

INTEROCEPTIVE AWARENESS

How we know what's happening and how we feel inside our bodies

EMOTIONS

Happiness, sadness, anger, embarrassment, worry, fear, etc.

SOCIAL BEHAVIOR

- Self-awareness
- Intuition
- Perspective-taking
- Social understanding
- Problem solving

thirst

muscle tension

heartrate

cramps

- hunger
- satiation
- nausea

bathroom needs

- Body temperature
- Itch
- Tickle

joint and muscle pain