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

hunger
- satiation
- nausea

bathroom needs

Body temperature
- Itch
- Tickle

joint and muscle pain

Itch

Tickle