***How intense is it? 0-to-10***

***Where is it?***

***How big?***

***What shape or size?***

***Is it angry, sad, or other emotion?***

***Hard or soft?***

***Smooth or rough?***

***Heavy or light?***

***Hot or cold?***

***What does it keep you from doing?***

***What color is it?***

***Bright or dull?***

***Pulsing, throbbing?***

***Grinding, crushing?***

***Shocking, stabbing?***

***Pressing, restricting?***

***Does it make a sound?***

***Medical diagnosis?***

***What does it remind you of?***

***Did it move after tapping?***