



FREEBIRD MEDITATIONS *& Somatics*

The Feelings Wheel
& Somatic Sensations List

THE FEELINGS WHEEL

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

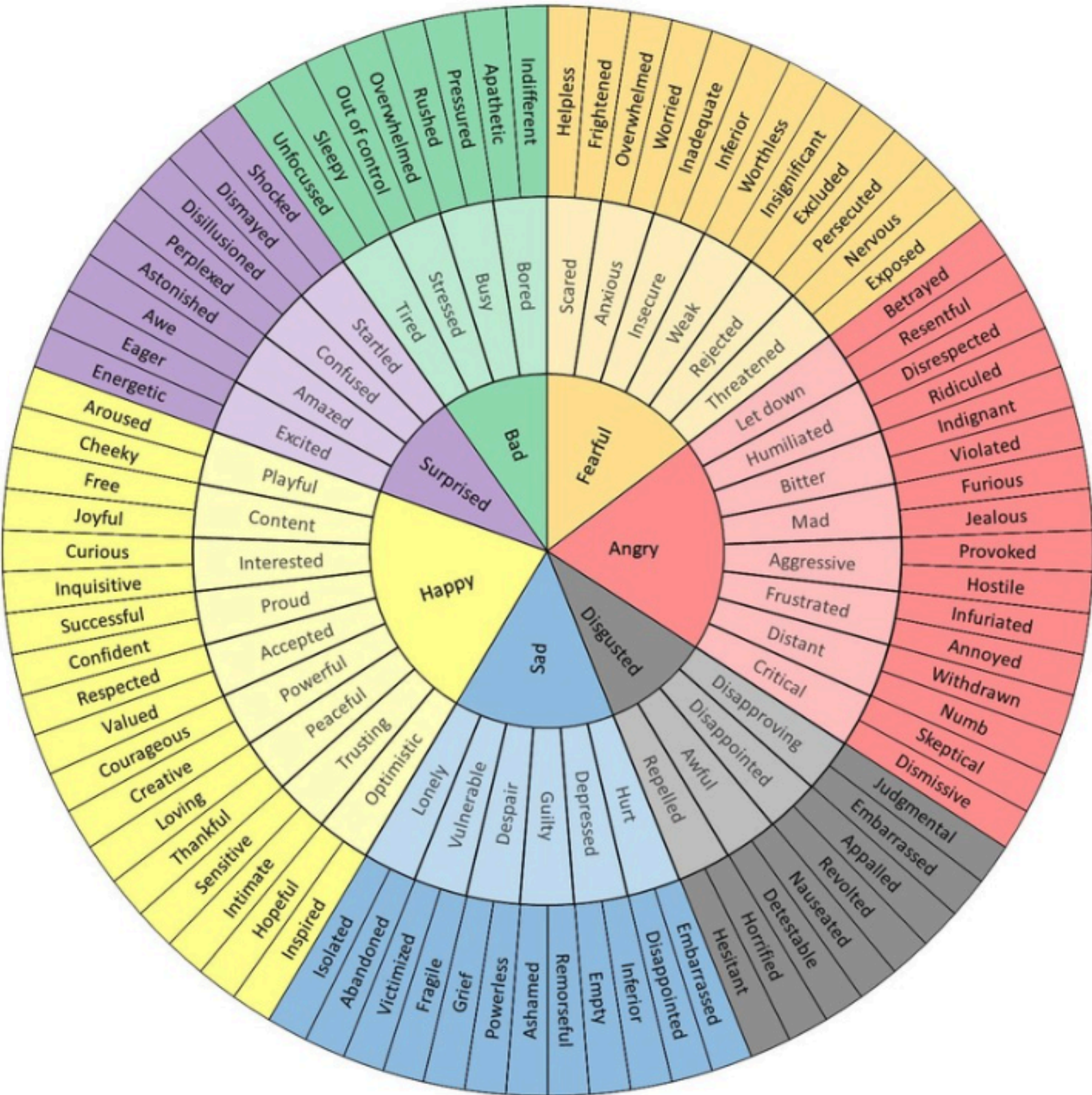
Emotions can be subtle, layered, or move quickly, and it's not always obvious what's there.

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

SOMATIC SENSATIONS & FEELINGS

Scared

cold
dark
shaky
shivery
sweaty
trembling

Shame/Depressed

draining
alone
contracted
cut-off
disappearing
disconnected
empty
frozen
heavy
hiding
icy
implosion
small

Anxiety

dizzy
fluttery
nauseous
pit in stomach
queasy
spacey
tingling
twitchy

Angry

burning
clenched
constricted
dense
energized
explosive
fiery
hot
impulsive
knotted
red hot
rush

Constricted

armored
blocked
clenched
closed
cold
congested
constricted
cool
knotted
numb
stuck
suffocated
tense
thick
throbbing
tight
wooden

Sad

heavy
alone
blue
burdened
down
empty
hole
hollow
untethered
weighted

Vulnerable/Hurt

achy
bruised
cutting
open
piercing
prickly
raw
searing
sensitive
sore
wobbly

Tender

aglow
cozy
melting
moved
tender
touched
warm

Energized

activated
breathless
bubbly
buzzy
electric
energized
floating
fluid
itchy
nervy
pounding
radiating
shimmery
tingling
twitchy

Open-Hearted

airy
alive
awake
expanded
flowing
full
light
open
relaxed
releasing
shimmering
smooth
spacious
still
vital

CONTINUE THE JOURNEY



If you've found your way here through *The Body Is The Way* course or another resource and would like to continue exploring this work in a more live and personal setting, I'll be offering a small online somatic practice group in Fall 2026.

Over four weeks, we'll gather in a live group to deepen our understanding, build capacity, and continue practicing and co-regulating together in a supportive experiential learning space.

More details will be available soon. If you'd like to learn more, check out the link below for updates and information.

The Body Is The Way
4-Week Group Coaching

STARTING FALL 2026

<https://www.freebirdmeditations.com/thebodyistheway>