

Interoception Body Check-In

Build awareness of your body's internal signals — hunger, thirst, pain, emotion — with a structured daily check-in practice.

Name: _____ Date: _____ Clinician: _____

What is interoception? Interoception is the sense that tells us what is happening inside our body — hunger, thirst, pain, temperature, heartbeat, bladder fullness. Many neurodivergent individuals have differences in interoceptive awareness, which can make it difficult to notice and respond to basic body needs.

MY INTEROCEPTIVE AWARENESS PROFILE

	Never	Rarely	Sometimes	Often	Always
I often do not notice hunger until I am extremely hungry or feel unwell			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I struggle to notice thirst — I forget to drink water			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often miss or ignore the urge to use the bathroom until urgent			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I do not notice pain as quickly as others seem to			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am not sure how to describe what an emotion feels like in my body			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often cannot tell if I am tired until I am completely exhausted			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Temperature changes are difficult for me to detect or regulate			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY BODY CHECK-IN PRACTICE

Use this section as a structured body scan. Rate each sensation from 0 (not present) to 5 (strongly present):

Hunger	When did I last eat?	0 1 2 3 4 5	_____
Thirst	When did I last drink water?	0 1 2 3 4 5	_____
Bladder/bowel	Do I need to use the bathroom?	0 1 2 3 4 5	_____
Pain or discomfort	Where in my body?	0 1 2 3 4 5	_____
Tension	Where am I holding tension?	0 1 2 3 4 5	_____
Fatigue	How rested do I feel?	0 1 2 3 4 5	_____

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Temperature Am I too warm or cold? 0 1 2 3 4 5 _____

Emotion in body What am I feeling right now? 0 1 2 3 4 5 _____

REFLECTION & INTEGRATION

Body cues I most commonly miss or ignore:

Strategies that help me tune into my body (e.g. alarms, check-in apps, structured mealtimes):

One body need I will commit to attending to more consistently:
