

SENSATIONS

WHAT DO YOU NOTICE?

emdr for women

In EMDR therapy, clients often experience a variety of bodily sensations as they process memories and emotions. Here's a list of common bodily sensations and associated words that may be used to describe them during sessions:

Warmth: Comforting, soothing, healing.

Coolness: Calming, refreshing, clarity.

Tingling: Energizing, awakening, awareness.

Pulsing: Rhythmic, flowing, movement.

Pressure: Grounding, stabilizing, strength.

Heaviness: Gravity, safety, grounding.

Lightness: Freedom, release, expansion.

Floating: Surrender, ease, letting go.

Muscle tension: Holding, control, readiness.

Muscle relaxation: Softening, letting be, openness.

Emotional release: Catharsis, relief, clearing.

Breathing changes: Deepening, settling, integration.

Movement: Flow, progression, change.

Restlessness: Movement, shift, readiness.

Numbness: Protection, dissociation, boundary.

Dissociation: Detachment, distance, safety.

Visual sensations: Clarity, insight, understanding.

Auditory sensations: Insight, clarity, understanding.

Increased heart rate: Activation, arousal, engagement.

Palpitations: Awareness, intensity, presence.