

## 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 something is going to be ticklish \***

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 someone is touching me affectionately rather than non-affectionately \***

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

**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 thirsty \***

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 am going to sneeze \***

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 am in pain \***

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 need to urinate \***

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 I need to defecate \***

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 going to vomit \***

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 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 get a bruise \***

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 am going to pass wind \***

Disagree Strongly  1  2  3  4  5 Strongly Agree

Complete