

# Felt-Sense Somatic Experiencing Exercise

**Objective:** To get in tune with and describing your “felt sense”: the sensations occurring on subtle and overt levels in all areas of the body. \*Use your own judgment and discretion and the support of your treatment team to proceed with this activity with caution in order to assess if this is right for you, to feel safe, and to stay in your window of tolerance.

**Instructions:** Sit or lie down in a quiet location where you can comfortably focus. Ask clients to describe the sensations you notice in their bodies. Pay attention to more subtle sensations and use as many descriptive words as possible.

## EXAMPLES OF QUALITIES OF THE FELT SENSE:

- **Feeling/sensation**
  - Pressure – even, uneven, supportive feeling, crushed feeling, cutting off circulation
  - Air current – gentle, cool, warm, from right/left, stimulating, rush, like a feather, like mist c. tension – solid, dense, warm, cold, inflamed, protective, constricting, angry, sad
  - Pain – ache, sharp, twinge, slight, stabbing
  - Tingling – pricks, vibration, tickling, numb
  - Itch – mild itch, angry itch, irritating itch, moving itch, subtle itch, small/large itch
- **Temperature** – warm, hot, burning, cool, cold, clammy, chills, icy, frozen, like: hearth, oven, fire, sunshine, baked bread, snow, stone, shade
- **Size** – small, medium, large, like a basketball
- **Shape** – flat, circle, triangular, blob, like a mountain
- **Weight** – light, heavy
- **Motion** – circular, erratic, straight line

# SIDE <sup>BY</sup> SIDE

NUTRITION

- **Speed** – fast, slow, still
- **Texture** – rough, wood, stone, sandpaper, smooth, silk
- **Element** – fire, air, earth, water, wood
- **Color** – gray, blue, orange etc.
- **Mood/emotion** – sinking, pulling in, open, closed, uplifting, sunny day, dark cloud, roiling
- **Sound** – buzzing, singing
- **Taste** – sour, bitter, sweet
- **Smell** – pungent, sweet, like rain, like leaves
- **Absence/nothingness** – blank, empty

The above is a long list. One thing that can be helpful is to pick a handful, say 5 of them, and ask either/or questions, for example, Does it feel more rough or more smooth? Is it slow or fast? Does it feel heavy or light?