**Experiment 1**

**QUESTIONING SENSATIONS IN THE BODY AND MIND**

**INSTRUCTIONS**

You will be presented with words that describe different emotions, events and states at a time. Your task is to evaluate how strongly each of these feels in your body and in your mind. Note that you can respond to experiencing the same thing in your body and mind. In addition, you are asked to evaluate how comfortable these feelings and conditions are, how often you experience them, and how much you can influence them. Answering is done by clicking on each scale line at the point that best matches your own rating.

