



Interoception

Hypo-responsive

- Low pain tolerance
- Poor or low response to interoceptive stimuli
- Doesn't know when to go to the bathroom
- Never says they are hungry or thirsty
- Does not drink or eat enough
- Difficult to toilet train
- Never complains of being cold or hot (always wears shorts in the winter or pants in the summer)
- Never complains of sickness
- Difficulty falling asleep
- Unable to identify feelings of stress
- Unable to identify specific feelings and appropriate responses

Hyper-responsive

- High pain tolerance
- Distracted and overwhelmed by feelings of stress
- Distracted or overly sensitive to sensations of stomach digestion
- Distracted or overly sensitive to sensation of heart beat
- Always hungry or thirsty
- Eat more and more often to avoid feelings of hunger
- Unable to sense the feeling of being full; overeats or overdrinks
- Overwhelmed by feelings of sadness, anger, happiness, etc. and unable to respond appropriately
- Use the bathroom more often than necessary to avoid feelings of a full bladder or bowel
- Distracted by changes in body temperature
- Distracted and overly sensitive to sweating
- Overly sensitive to feeling ticklish or itchy