



Non-judgement Sensory Words

Sensory Language is a descriptive language used as a way to speak to what is being noticed or felt in an experience within the body without judgment.

The importance of learning this type of descriptive language is because it takes us deeper into our experience, beyond a judgment such as - I am angry - which can create a limitation keeping us from feeling what is present in a given moment. The judgment can keep us in the energetic forward momentum and isn't coming from the heart rather than from presence originated within the mind.

Below you will find examples of sensory language, colors, and shapes.

Qualities of Sensation:	Shapes:	Colors:
• Soft	• Dark	• Red
• Hard	• Achy	• Yellow
• Tight	• Unsettled	• White
• Tense	• Loud	• Black
• Lite	• Quiet	• Blue
• Heavy	• Dull	• Purple
• Dense	• Sharp	• Magenta
• Full	• Jagged	• Cream
• Empty	• Rough	• Brown
• Effervescent	• Rigid	
• Pulsing	• Curvy	
• Stagnant	• Angular	
• Palpating	• Contracted	
• Deep	• Expanded	