



Life Path
Insights™
Make Each Day Count™!

List of Sensory Words and Phrases

First, identify the words and phrases you use. Next, find the words used by people close to you. Seeing things the same? Hearing the same tune? Getting on the same page? This sheet will help you make sure you are.

Visual

See	Hazy	Dim
Picture this	Look forward	Fuzzy
Visualize	Clear	Cloudy
Vision	Appear	Dark
Reflect	Reveal	Perspective
Watch out	Snapshot	Insightful
Show	Murky	Vivid
Hazy	Display	Get a glimpse
Look out	Illuminate	Add some light
Glare	Keep an eye on	Peek
Focus in/Focus on	Target	Glimmer
Blurry	In the dark	Notice
Review	Glance over	Envision this
Perceive	Imagine	Scrutinize
Invisible	Check over	Peruse
Sparkle	See eye to eye	hindsight
Scope it out	Look after	Foggy
Clear Mind	On the lookout	Spot
Look over	Survey	Inspect
Observe	Blazing	Brighten things up
Scout out	Blind to	Looking ahead
Glowing (review)	See what you're saying	Viewpoint
Browse over	Look at the big picture	Highlight
Witness	Scan	Oversee
Looking back	Point it out	Regarding



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Auditory

Hear	Speak up/out/to me	Tune out
Listen to this	Rumble along	Accent
Say	Shout	Chatter
Tell me	Speechless	Hear this
Speaks volumes	Loud	Tune in
Ring	Amplify	Rhythm
Echo with you	Resonate	Harmonize
All ears	Tune in	On another note
Clash	Babbling on	What a blast
Bark out	Rattled	Discordant
Inaudible	Muffled	Chat up
Fell on deaf ears	Not a peep	Sounds like
Hear me out	Talk to me	Dictate
Vibrato	Blare out	Grating
Ring any bells	All Greek to me	Pitch
All a buzz	Not saying a word	Chime in
Piercing	Tumult	Not singing the same tune
Unheard of	Loud and clear	Deafening
Keep with the tempo	Call out/upon	Keep an ear out for
Sounds good	Clamor	Mute
Talk up	Voice an opinion	Stammering
Heard whispering	Fine tune	Cry wolf
Whining	Recite	Racket
Manner of Speaking	Speak to me	Earful
Lend an ear	Silent as a mouse	Talk the talk



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Kinesthetic

Feel it out	Get it	Tense (situation)
Grasp	Relax	Cut
Sense	Rough	Tie up
Fit	Smooth it out	Unsettled
Pressure	Hammer away at	Shake things up
Pull it off	Touch	Stirred up
Firm grasp of it	Absorb	Grounded in
If it sticks	Settle-in	Grasp
Glued to	Coarse	Gritty
Abrasive	Clammy	Tickle
Cool	Bumpy-ride (in for a)	Damp
Soft	Hard	Thin
Oily	Work it out	Waxy
Icy	Furry	Tepid
Comfortable	Strong	Delicate
Steady	Painful	Supple
Point out	Strikes Me	Touch upon
Shape up	Stretch it out	Make a dent
Tackle this	Pushed to the side	Cold
Put something out there	Warm up (to an idea)	Weighted down
Suffocating	Scratch that	Holding things up
Throw away	Squeezed out	Get down to business
Down the road	Rushing Around	If it sticks
Penetrate	Get through	Cut to the chase
Shrug it off	Push through	Get back up