

Feelings

Alert — Sleepy
At Ease — Uneasy
Burning — Cooling
Calm — Nervous
Claustrophobic — Spacious
Coarse — Smooth
Cold — Hot
Comfortable — Uncomfortable
Constricted — Spacious
Cool — Warm
Cooling — Burning
Deep — Superficial
Dry — Wet
Dull — Sharp
Faint — Strong
Floating — Sinking
Hard — Soft
Heavy — Light
Hot — Cold
Lethargic — Alert
Light — Heavy
Loose — Tight
Moist — Dry
Nauseous — Well
Nervous — Calm
Numb — Sensitive
Painful — Pleasurable
Pleasurable — Painful
Queasy — Steady

Relaxed — Tense
Restricted — Spacious
Quiet — Throbbing
Rough — Smooth
Sensitive — Numb
Sharp — Dull
Sinking — Floating
Sleepy — Alert
Smooth — Rough
Soft — Hard
Spacious — Restricted
Spacious — Claustrophobic
Stable — Unstable
Steady — Queasy
Strong — Weak
Superficial — Deep
Tense — Relaxed
Thick — Thin
Thin — Thick
Throbbing — Quiet
Tight — Loose
Uncomfortable — Comfortable
Uneasy — At Ease
Unstable — Stable
Warm — Cool
Weak — Strong
Well — Sick
Wet — Dry