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## **Physical Sensations Associated with Emotions:**

It can be supportive to understand that physical sensations are associated with the emotions we may be experiencing, as with trauma we may lose our sense of feelings (due to dissociation). Locating what you are feeling in your body helps to ground your emotions in your body and get a deeper connection with yourself.

### **churn**

if your stomach churns, you have a strong nervous feeling in it because you are worried, afraid, or upset

### **convulse**

if you are convulsed with a strong emotion, it makes your body move in an uncontrolled way

### **flutter**

if your stomach flutters, you have an excited or nervous feeling in it

### **have/get/feel butterflies (in your stomach)**

to feel very nervous or excited about something that you have to do, especially something important

### **inside**

used for talking about a feeling that you have in your stomach

### **the pit of your stomach**

the place in your stomach where you experience unpleasant feelings when you are worried, upset, or frightened

### **settle**

if your nerves or stomach settle or are settled, they become calm again after you have felt upset, nervous, or excited



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**someone's heart pounds/beats/thumps**

used for saying that someone can feel their heart moving quickly because they are very excited or afraid

**someone's stomach churns/lurches/tightens**

used for saying that someone suddenly has a strong feeling of fear, shock, or excitement

**stiffen**

to suddenly hold your body in a stiff way, often because you become nervous, worried, angry, or unfriendly

**cringe**

to move back slightly from something that is unpleasant or frightening

**flinch**

to make a sudden small movement because you are afraid, surprised, or in pain

**go hot and cold**

to suddenly become very nervous, afraid, or confused about something

**prickle**

an uncomfortable feeling on your skin caused by an emotion

**quail**

to be very afraid, often so afraid that your body shakes slightly



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**quake**

to feel so afraid that your body shakes slightly

**recoil**

to move quickly back from someone or something frightening or unpleasant

**shake**

if you shake, your body makes lots of small quick movements that you cannot control, usually because you are cold, or because you are feeling a very strong emotion

**shiver**

if you shiver, your body shakes slightly, for example because you are cold or frightened;  
a shaking movement that your body makes when you are cold, frightened, or excited

**shudder**

if you shudder, your body suddenly shakes, for example because you suddenly feel cold or frightened;  
a quick uncontrolled shaking movement

**start back**

to make a sudden nervous movement away from someone or something that has frightened you

**tremble**

if your body or part of your body trembles, it shakes, usually because you are nervous, afraid, or excited

**tremor**

a slight shaking movement in your body or your voice that you cannot control, for example because you feel ill or frightened



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### **your skin crawls**

if your skin crawls, you suddenly feel uncomfortable because you are frightened or shocked or because you dislike someone very much

### **heaviness**

depression, grief

### **lump in the throat**

unable to say what you need to say, sadness

### **knot in the stomach**

anxiety, nervousness

### **pressure**

overwhelmed, in a situation you don't want to be in

### **tingling**

anticipation, nervous system changes

### **caving in**

collapsing, giving up



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### **feeling hollow**

empty, bereft of emotion, alone, shock

### **shaking**

fear, terror, cold

### **sweating**

fear, heat, fever

### **changing respiration**

changing emotion

### **aching**

depends where in the body i.e. heartache, belly ache, headache – can be different emotions

### **numb**

no feeling, not being present, in the freeze of trauma