

1. "When I am sexually aroused, I feel changes in my temperature (e.g., feeling warm or cold)"
2. "When I am sexually aroused, I feel like some areas of my skin become sweaty (e.g., palms, back)"
3. "When I am sexually aroused, I feel my mouth becoming dry"

Sexual Colon Bladder

1. "When I am sexually aroused, I feel like I need to relieve myself (e.g., by urinating)"

2) Anxious

Anxious State

1. "I always know when I am anxious",
2. "I always feel in my body if I am anxious",
3. "My body is in a specific state when I am anxious",
4. "Being anxious corresponds to a very different bodily feeling compared to other states (e.g., feeling sexually aroused, relaxed, or after a physical effort)"

Anxious Cardiac

1. "When I am anxious, I feel changes in the way my heart beats (e.g., faster or stronger)",

Anxious Respiratory

1. "When I am anxious, I feel changes in the way I breathe (e.g., faster, shallower, or less regular)"

Anxious Gastric

1. "When I am anxious, I feel changes in my stomach (e.g., bloating, rumbling, discomfort)"

Anxious Genital

1. "When I am anxious, I notice specific sensations in my genital area (e.g., contracting, dryness)"

Anxious Skin Thermoregulation

1. "When I am anxious, I feel changes in my temperature (e.g., feeling warm or cold)"
2. "When I am anxious, I feel like some areas of my skin become sweaty (e.g., palms, back)"
3. "When I am anxious, I feel my mouth becoming dry"

Anxious Colon Bladder

1. "When I am anxious, I feel like I need to relieve myself (e.g., by urinating)"

3) Nociception

Nociception State:

1. "I always feel in my body if I am ill"
2. "I can easily tell when I am feeling ill (e.g., nauseous or sick)"

Nociception Cardiac

1. "I often feel painful sensations coming from my heart"

Nociception Respiratory

1. "I often feel like I have difficulties breathing normally"

Nociception Gastric

1. "I often feel pain in my stomach"

Nociception Genital

1. "My genital organs are very sensitive to pleasant stimulations"
2. "My genital organs are very sensitive to painful stimulations"

Nociception Skin Thermoregulation

1. "My skin is very sensitive to painful stimulations (e.g., pinching)"
2. "My skin is very sensitive to pleasant stimulations (e.g., caressing)"

Nociception Colon Bladder

1. "I often experience a pleasant sensation when relieving myself (e.g., urinating)"
2. "I often experience painful sensations when relieving myself (e.g., urinating)"

4) Sensitivity

Sensitivity State

1. "I always know when I am relaxed"
2. "I always feel in my body if I am relaxed"
3. "My body is in a specific state when I am relaxed"
4. "Being relaxed corresponds to a very different bodily feeling compared to other states (e.g., feeling anxious, sexually aroused, or after a physical effort)""
5. "When something important is happening, I can feel it in my body"

Sensitivity Cardiac

1. "In general, I am very sensitive to changes in my heart rate"
2. "I often notice changes in my heart rate"
3. "I can notice even very subtle changes in the way my heart beats"
4. "I am always very aware of my heart beats, even when I am calm"
5. "I only notice my heart when it is thumping in my chest"
6. "I often try to feel my heart with my hands (e.g., by putting my hand on my chest)"
7. "When something important is happening, I can feel immediately feel changes in my heart rate"

Sensitivity Respiratory

1. "In general, I am very sensitive to changes in the way I breathe"
2. "I often notice changes in the way I breathe"

3. "I can notice even very subtle changes in the way my heart beats"
4. "I am always very aware of how I am breathing, even when I am calm"
5. "I often only notice how I am breathing when I am breathing very loudly"
6. "When something important is happening, I can feel immediately feel changes in the way I breathe"

Sensitivity Gastric

1. "In general, I am very sensitive to what my stomach is doing"
2. "I can notice even very subtle changes in what my stomach is doing"
3. "I am always very aware of what my stomach is doing, even when I am calm"
4. "I often check the smell of my own breath"
5. "I often check the smell of my farts"
6. "I often pay attention to the noises of my stomach"

Sensitivity Genital

1. "In general, I am very sensitive to changes in my genital organs"
2. "I can notice even very subtle changes in the state of my genital organs"
3. "I am always very aware of the state of my genital organs, even when I am calm"

Sensitivity Skin Thermoregulation

1. "In general, my skin is very sensitive"
2. "I can notice even very subtle stimulations to my skin (e.g., very light touches)"
3. "I can notice even very subtle changes if my skin becomes dry or sweaty"
4. "I am always very aware if my hands and feet are cold or warm"
5. "I often check the smell of my armpits"

Sensitivity Colon Bladder

1. "In general, I am very sensitive to the way I am defecating"
2. "In general, I am very sensitive to the way I am urinating"
3. "I often check the colour of my urine"
4. "I often check the colour of my faeces"

5) Accuracy

Accuracy State

1. "I can always accurately feel when I am about to cough"
2. "I can always accurately feel when I am about to sneeze"
3. "I can always accurately feel when I am about to vomit"
4. "I can always accurately feel when I am starting to be hungry"

5. "I can always accurately feel when I am starting to be thirsty"

Accuracy Cardiac

1. "I can always accurately feel if my heart rate is slow or fast"

Accuracy Respiratory

1. "I can always accurately feel how I am breathing (e.g., fast or slow, deep or shallow)"

Accuracy Gastric

1. "I can always accurately feel when I am about to fart"
2. "I can always accurately feel when I am about to burp"
3. "I often feel thirsty even if I drank recently"
4. "I don't always feel the need to drink until I am really thirsty"
5. "I often feel hungry even if I ate recently"
6. "I don't always feel the need to eat until I am really hungry"

Accuracy Genital

1. "I can always accurately perceive if my genital organs are in a state of arousal (e.g., hard, wet)"

Accuracy Skin Thermoregulation

1. "I can always accurately feel when something is going to be itchy"
2. "I can always accurately feel when I start to have a fever"
3. "When something touches my skin, I can always accurately feel if it's hot or cold"

Accuracy Colon Bladder

1. "I often feel the need to urinate even when my bladder is not full"
2. "I don't always feel the need to urinate until my bladder is very full"
3. "I often feel the need to defecate even when my intestine is not full"
4. "I don't always feel the need to defecate until my intestine is very full"