Input and senses words

afraid jerky spicy

spoiled food angry jittery

aroma joints stable balance jump start

bitter light stopping bling listen supple

blurred loud swaying back and forth

bright lying down sweet

close by movement sweet scent

clumsy muscles taste cold thirsty nervous coordination thunder noise

to balance dark odour dent to do pale

double to feel prickly

dry rhythmic to hear

echo ridges to see

fall rolling to smell

falter rotten to taste

touch

far away rough faster salt umami

glad shout view

shrill glittering vision grainy silence volume

hard walk sit

hearing slow motion wave high pitched slowing down wet

hot smell whisper smooth wiggle hungry

in love soft woolly

inner feelings sound

interoception sour