**H1 - Interoceptive Deficit**

C01 – Urointestinal Inaccuracy

C09 – Cardiorespiratory Confusion

C13 – Cardiorespiratory Noticing

C18 – Olfactory Compensation

C03 – Satiety Noticing

**H2 - Interoceptive Sensitivity**

C04 – Sexual Arousal Awareness

C06 – Sexual Arousal Sensitivity

C15 – Sexual Organs Sensitivity

C08 – Urointestinal Sensitivity

C10 – Relaxation Awareness

C05 – State Specificity

C02 – Expulsion Accuracy

**H3 – Interoceptive Signalling**

 C17 – Cardioception

C14 – Respiroception

C12 – Signalling

C16 – Gastroception

C11 – Dermatoception

C07 – Sexual Arousal Changes