

# Body awareness

Please rate your awareness on each of the characteristics described below. Select the answer that most accurately describes you.

During most situations, I am aware of the following...

Goose bumps. \*

Never

1

2

3

4

5

Always

My mouth being dry. \*

Never

1

2

3

4

5

Always

How hard my heart is beating. \*

Never

1

2

3

4

5

Always

Respond all the way to the right. \*

Never

1

2

3

4

5

Always

Stomach and gut pains. \*

Never

1

2

3

4

5

Always

Stomach distension or bloatedness. \*

Never

1

2

3

4

5

Always

Muscle tension in my arms and legs. \*

Never

1

2

3

4

5

Always

A swelling of my body or parts of my body \*

Never ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Always

An urge to swallow. \*

Never ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Always

The hair on the back of my neck 'standing up'. \*

Never ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Always

Tremor in my lips. \*

Never ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Always

How fast I am breathing. \*

Never ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Always

A bloating feeling because of water retention. \*

Never ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Always

Complete