

Bodily sensations

Please rate on the scale how accurately you believe you can perceive each specific signals without using external cues, e.g. measuring your pulse.

I can always accurately perceive when I am going to get a bruise *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am breathing fast *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when something is going to be itchy *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I need to defecate *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am hungry *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am going to vomit *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when someone is touching me affectionately rather than non-affectionately *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am going to sneeze *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when something is going to be ticklish *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when my muscles are tired/sore *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I need to urinate *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am going to cough *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am hot/cold *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am sexually aroused *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am going to pass wind *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately choose the lowest option *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I encounter different tastes *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am going to burp *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when my blood sugar is low *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am thirsty *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when I am in pain *

Disagree Strongly

1

2

3

4

5

Strongly Agree

I can always accurately perceive when my heart is beating fast *

Disagree Strongly

1

2

3

4

5

Strongly Agree

Complete