

Interoception

Self-Assessment

PART ONE

Box A

Check those that apply:

- Often aware of your own heart beat
- Notice your stomach gurgle or butterflies
- Often aware of tension or muscle pain
- Experience 'hanger'
- Notice temperate change - get hot and flustered or cold
- Notice subtle shifts in energy levels throughout the day
- Easily overwhelmed by loud or chaotic environments
- Experience sensory overload in crowded or stimulating settings
- Feel discomfort or irritation when wearing tight or restrictive clothing
- React strongly to changes in weather or atmospheric pressure
- Frequently experience feelings of dizziness or lightheadedness in response to changes in posture or movement
- Frustrated by itchy clothes/cant stand tags
- Very aware of subtle changes in the body language of others
- Get strong gut feelings/intuition about things
- Reactive to strong perfumes or cooking smells
- Dislike fluorescent or overhead lights
- Issues with textures of foods
- Find it challenging to tolerate certain textures on surfaces
- Experience physical sensations in response to emotional triggers, such as tightness in the chest or knots in the stomach
- Sometimes feel you can't take in enough air (air hunger)
- Experience heightened awareness of bodily sensations during meditation or relaxation exercises
- Google symptoms/health anxiety

Total checks

/22

PART TWO

Box B

Check those that apply:

- Forget to eat
- Hold your pee until you HAVE to go
- Have been told you have a high pain tolerance
- Eat when you're not hungry/ bored
- Stay up late even when tired
- Can go hours before realising you haven't had any water
- Struggle to identify when you're experiencing emotions such as sadness or anger
- Push yourself too hard physically without noticing signs of fatigue or overexertion
- Trouble discerning between hunger, thirst & tiredness
- Clumsy; bump into things often or drop things
- Have burnout before with work or over-giving
- "i don't know" when asked where you feel that in your body
- Don't really feel the cold
- Forget to put on a jersey when you are cold or take off when hot
- Feel floaty or out of body
- Can over-eat or continue eating when full
- Continue working, ignoring cues of fatigue
- Often doom scroll and lose track of time
- Sometimes space out with eyes blurred or unblinking
- Pick at skin without realising it is hurting or causing damage
- Difficulty identifying physical sensations associated with illness or injury
- Have challenges recognising when you're feeling emotionally overwhelmed or stressed, leading to difficulty in implementing coping strategies

Results

Most checks from box A = Heightened interoception (hyperconnected/hypervigilant)

Indicative of more of a sympathetic nervous system response

Many of these are also traits of highly sensitive people/HSPs

Most checks from box B = muted interoception (disconnected)

Indicative of more of a dorsal vagal response/freeze state

Roughly Even between box A & B (dual faulty interoception)

Indicative of someone who is fluctuating back and forth between SNS and dorsal vagal freeze

Take the full Interoception class to dive deeper & discover tools to heal faulty interoception - you'll find it in the [Release Class Library](#) inside the Journey to

Wellness Membership

5 General Tips to improve **Interoception**

1. Set a timer to go off 3-6 times per day. When the timer goes off, take a scan through your body & non-judgementally observe what you notice. Check in for cues like hunger, thirst, needing to use the bathroom, temperature & comfort levels etc. Respond to any needs.
2. When you feel a tricky emotion - check in with your body; where do you feel that? What is your posture doing? Do you have any somatic impulses (i.e. to soothe or respond to this emotion in some way)? Make adjustments as needed in response to your emotional and somatic needs
3. Pre-emptively take care of your bodies needs with a routine; i.e. Water by your bed at night/in morning, take your lunch break at set time, stretch breaks at set times go to yoga classes on X Y Z day of the week etc
4. If you are overly hypervigilant then take time to scan *outside* of yourself a few times per day, grounding into your senses, & when you do notice things internally try to use non-pejorative/judgemental/labelling language
5. Strengthen your relationship with your bodies cues by intentionally working with your body; breath work, getting your heart rate up with exercise, muscle relaxation practices, yoga, somatic work, sitting with a hot water bottle, self-massage, etc - all the while mindfully tracking your internal sensations

Healing Heightened Interoception

- Moving your focus away from the heightened internal scanning outwards to your environment
- Use the timer and routine tools but switch to an outward, external scan
- Exposure work with sensations - non-judgement
- Developing your safety & processing resources to work with stored trauma
- Resourcing self when fixated on a sensation with somatic tools & calming
- developing & refining your discernment . I.e. Is this anxiety OR is this low blood sugar? Is this hunger OR am I thirsty/bored/numbing/emotional? Does this feeling mean I need to go to bed early? etc

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