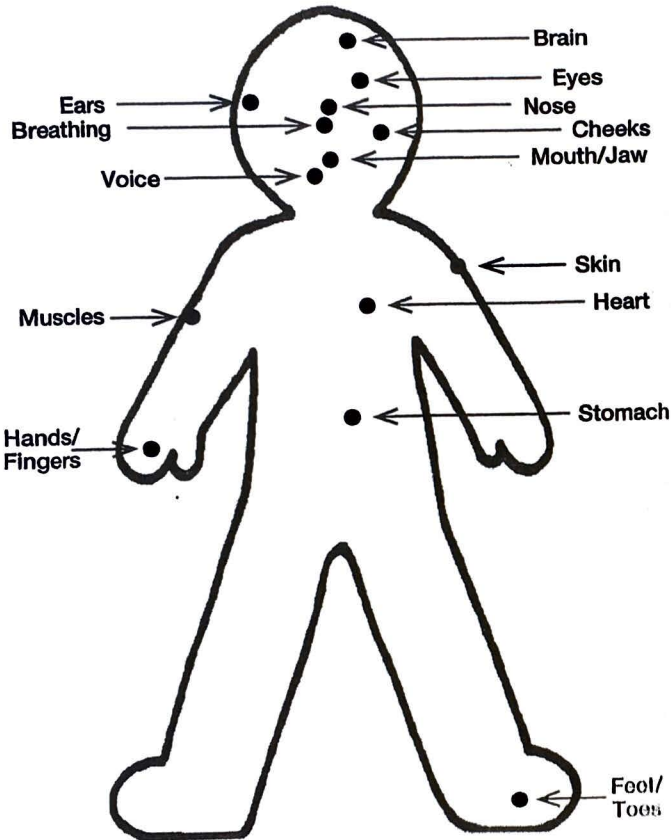


## Sample Descriptors for Various Body Parts

Following are suggestions for how each individual body part may feel. This is not a complete list! Add your own descriptions as you notice them. Note also that you may not experience all the different sensations listed, but the objective is to develop your own diverse repertoire of notable sensations to help build interoceptive awareness (IA).

Body Part	What I Feel (Sample Descriptors)	My Own Descriptors
<b>Brain</b>	Focused, distracted, dizzy, light-headed, tense, fast, swirly, heavy, blank, stuck, scattered, fuzzy, frozen	
<b>Eyes</b>	Heavy, blurry, watery, stinging, itchy, squinty, teary, dry, wide, staring	
<b>Nose</b>	Runny, stuffy, tickly, itchy, burning, clear, wrinkled, flared	
<b>Cheeks</b>	Warm, neutral, red, hot, tight, loose, up	
<b>Mouth/Jaw</b>	Dry mouth, sour mouth, tight jaw, soft jaw, sore throat, lips up, lips down, teeth moving (tapping, grinding), teeth clenched, tongue pressing hard on palate/teeth, tongue relaxed	
<b>Voice</b>	Shut-off, loud, soft, fast, slow, yelling, content, cracked, hoarse	
<b>Ears</b>	Focused, sensitive, bothered, shut-off, itchy, sore, distracted, ringing, pounding, clogged, muted	
<b>Skin</b>	Sweaty, itchy, goose bumps, bothered, tight, dry, clammy, content	
<b>Breathing</b>	Fast, slow, normal, even, deep, tight, short, panting	
<b>Heart</b>	Fast, slow, irregular, warm, swelling, full, pounding, aching, empty	
<b>Stomach</b>	Content, hungry, full, empty, fluttery, tingly, nauseous, heavy, gurgling, tight, bloated, hot, sore, twisting	
<b>Muscles</b>	Tense, tight, relaxed, normal, loose, heavy, sore, wiggly, antsy, bursting, hot, burning, knotted, stiff	
<b>Hands and Fingers</b>	Still, squeezing, moving, twisting, shaking, clenched, sweating, flapping, fidgeting, dry, hot, clammy, sore, relaxed	
<b>Feet and Toes</b>	Curling, wiggling, fidgeting, shaking, pacing, clenching, tapping, loose, aching, sore, relaxed	

## Independent Body Scan – Body Outline Guide



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## Let It Out!

### How Do the Following Body Areas Feel?

My Brain Feels:

My Eyes Feel:

My Nose Feels:

My Cheeks Feel:

My Mouth Feels:

My Voice Is:

My Ears Feel:

My Skin Feels:

My Breathing Feels:

My Heart Feels:

My Stomach Feels:

My Muscles Feel:

My Hands and Fingers Feel:

My Feet and Toes Feel:

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