

## About you and your body

Please answer the following questions based on how accurately each statement describes you in general.

I can notice even very subtle changes in the state of my genital organs \*

Disagree



I am always very aware of what my stomach is doing, even when I am calm \*

Disagree



I can notice even very subtle changes in my breathing \*

Disagree



When I am sexually aroused, I often notice specific sensations in my genital area (e.g., tingling, warmth, wetness, stiffness, pulsations) \*

Disagree



I often experience a pleasant sensation when relieving myself when urinating or defecating) \*

Disagree 0 1 2 3 4 5 6 Agree

I always feel in my body if I am relaxed \*

Disagree 0 1 2 3 4 5 6 Agree

I often feel the need to urinate even when my bladder is not full \*

Disagree 0 1 2 3 4 5 6 Agree

I often check the smell of my own breath \*

Disagree 0 1 2 3 4 5 6 Agree

I can always accurately feel when I am about to burp \*

Disagree 0 1 2 3 4 5 6 Agree

I can notice even very subtle changes in the way my heart beats \*

Disagree 0 1 2 3 4 5 6 Agree

During sex or masturbation, I often feel very strong sensations coming from my genital areas \*

Disagree 0 1 2 3 4 5 6 Agree

**In general, I am very sensitive to changes in my heart rate \***

Disagree 0 1 2 3 4 5 6 Agree

**I don't always feel the need to eat until I am really hungry \***

Disagree 0 1 2 3 4 5 6 Agree

**I often check the smell of my farts \***

Disagree 0 1 2 3 4 5 6 Agree

**I often check the smell of my armpits \***

Disagree 0 1 2 3 4 5 6 Agree

**I often feel like I can't get enough oxygen by breathing normally \***

Disagree 0 1 2 3 4 5 6 Agree

**I am always very aware of how I am breathing, even when I am calm \***

Disagree 0 1 2 3 4 5 6 Agree

Sometimes my breathing becomes erratic or shallow and I often don't know why \*

Disagree 0 1 2 3 4 5 6 Agree

I don't always feel the need to drink until I am really thirsty \*

Disagree 0 1 2 3 4 5 6 Agree

I can always accurately feel when I am about to fart \*

Disagree 0 1 2 3 4 5 6 Agree

I can notice even very subtle changes in what my stomach is doing \*

Disagree 0 1 2 3 4 5 6 Agree

In general, I am very sensitive to what my stomach is doing \*

Disagree 0 1 2 3 4 5 6 Agree

Being sexually aroused is a very different bodily feeling compared to other states (e.g., feeling anxious, relaxed, or after physical exercise) \*

Disagree 0 1 2 3 4 5 6 Agree

I often only notice how I am breathing when my breathing becomes shallow or irregular \*

Disagree 0 1 2 3 4 5 6 Agree

In general, I am very sensitive to changes in my breathing \*

Disagree 0 1 2 3 4 5 6 Agree

I always know when I am relaxed \*

Disagree 0 1 2 3 4 5 6 Agree

Being relaxed is a very different bodily feeling compared to other states (e.g., feeling anxious, sexually aroused or after exercise) \*

Disagree 0 1 2 3 4 5 6 Agree

My genital organs are very sensitive to pleasant stimulations \*

Disagree 0 1 2 3 4 5 6 Agree

I only notice my heart when it is thumping in my chest \*

Disagree 0 1 2 3 4 5 6 Agree

**Sometimes I am not sure whether I need to go to the toilet or not (to urinate or defecate) \***

Disagree 0 1 2 3 4 5 6 Agree

**Being anxious is a very different bodily feeling compared to other states (e.g., feeling sexually aroused, relaxed or after exercise) \***

Disagree 0 1 2 3 4 5 6 Agree

**In general, I am very aware of the sensations that are happening when I am urinating \***

Disagree 0 1 2 3 4 5 6 Agree

**I sometimes feel like I need to urinate or defecate but when I go to the bathroom I produce less than I expected \***

Disagree 0 1 2 3 4 5 6 Agree

**I can notice even very subtle stimulations to my skin (e.g., very light touches) \***

Disagree 0 1 2 3 4 5 6 Agree

I can always accurately feel when I am about to sneeze \*

Disagree



I often only notice how I am breathing when it becomes loud \*

Disagree



I can always accurately answer to the extreme left on this question to show that I am reading it \*

Disagree



In general, I am very aware of the sensations that are happening when I am defecating \*

Disagree



I often notice changes in my heart rate \*

Disagree



In general, my skin is very sensitive \*

Disagree



**I am always very aware of the state of my genital organs, even when I am calm \***

Disagree  0  1  2  3  4  5  6 Agree

**Sometimes my heart starts racing and I often don't know why \***

Disagree  0  1  2  3  4  5  6 Agree

**Sometimes I didn't realise I was hungry until I ate something \***

Disagree  0  1  2  3  4  5  6 Agree

**My skin is susceptible to itchy fabrics and materials \***

Disagree  0  1  2  3  4  5  6 Agree

**In general, I am very sensitive to changes in my genital organs \***

Disagree  0  1  2  3  4  5  6 Agree

**My body is always in the same specific state when I am relaxed \***

Disagree  0  1  2  3  4  5  6 Agree

Complete