

# SENSATION LEXICON

(Possible Qualities of Sensory Information)

<b>Temperature</b> Warm Cold Hot Cool Burning Flaming Icy/Frozen Tepid	<b>Density</b> Fluid Solid Light Heavy Pixelated Hollow/Empty	<b>Dynamic &amp; Direction</b> Calm/Relaxed Excited/Stimulated Energized/Vital Placid/Still Resonant Pulsing/Throbbing Pounding/Bounding Twitching Trembling Tingling Vibrating Twisting/Turning Pressing/Pressure Pulling/Stretching Release/Open/Expand Tighten/Close/Contract Moving In & Moving Out Ascending & Descending Lifting & Falling Spacey/Spacious Numb Sensitive/Tender Nauseated Dizzy/Spinning Buoyant/Weightless/Floaty Gravity/Weighted/Heavy Flaccid & Erect Flushed/Rushing Melting/Softening Tidal/Flowing Ripples/Waves Folding & Unfolding	<b>Anatomy</b> Joints, Bones, Marrow Tissues, Muscles Skin, Hair, Nails Tendons, Membranes Nerves, Nervous System Spinal Cord, Brain Midline, Spine, Vertebrae Interstitial Fluid Liquid Crystalline Matrix Fascia/Connective Tissue Fluid Body, Blood Cardiovascular, Respiration Diaphragms, Ribs Shoulders, Arms Hands, Fingers Legs, Toes, Feet Heart, Lungs Liver, Pancreas Stomach, Spleen Kidneys, Adrenals Stomach, Duodenum Intestines (large, small) Mesentery Colon/Rectum Genitalia Pelvis, Pelvic Floor Sacrum Endocrine Glands HPA Axis Vagus Nerve Face/Facial Nerves Eyes, Nose, Cheeks Lymphatic System
<b>Texture</b> Bubbly/Effervescent Gritty/Rough Smooth/Soft Sticky Prickly Slimy Crumbly Moist/Wet Fluffy	<b>Pleasure &amp; Pain</b> Achey Sharp Cutting Stabbing Dull Bruised Tingling Yummy Orgasmic Euphoric Satisfied		
<b>Size</b> Wide & Narrow Big & Small Tiny & Huge Medium	<b>Elemental</b> Water Lava/Molten Flames Ice Rain Cloudy/Foggy/Vapor Muddy Rocky/Gravelly Mountainous Metallic Plastic Verdant Windy/Breezy Airy/Spacious Light Dark		
<b>Shape</b> Round Square Angular Sharp/Pointy Smooth Sack/Membranous		<b>Position &amp; Location</b> Above (superior) Below (inferior) Anterior (in front) Posterior (behind) Ventral (front of the body) Dorsal (back of the body) Medial (toward the middle) Lateral (toward the side) Proximal (toward the trunk) Distal (away from the trunk)	<b>Types of Perception</b> <b>Proprioception</b> (movement & position) <b>Nociception</b> (pain sense) <b>Interoception</b> (interior body) <b>Exteroception</b> (exterior environment) <b>Thermoception</b> (temperature) <b>Neuroception</b> (Safety/Danger)
<b>Smell</b> Floral Earthy Musty Musky Fruity	<b>Image &amp; Story</b> Color People Places Things Images Visual Qualities Memories		
<b>Taste</b> Spicy, Sweet Bitter, Salty Tangy, Sour Acrid, Astringent			