



FREEBIRD MEDITATIONS & *Somatics*

The Feelings Wheel
& Somatic Sensations List

THE FEELINGS WHEEL

Sometimes it can be hard to name what we're feeling.

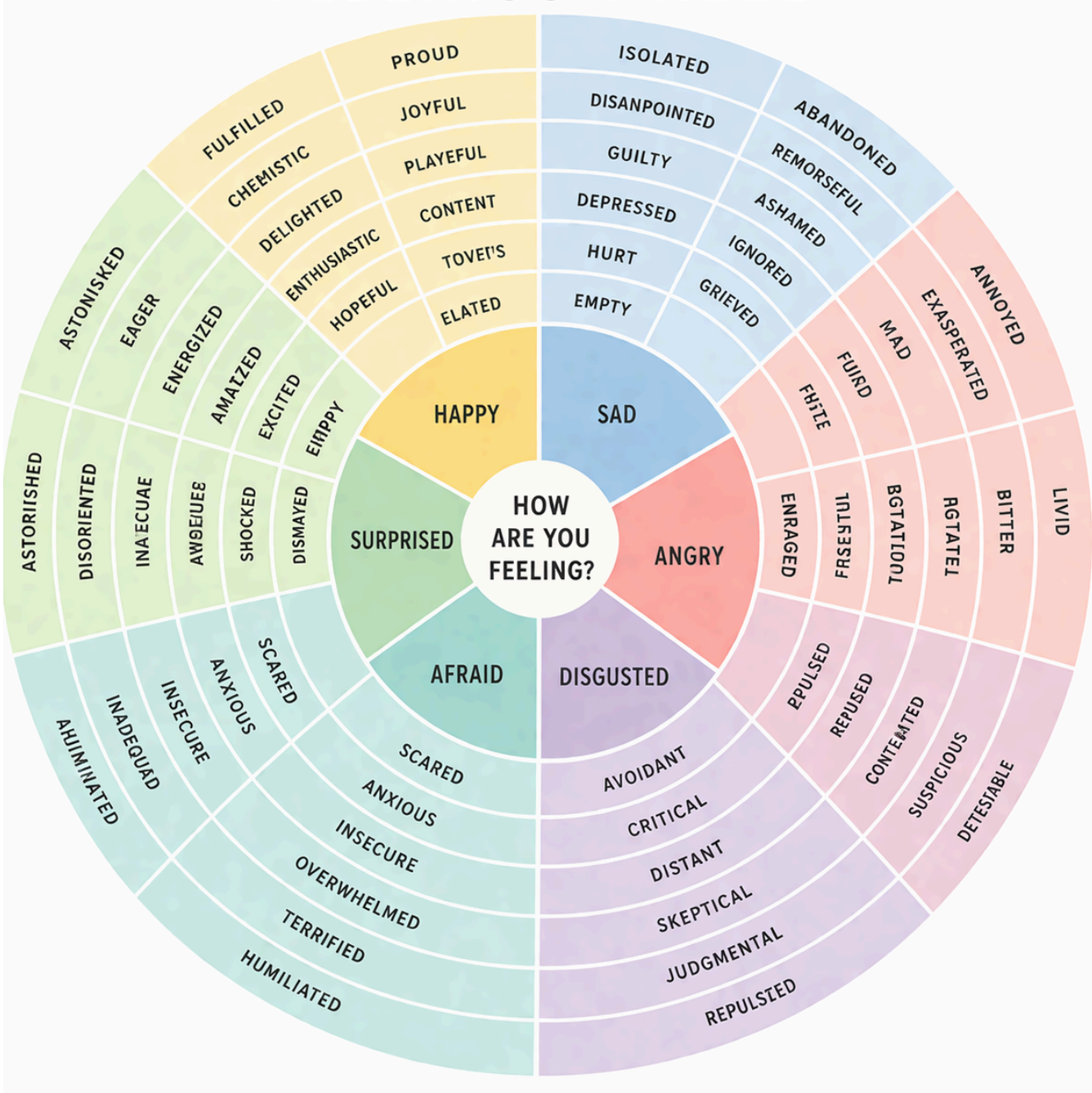
Emotions can be subtle, layered, or move quickly, and it's not always obvious what's there.

This feelings wheel is here to support that process. It offers language you can gently explore as you begin to notice your emotional experience more clearly.

There's no pressure to get it right. You might recognize something immediately, or you might not. Both are part of the practice.

Over time, this can help you build a more nuanced understanding of your inner world, giving you a way to name what you're feeling and relate to it with a bit more clarity and care.

THE FEELINGS WHEEL



SOMATIC SENSATIONS

Just like emotions, what we feel in the body can sometimes be difficult to describe.

This list of somatic sensations is here to help you build awareness of how experiences show up physically.

You may begin to notice subtle shifts, patterns, or signals in your body that you hadn't fully recognized before.

There's no need to search for anything specific. You're simply learning to notice what's already there.

You might also discover other ways to describe what you notice that are not on this list as well.

With time, developing this kind of awareness can help you feel more connected to your body, more supported in your experience, and more able to respond with intention.

SOMATIC SENSATIONS



TEMPERATURE

- Warm
- Cool
- Hot
- Chilled
- Flushed
- Sweaty



PRESSURE & WEIGHT

- Heavy
- Light
- Pressing
- Dense
- Weighted
- Full
- Packed
- Empty



MOVEMENT

- Pulsing
- Fluttering
- Vibrating
- Trembling
- Quivering
- Shifting
- Flowing
- Swirling
- Restless
- Still



TENSION & CONTRACTION

- Tight
- Constricted
- Clenched
- Rigid
- Braced
- Knotted
- Guarded
- Held
- Strained
- Stiff



RELEASE & SOFTENING

- Soft
- Open
- Relaxed
- Loosened
- Melted
- Spreading
- Expansive
- Unwinding
- Sinking
- Settling



ENERGY & ACTIVATION

- Energized
- Activated
- Alert
- Buzzing
- Tingling
- Charged
- Heightened
- On edge
- Restless
- Driven



DEPLETION & SETTLING

- Tired
- Drained
- Heavy-limbed
- Slowed
- Fatigued
- Low energy
- Dull
- Sluggish
- Settled
- Grounded



BREATH-RELATED

- Shallow
- Deep
- Restricted
- Full
- Smooth
- Uneven
- Labored
- Effortless
- Sighing
- Held



SENSORY & INTERNAL SIGNALS

- Tingling
- Numb
- Aching
- Pain
- Sore
- Sharp
- Dull
- Burning
- Itchy
- Ticklish
- Hollow
- Full
- Bloating
- Queasy
- Nauseous
- Gurgling
- Butterflies
- Tightness
- Pressure
- Discomfort
- Twisting
- Stabbing
- Radiating
- Throbbing
- Cramping