

Developing our “Both/And” Skill Set

But	And	Body Sensations What do I notice?
I want to go have a bar-b-q, but it might rain today.	I want to have a bar-b-q, and it might rain today.	
I promised to spend this Sunday with my friend, but I'm exhausted and need time to rest.	I promised to spend this Sunday with my friend, and I'm exhausted and need time to rest.	
There is an event I really want to attend, but I have family or work commitments.	There's an event I really want to attend, and I have family or work commitments.	

Turn page over for sample body sensation words.

- Airy
- Blocked
- Bruised
- Burning
- Calm
- Clenched
- Closed
- Cold
- Constricted
- Contracted
- Cool
- Disconnected
- Dizzy
- Dull
- Energized
- Expanded
- Expansive
- Floating
- Frozen
- Full
- Heavy
- Hollow
- Hot
- Knotted
- Light
- Nauseous
- Numb
- Open
- Pounding
- Prickly
- Queasy
- Radiating
- Relaxed
- Sensitive
- Shaky
- Spacious
- Suffocated
- Sweaty
- Tender
- Tense
- Tense
- Tight
- Tight
- Tingling
- Twitchy
- Warm