



EXPRESSIVE TRAUMA INTEGRATION

ETI Self-Regulation Workshop II

List 1

Joy, Sadness, Fear, Anger, Disgust, Vulnerable, Tender

List 2

Achy, airy, breathless, cold, bubbly, dizzy, empty, fainty, fatigue, flat, flow, fluid, foggy, frozen, heavy, hot, isolated, light, lightheaded, numb, rushed, teary, tingly, withdraw, hole, sore, shaky, sweaty, nauseated, dizzy, twitchy, dark, trembly, fiery, tingly, antsy, full, burning, tight, clench, knotted, tingly, nauseated, raw, sensitive, sore, bruised, Warm, soft, fluffy, floaty, tingly, itchy, smooth air-flow.

List 3

Temperature, size, sight shape, color, texture, sound, taste, smell, movement direction, expansion, contraction.