

# My Body-Signal Map

A fillable interoception worksheet

Use this worksheet to learn one body signal at a time.

## 1 Pick One Signal

Choose something you want to notice earlier, such as energy, tension, comfort, overload, temperature, movement needs, or another body cue.

**The signal I want to learn:**

## 2 Map the Pattern

**What are my earliest clues?**

**What happens when the signal becomes strong?**

**Is this signal usually quiet, intense, or hard to identify?**

**When is it easiest for me to notice?**

**When am I most likely to miss or override it?**

# My Body-Signal Map

Notice → consider → respond

## 3 Three Questions

What do I notice?

What might I need?

What is one small thing I can do?

## 4 Add External Support

What could help me notice or respond earlier? Check any that fit.

- |                                                  |                                                  |
|--------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> a reminder              | <input type="checkbox"/> a scheduled pause       |
| <input type="checkbox"/> a visual cue            | <input type="checkbox"/> a change in environment |
| <input type="checkbox"/> movement                | <input type="checkbox"/> less sensory input      |
| <input type="checkbox"/> asking someone for help | <input type="checkbox"/> making the task easier  |

## 5 My Plan

The signal I want to learn:

My early clue:

My strong-signal clue:

What usually gets in the way:

The support I will try:

The response I want to practice:

The point is not to notice everything or tolerate more discomfort. It is to learn what your body is telling you and make it easier to respond in a way that fits you.

# Practice Option

Create a small signal on purpose

If a body signal is hard to notice in everyday life, it can sometimes be easier to learn by creating a small, safe change and noticing what happens.

## Examples

- press your feet into the floor for 20–30 seconds, then release
- gently tense and relax your hands or shoulders
- stand up and walk for a minute, then notice breathing, warmth, or pulse
- hold a cool or warm object and notice where the temperature change is easiest to detect

## Ask

What changed?

Where did I notice it?

Was it obvious, subtle, delayed, or unclear?

Did I notice it differently the second time?

This is an experiment, not a test. There is no required sensation to notice. The useful information may be that a signal is easy to detect, hard to detect, arrives late, or changes depending on attention.

## Related practice worksheet:

[Interoception Experiments for ADHD Women: Create a Small Change and Notice What Happens](#)