

INTEROCEPTION ENHANCER

IDENTIFY WITH YOUR BODILY SENSATIONS

INTEROCEPTION

AWARENESS IS KEY

1. Introduction to Interoception

- Definition:** Interoception is the sense that helps you understand and feel what's happening inside your body (e.g., hunger, thirst, heart rate).
- Importance:** Helps in emotional regulation, self-awareness, and response to internal cues.

2. Identifying Bodily Sensations

- List common internal sensations you agree to pay attention to:
 - Heartbeat
 - Breathing
 - Stomach gurgles
 - Muscle tension
 - Feeling of thirst
 - Need to use the restroom
 - Hunger

3. Daily Interoception Log

- Throughout the day, take a moment to sit quietly and notice internal sensations. Use the table below to document your observations.

TIME OF DAY	SENSATION	DESCRIPTION (Intensity, Location, etc.)	POSSIBLE TRIGGER	EMOTION ASSOCIATED
Morning				
Afternoon				
Evening				

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4. Interoception Exercises

Body Scan Meditation

- Find a quiet place, sit or lie down comfortably.
- Close your eyes and take a few deep breaths.
- Start scanning your body from head to toe, bringing awareness to each part.
- Notice any sensations (e.g., tightness, warmth, coolness) without judgment.

Breathing Awareness

- Sit comfortably with your back straight.
- Place one hand on your chest and the other on your abdomen.
- Breathe slowly and notice the movement of your hands as you inhale and exhale.
- Focus on the sensation of air entering and leaving your body.

c. Eating Mindfully

- Choose a meal or snack to eat without distractions.
- Pay attention to your body's hunger signals before eating.
- Notice the texture, taste, and smell of the food.
- Regularly check in with your body to notice feelings of fullness.



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5. Reflection Questions

- How easy or difficult was it to identify internal sensations? Why?"
- Were there any sensations that surprised you?
- How did mindfulness exercises impact your awareness of bodily sensations?
- In what ways can increased interoceptive awareness support your emotional well-being?

6. Goal Setting

- Set a few specific goals to improve interoceptive awareness daily:
 - I will practice a body scan meditation ____ times a week.
 - I will do a breathing awareness exercise every morning for ____ minutes.
 - I will eat at least one meal mindfully every day.

Goals

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CONGRATULATIONS

Well done on completing the Interoception Enhancer Worksheet! Your dedication to enhancing your awareness of internal bodily sensations is a significant step towards greater self-awareness and emotional regulation.

Keep practicing and reflecting on your experiences to continue fostering a deeper connection with your body.

You've taken an important step toward improving your well-being. Keep up the excellent work!



SOBER^{TO}STAY