



SENSORY CHANNEL · EXTEROCEPTION

Exteroception: Sensory Awareness Examples

A vocabulary guide for noticing what reaches you from the world around you

Exteroception is how your body reads the world around it: touch, temperature, pressure, texture, vibration, sound, and light. These signals land on your skin and surface, and your nervous system uses them to answer a constant question: what is coming toward me, and how does it feel? Developing this awareness helps you notice what feels pleasant, what feels unwanted, and what feels neutral, and supports clearer yes-and-no decisions. These signals are not judgements. They are data your body is already collecting. Awareness of a sensation is different from having to stay with it. If something feels like too much at any point, pausing or looking around the room is always an option.

Before you begin: notice your feet on the floor and take one easy breath. You can return to this at any point.

The examples below are illustrations only. What shows up for you may be completely different, and that is fine. Feel free to skip any word or group that does not feel right. Some words may bring memories or feelings with them. You do not have to follow them anywhere.

TOUCH & PRESSURE

Light	A fingertip brushing the back of your hand
Firm	A handshake or a hand pressed flat
Deep	The pressure of a tight hug
Diffuse	The broad weight of sitting in a chair
Focused	The precise pressure of one fingertip on a key
Fleeting	A passing touch that comes and goes quickly

TEMPERATURE

Warm	The sun on the back of your hand
Hot	A mug of tea held in both hands
Cool	A damp cloth placed on the forehead
Cold	The chill of a metal surface in winter
Radiating	Warmth spreading outward from a heat pad
Refreshing	Cool water on wrists on a hot day

TEXTURE

Smooth	The surface of a polished stone
Rough	A hand drawn across tree bark
Silky	Running a hand over satin fabric
Grainy	Sand running through fingers
Fuzzy	The soft nap of a fleece blanket
Prickly	A scratchy wool sweater against skin

VIBRATION

Buzzing	The hum of a phone on a table
Humming	A motor felt through a seat
Pulsing	The throb felt from a speaker playing bass
Resonant	Sound and vibration felt through the chest
Shaking	The rumble of a bus felt through the seat

SOUND

Sharp	The crack of a door closing
Muffled	Sound heard through a wall
Soft	Rain falling on a window
Rhythmic	A ticking clock in a quiet room
Steady	A fan running in the background
Distant	Traffic heard from far away

VISUAL & LIGHT

Bright	Strong sunlight through a window
Dim	The low, soft light of a candle
Flickering	A candle or screen that pulses
Still	A calm room where nothing is moving
Moving	Leaves shifting in the wind
Peripheral	Movement noticed at the edge of vision