

About you and your body

Please answer the following questions based on how accurately each statement describes you in general.

I don't always feel the need to drink until I am really thirsty *

Disagree

0

1

2

3

4

5

6

Agree

When I am sexually aroused, I often feel changes in my temperature (e.g., feeling warm or cold) *

Disagree

0

1

2

3

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5

6

Agree

I don't always feel the need to eat until I am really hungry *

Disagree

0

1

2

3

4

5

6

Agree

Being sexually aroused is a very different bodily feeling compared to other states (e.g., feeling anxious, relaxed, or after physical exercise) *

Disagree

0

1

2

3

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5

6

Agree

In general, I am very sensitive to changes in my breathing *

Disagree

0

1

2

3

4

5

6

Agree

My genital organs are very sensitive to pleasant stimulations *

Disagree

0

1

2

3

4

5

6

Agree

During sex or masturbation, I often feel very strong sensations coming from my genital areas *

Disagree

0

1

2

3

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5

6

Agree

I often only notice how I am breathing when my breathing becomes shallow or irregular *

Disagree

0

1

2

3

4

5

6

Agree

I often check the smell of my armpits *

Disagree

0

1

2

3

4

5

6

Agree

Being relaxed is a very different bodily feeling compared to other states (e.g., feeling anxious, sexually aroused or after exercise) *

Disagree

0

1

2

3

4

5

6

Agree

I can notice even very subtle changes in the way my heart beats *

Disagree

0

1

2

3

4

5

6

Agree

I can always accurately feel when I am about to sneeze *

Disagree

0

1

2

3

4

5

6

Agree

I am always very aware of how I am breathing, even when I am calm *

Disagree

0

1

2

3

4

5

6

Agree

I always know when I am sexually aroused *

Disagree

0

1

2

3

4

5

6

Agree

I can always accurately feel if my heart rate is slow or fast *

Disagree

0

1

2

3

4

5

6

Agree

My skin is susceptible to itchy fabrics and materials *

Disagree

0

1

2

3

4

5

6

Agree

Sometimes I am not sure whether I need to go to the toilet or not (to urinate or defecate) *

Disagree

0

1

2

3

4

5

6

Agree

I can always accurately feel when I am about to vomit *

Disagree

0

1

2

3

4

5

6

Agree

I can notice even very subtle changes in my breathing *

Disagree

0

1

2

3

4

5

6

Agree

I always feel it in my body if I am sexually aroused *

Disagree

0

1

2

3

4

5

6

Agree

I often check the smell of my farts *

Disagree

0

1

2

3

4

5

6

Agree

I sometimes feel like I need to urinate or defecate but when I go to the bathroom I produce less than I expected *

Disagree

0

1

2

3

4

5

6

Agree

I often notice changes in my heart rate *

Disagree

0

1

2

3

4

5

6

Agree

Sometimes my heart starts racing and I often don't know why *

Disagree

0

1

2

3

4

5

6

Agree

I can always tell that I am sexually aroused from the way I feel inside *

Disagree

0

1

2

3

4

5

6

Agree

When I am sexually aroused, I often notice specific sensations in my genital area (e.g., tingling, warmth, wetness, stiffness, pulsations) *

Disagree

0

1

2

3

4

5

6

Agree

I often only notice how I am breathing when it becomes loud *

Disagree

0

1

2

3

4

5

6

Agree

I can always accurately answer to the extreme left on this question to show that I am reading it *

Disagree

0

1

2

3

4

5

6

Agree

Sometimes my breathing becomes erratic or shallow and I often don't know why *

Disagree

0

1

2

3

4

5

6

Agree

When I am sexually aroused, I often feel like some areas of my skin become sweaty (e.g., palms, back, forehead) *

Disagree

0

1

2

3

4

5

6

Agree

I don't always feel the need to urinate until my bladder is very full *

Disagree

0

1

2

3

4

5

6

Agree

I often check the smell of my own breath *

Disagree

0

1

2

3

4

5

6

Agree

My skin is very sensitive to painful stimulations (e.g., pinching) *

Disagree

0

1

2

3

4

5

6

Agree

I can notice even very subtle stimulations to my skin (e.g., very light touches) *

Disagree

0

1

2

3

4

5

6

Agree

When I am sexually aroused, I often feel changes in the way my heart beats (e.g., faster or stronger) *

Disagree

0

1

2

3

4

5

6

Agree

I only notice my heart when it is thumping in my chest *

Disagree

0

1

2

3

4

5

6

Agree

I can always accurately feel when I am about to burp *

Disagree

0

1

2

3

4

5

6

Agree

I often feel the need to urinate even when my bladder is not full *

Disagree

0

1

2

3

4

5

6

Agree

Being anxious is a very different bodily feeling compared to other states (e.g., feeling sexually aroused, relaxed or after exercise) *

Disagree

0

1

2

3

4

5

6

Agree

I often feel like I can't get enough oxygen by breathing normally *

Disagree

0

1

2

3

4

5

6

Agree

Complete