

TABLE A: COMMON INTEROCEPTIVE SENSATIONS BY FW 2.0 FAMILIES

Interoceptive/Somatic Sensations in Different Parts of Body by FW 2.0 Feeling Family		
Body Areas/Zones	JOYFUL	SCARED
Lungs/Breathing	tight, panting, fast	tight, panting, fast,
Heart Rate	fast, pounding	fast, pounding, fluttering
Brain & Head	focused (on the joyful thing), tight, fast	focused, tight, dizzy, blank, overwhelmed, too much, fast
Body Temperature	warm to hot all over body	extreme hot or cold feeling
Hands & Fingers	wiggly, fidgety, tight, warm, flappy, shaky, fast, open	wiggly, fidgety, tight, hot, sweaty, wet, sweaty, fast, closed
Muscles	tight, fidgety, wiggly, fast, hot, shaky	tense, tight, antsy, hot, shaky
Skin	warm, hot, clean, stimulated, good pins and needles sensation	hot, sweaty, itchy, wet, goose-pimple, prickly
Stomach/Abdomen	full, tight, fluttery (butterflies sensation) tingly	empty, tight, fluttery (butterflies sensation), nauseous, upset, full bladder feeling
Feet & Toes	wiggly, fidgety, warm, comfortably hot, jumping, dry, want to dance	wiggly, fidgety, cold, sweaty, shaking, tight, want to run away
Mouth	usually does not have a distinct mouth feeling, likely to be warm and stable	dry, warm, prickly, tight, empty
Jaw	may want to move	tight or uncontrolled (chattering)
Eyebrows/Forehead	tight, often wanting to go up	tight, wanting to go up
Eyes	focused, watery, teary, focused on the joyful thing, light, sparkling, wide	focused, dry, itchy, stinging, too much, wide
Voice	loud, fast, high-pitched, lyrical, sing-songy	quiet, fast, shut off, low, whispery, repeating, questioning

**©2024 Kenneth J Smith from the book Feelings Wheel 2.0
More resources at www.TheFeelingsWheel.com**

Interoceptive/Somatic Sensations in Different Parts of Body by FW 2.0 Feeling Family		
Body Areas/ Zones	PEACEFUL	POWERFUL
Lungs/Breathing	slow, heavy, relieved	slow, steady, strong
Heart Rate	slow, steady	strong, stable
Brain & Head	loose, slow, light, relieved	focused, strong, deliberate
Body Temperature	comfortably warm, often body temperature is not noticed	most often body temperature is neutral, maybe comfortably warm
Hands & Fingers	still, loose, warm, dry, slow	still, loose, warm, deliberate, stable
Muscles	loose, warm, slow	still, stable
Skin	warm, comfortable dry	neutral
Stomach/ Abdomen	calm, quiet	stable, warm
Feet & Toes	still, loose, warm, slow, content	still, grounded
Mouth	comfortably dry, warm, loose	comfortably dry, stable
Jaw	relaxed	stable
Eyebrows/ Forehead	relaxed, eyelids may be comfortably heavy or relaxed open	stable, relaxed
Eyes	relaxed, heavy, loose, often eyes do not want to move much	focused, want to look straight ahead
Voice	normal, quiet, slow	clear, middle range-rich and warm, volume appropriate for the setting

©2024 Kenneth J Smith from the book Feelings Wheel 2.0.
More resources at www.TheFeelingsWheel.com

Interoceptive/Somatic Sensations in Different Parts of Body by FW 2.0 Feeling Family		
Body Areas/Zones	SAD	MAD
Lungs/Breathing	slow, sore, heavy, empty	tight, tingling, burning, panting, fast
Heart Rate	slow, heavy, sluggish	fast, pounding, fibrillation
Brain & Head	loose, sore, achy, dizzy, heavy, slow, greasy, burdened	tight, blank, sweating, hot, burning, fast
Body Temperature	cold all over the body, sometimes damp	hot all over the body
Hands & Fingers	still, loose, cold, sore, dry, slow	clenched, tight, hot, fisted, shaky dry, squeezing, fast, want to hit or throw
Muscles	loose, heavy, sore, slow, still	tense, tight, hot, burning
Skin	cold, sore, clammy	hot, itchy, burning, intense pins and needles sensation
Stomach/Abdomen	empty, heavy, nauseous, sore	tight, clawing (like some creature trying to get out), burning, stabbing, heartburn
Feet & Toes	loose, cold, sore, clammy, slow, heavy, wooden	still, tight, burning hot, fast, want to kick
Mouth	cold, chapped, sore, empty	dry, tight, clenched, wants to bite
Jaw	loose	clenched tight, snappy
Eyebrows/ Forehead	loose, often unnoticed	tight, wanting to go down, squinting
Eyes	distracted, often want to look down, blurry, watery, crying, wet, clammy, heavy, loose, sore	focused, squinty, dry, burning, stinging, tight
Voice	quiet, slow, shut off, low, repeating, questioning	loud, completely silent, fast, yelling, repeating

©2024 Kenneth J Smith from the book [Feelings Wheel 2.0](#).
More resources at www.TheFeelingsWheel.com