

Sources of Body Sensation

Body Sensations of Subjective Origin ("Feeling")

1. Body Sensations Associated with Moods and Emotions

The body component in...

- Anger
- Love
- Fear
- Amusement
- Excitement
- Sadness
- Joy
- Shame
- Repose
- Smiling
- Erotic fantasy
- Fascination
- Disgust
- Etc.

2. Body Sensations Triggered by Sense Experiences

Body sensations associated with...

- Hearing (i.e., smiling when hearing a bird chirp, cringing when hearing nails on a blackboard)
- Seeing (i.e., the body may feel different with eyes closed as opposed to open. Specific visual objects may cause distinct body reactions.)
- Mental imaging
- Internal talk
- Smell
- Taste
- Reactions to other body sensations (i.e., agitation, fear or "poor me" sensations may arise in reaction to physical pain.)
- Etc.

3. Subjective Body Sensations Associated with Urges and Desires

Body sensations of...

- Impatience
- Agitation
- Curiosity
- Tempting memories of pleasure
- Aversive memories of discomfort
- Confusion / urge to know
- Etc.

(Note: There is considerable overlap among the three categories of “feeling.” For example, a sound may trigger a fearful sensation that urges one to flee.)

Other Body Sensations (“Touches”)

1. External Contacts—Various Mechanical and Thermal Stimuli

- Touch of garments
- Touch of supporting structures
- Touch of body part with body part
- Touch of coverings
- Jewelry, eyeglasses, shoes, socks
- Touch of air
- Heat
- Cold
- Etc.

2. Ordinary Body Processes

(When not stimulated by emotions or triggered by sense experiences)

- Respiration
- Heart beat
- Circulation of blood
- Etc.

3. Temporary States of the Body

- Sensations due to posture
- Aches and pains
- Itches
- Tiredness
- Empty stomach
- Full bladder
- Etc.

Discriminating Examples**Body Sensations of Objective Origin
(Touches)**

Heat sensation caused by the sun

vs.

Heart racing during exercise

vs.

Heat sensation caused by the sun
when temperature is just right

vs.

Heat sensation caused by the sun
when temperature is too hot

vs.

**Body Sensations of Subjective Origin
(Feelings)**Heat sensation associated with
embarrassment

Heart racing associated with fear

Spread of joy, pleasure over body, smile
on face in reaction to heat sensation that is
just rightSpread of cringing, aversion flavors,
perhaps even anxiety flavors in reaction to
heat sensation that is too hot