

Kinesthetic (feeling) words

Grasp
Feel
Hard
Unfeeling
Tickle
Concrete
Scrape
Solid
Sink in
Touch
Get hold of
Catch on
Tap into
Heated argument
Pull some strings
Sharp as a tack
Smooth operator
Throw out
Firm foundation
Get a handle on
Get in touch with
Hand in hand
Hang in there

Kinesthetic Sub-modalities

Location
Size
Shape
Intensity
Steadiness
Movement
Duration
Pressure
Temperature
Weight
Texture

You can take an abstract concept, like ease or community, and inquire about its kinesthetic modalities. The client explores where and how they experience things in their body, like stress or joy or calm.

Where?
How big?
What shape?
How intense?
Steady or moving?
Smooth or bumpy?
Vibration?
How fast?
How long?
Once or repeating?
How intense?
How hot or cold?
How heavy?
How rough or smooth?