|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Context | Cardiac | Respiratory | Gastric | Genital | Skin | Thermoregulation | Colon & Bladder |
| Positive Arousal (Sexual) | Cognitive: "I always *know* when I am sexually aroused"  Feeling: "I always *feel in my body* if I am sexually aroused or not at all"  Embodied - specific: "My body is in a specific state when I am sexually aroused"  Embodied - different: "Being sexually aroused corresponds to a very different bodily feeling compared to other states" | “When I am sexually aroused, I always feel changes in the way my heart beats (e.g., faster or stronger)” | "When I am sexually aroused, I feel changes in the way I breath (e.g., faster, shallower, or less regular)" | "When I am sexually aroused, I feel changes in my stomach (e.g., bloating, rumbling, discomfort)" | "When I am sexually aroused, I notice specific sensations in my genital area (e.g., tingling, warmth, wetness)" |  | "When I am sexually aroused, I feel changes in my temperature (e.g., feeling warm or cold)"  "When I am sexually aroused, I feel my palms getting sweaty" | "When I am sexually aroused, I feel like I need to relieve myself" |
| Negative Arousal (Anxious) | Cognitive: "I always *know* when I am anxious"  Feeling: "I always *feel in my body* if I am anxious or not at all"  Embodied - specific: "My body is in a specific state when I am anxious"  Embodied - different: "Being anxious corresponds to a very different bodily feeling compared to other states" | “When I am anxious, I feel changes in the way my heart beats (e.g., faster or stronger)” | "When I am anxious, I feel changes in the way I breath (e.g., faster, shallower, or less regular)" | "When I am anxious, I feel changes in my stomach (e.g., bloating, rumbling, discomfort)" |  |  | "When I am anxious, I feel changes in my temperature (e.g., feeling warm or cold)"  "When I am anxious, I feel my palms getting sweaty"  "When I am anxious, I feel my mouth becoming dry" | "When I am anxious, I feel like I need to relieve myself" |
| Relaxed | Cognitive: "I always *know* when I am relaxed"  Feeling: "I always *feel in my body* if I am relaxed or not at all"  Embodied - specific: "My body is in a specific state when I am relaxed"  Embodied - different: "Being relaxed corresponds to a very different bodily feeling compared to other states" |  |  |  |  |  |  |  |
| Nociception & Pleasure |  | “I often feel painful sensations coming from my heart” | “I often feel like I have difficulties breathing normally” | "I often feel pain in my stomach" | “My genital organs are very sensitive to pleasant stimulations” | "My skin is very sensitive to painful stimulations (e.g., pinching)"  "My skin is very sensitive to pleasant stimulations (e.g., caressing)" |  | “I often experience a pleasant sensation when relieving myself”  “I often experience painful sensations when relieving myself” |
| Meaning | "When something important is happening, I can feel it in my body" | "When something important is happening, I can feel immediately feel changes in my heart rate" | "When something important is happening, I can feel immediately feel changes in the way I breath" |  |  |  |  |  |
| Exteroception / Information gathering |  | “I only notice my heart when it is thumping in my chest”  “I often try to feel my heart with my hands (e.g., by putting my on my chest)” |  | "I often check the smell of my own breath"  "I often check the smell of my farts"  "I often pay attention to the noises of my stomach" | "I often check the smell of my genital organs" |  | "I often check the smell of my armpits" | "I often check the colour of my urine"  "I often check the colour of my faeces" |
| Sensitivity | “I can easily tell when I am feeling ill (e.g., nauseous or sick)” | "I often notice changes in my heart rate"  "I am very sensitive to changes in my heart rate" | "I often notice changes in the way I breath"  "I am very sensitive to changes in the way I breath" | "I am very sensitive to what my stomach is doing" |  |  |  |  |
| Accuracy | “I can always accurately feel when I am about to cough”  “I can always accurately feel when I am about to sneeze”  “I can always accurately feel when I am about to vomit” | "I can always feel my heart beats"  "I can always feel if my heart rate is slow or fast" | "I can always feel how I am breathing (e.g., fast, slow, deep or shallow)" | “I can always accurately feel when I am about to fart”  “I can always accurately feel when I am about to burp” | "I often feel thirsty even if I drank recently"  “I don’t always feel the need to drink until I am really thirsty” | I can always accurately feel when something is going to be itchy” | "I can always feel when I have fever" | "I often feel the need to urinate even when my bladder is not full.”  "I don't always feel the need to urinate until my bladder is very full." |