


This chart expands on the basic building blocks with more vocabulary to describe your sensations.
 Notice if your sensations fall inside or outside of the zone of regulation.

	Light	Open/Expanding	Active	Hot
Dysregulation Needs Unmet	Disconnected, Floaty, Spacey, Fragile, Faint, Weak, Dizzy, Shaky, Jumpy, Wobbly	Pushing, Thundering, Roaring, Raucous, Rowdy, Intense, Powerful, Big, Loud, Explosive	Fast, Rapid, Activated, Buzzing, Vibrating, Racing, Jumpy, Twitchy, Jittery, Antsy, Agitated	Tingling, Heated, Flushed, Hot, Fiery, Blazing, Red-hot, Scalding, Burning
Zone of Regulation  Needs Met	Buoyant, Light, Airy, Floating, Weightless, Soaring	Open, Spacious, Expansive, Loose, Relaxed, Free	Alert, Alive, Awake, Active, Energized, Aroused, Stimulated	Cozy, Warm
	Solid, Stable, Present, Grounded, Connected, Centered, Anchored, Deep	Flexible, Elastic, Pliable, Limber, Fluid	Calm, Steady, Even, Settled, Peaceful, Gentle, Balanced, Serene	Cool, Comfortable
Dysregulation Needs Unmet	Wooden, Stiff, Heavy, Dense, Leaden, Weighed-down, Immovable	Tense, Tight, Contracted, Constricted, Clenched, Knotted, Cramped, Congested, Imploding	Sluggish, Slow, Blocked, Dormant, Stagnant, Stuck, Still, Inert, Paralyzed, Dull, Dead	Lukewarm, Chilly, Shivery, Cold, Icy, Frozen, Numb
	Heavy	Tight/Contracting	Still	Cold

Body Sensations can help you notice if you are regulated or not, and whether or not your needs are met, even if you are not aware of any feelings or emotions that are connected to them.

Here are some other ways of thinking about whether your body is regulated:

Breath	Heartbeat
Full, Deep, Steady, Even, Slow, Settled, Measured, Rhythmic, Spacious, Open	Steady, Even, Regular, Strong, Beating, Pulsing
Restricted, Tight, Constricted, Breathless, Shallow, Fast, Ragged, Labored, Gasping, Suffocated	Faint, Weak, Fluttery, Erratic, Skipping, Jumping, Thumping, Drumming, Racing, Galloping, Hammering, Pounding

Illness	Pain
Nauseous, Queasy, Pit in stomach, Gagging, Faint, Dizzy, Shaky, Wobbly, Feverish, Chilled, Woozy	<p>Tingling, Itchy, Prickly, Raw, Stinging, Irritated, Tender, Painful, Bruised, Sore, Sensitive</p> <p>Dull, Achy, Heavy, Pressing, Squeezing, Pulsing, Throbbing,</p> <p>Gnawing, Grinding, Spasming, Cramping, Pounding, Crushing,</p> <p>Sharp, Nervey, Piercing, Shooting, Electric, Stabbing, Burning, Searing</p>

Moisture	Fullness
<p>Wet Damp, Clammy, Moist, Sweaty, Wet, Drenched, Soaked</p> <p>Dry Dry, Tickly, Dusty, Withered, Parched, Arid</p>	<p>Full Inflated, Full, Stuffed, Bloating, Thick, Saturated, Puffy, Swollen</p> <p>Empty Deflated, Empty, Hollow, Drained, Limp, Vacant, Shrunken, Thin, Collapsed</p>

In addition to noticing **Location** and **Size**, you might notice how **deep**, how **strong**, and how **clear** the sensation is. You could pay attention to whether it is **spreading**, and how else it is **moving**.

Qualities of Sensation:

Depth	Clarity	How Else Does it Move?
<p>Shallow, Surface, Superficial Deep, Internal, Core, Bone-deep</p>	<p>Murky, Obscure, Indistinct, Vague, Dark, Dim, Blurry, Shapeless, Foggy, Fuzzy, Opaque, Cloudy, Shadowy Clear, Clear, Sharp, Bright, Defined, Distinct, Vivid, Transparent, Precise</p>	<p>Rhythmic, Steady, Rippling, Rolling, Flowing, Bubbling, Gurgling, Swaying, Humming, Fluttering, Quivering, Trembling, Undulating, Floating, Rocking Erratic, Shaking, Quaking, Jumping, Sputtering, Jolting, Lurching, Stuttering, Drumming, Thumping, Hammering, Spinning, Whirling, Twisting, Churning</p>
Strength	Expansion	
<p>Weak, Faint, Subtle, Mild, Quiet, Small, Mild, Muffled, Mute, Stifled, Pulled-in Strong, Heavy, Cloying, Loud, Sharp, Intense, Overpowering</p>	<p>Spreading, Branching, Radiating, Diffuse, Traveling, Cascading, Flowing, Rippling, In Waves, Streaming, Coursing, Washing</p>	

There are so many words to describe what our bodies are capable of experiencing. Feel free to keep adding to the list.

Texture	Taste	
Soft, Silky, Velvety, Fluffy, Fuzzy Sticky, Slippery, Melting, Slimy, Slushy Hard, Glassy, Shiny, Shimmery, Rounded, Smooth Jagged, Gravelly, Coarse Rough, Sharp, Prickly, Pointy, Bumpy, Lumpy, Stringy, Squishy, Doughy, Fleshy, Spongy, Mushy,	Sweet, Sour, Tangy, Sharp, Bitter, Acrid, Astringent, Salty, Briny, Rich, Savory, Spicy, Burning, Cool, Minty, Metallic, Numbing	
	<th data-bbox="1066 443 1814 537">Smell</th>	Smell
	Fresh, Clean, Floral, Earthy, Fragrant, Pungent, Musty, Stale, Rancid, Putrid, Rank, Fetid, Acrid, Noxious	