

# DESCRIPTIVE WORDS TO HELP EXPLAIN HOW YOU FEEL

Aching	Cramping	Gnawing	Heavy	Hot	Burning
Drilling	Itching	Crushing	Dull	Mild	Foreboding
Knotting	Locked	Deep	Superficial	Grabbing	Rubbing
Pinching	Stinging	Unsettling	Stiff	Tight	Unnatural
Prickly	Nagging	Taut	Piercing	Penetrating	Squeezing
Rasping	Consistent	Tearing	Continual	Thumping	Popping
Sharp	Shooting	Stabbing	Floating	Throbbing	Exhausting
Tingling	Pins and Needles	Intense	Shocking	Spasming	Grasping
Disturbed	Depressed	Unbalanced	Worried	Different	Atypical
Loose	Grinding	Sensitive	Flaring	Nervous	Pressure
Tense	Weary	Weighted	Chapped	Raised	Sore
Tender	Pang	Inflamed	Waving	Twinging	Straining
Intermittent	Radiating	Flashing	Pounding	Irregular	Pressing
Unsettling	Looming	Pulsing	Mellow	Punching	