

# The Physical sensations that MY BODY FEELS right now are:



about to explode



racing, thumping heart



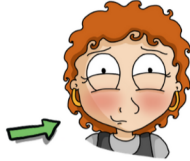
ready to run



stomach hurts



tight muscles



blushing



light and airy



trembling or shaking



balanced and relaxed



smiling, laughing



thirsty or dry mouth



dizzy, mind spinning



stomping feet



hungry, growling stomach



sweating



clenched fists



clenched teeth



pounding headache



hot, rising temperature



crying, tears



fluttering butterflies in stomach



bursting with energy



cold or shivering



strong



numb, flat, or detached

