Listening *inward.*

A neurodivergent guide to the messages your body sends — and gentle ways to get better at hearing them.

WHAT IS INTEROCEPTION?

The sense of what's happening *inside* your body.

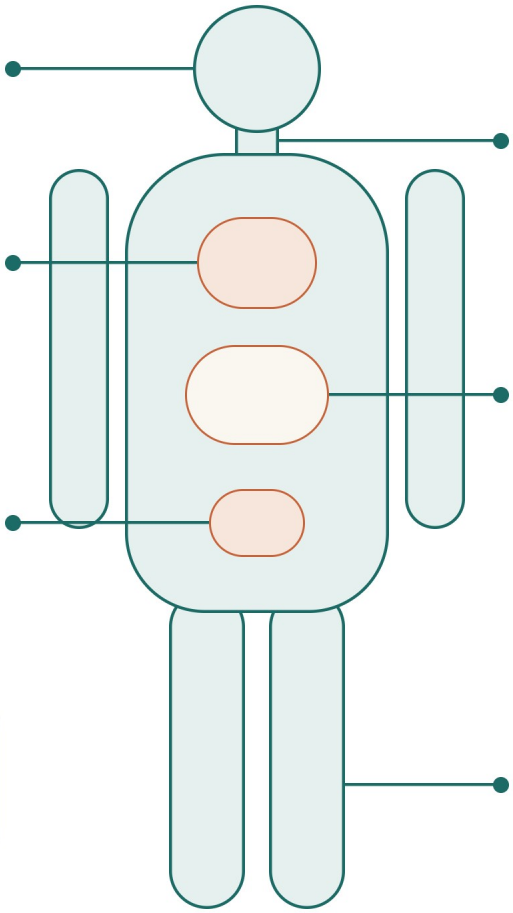
It's how you know you're hungry, thirsty, tired, too warm or anxious. Many ND people describe these signals as working a little differently — and that's a difference, not a failure.

Too quiet	You don't notice hunger until you're shaky.
Too loud	A heartbeat or itch can feel overwhelming.
Hard to decode	You feel *something* but can't name it.

BODY SIGNAL MAP

Where signals show up

Everyone's map is a little different. These are common starting points, not rules.



HEAD

Tiredness

Heavy eyes, foggy thoughts, words slipping away.

CHEST

Anxiety

Racing heart, tight chest, quick shallow breaths. Sometimes it's excitement instead.

BLADDER

Needing the bathroom

Pressure low in the belly — or just restlessness and wriggling you can't explain.

MOUTH & THROAT

Thirst

Dry mouth, a dull headache, feeling flat or sluggish.

STOMACH

Hunger

Growling or emptiness — or shakiness and a short fuse that shows up first.

SKIN & MUSCLES

Temperature

Shivers, goosebumps, sweaty palms, tense shoulders, a flushed face.

Worth knowing: one feeling can have many causes. That's why checking in helps.

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SIGNAL DECODER

When a feeling is hard to read

I NOTICE…	IT MIGHT BE…	TRY…
Snappy, short fuse, can't focus	Hunger, thirst, or sensory overload	A snack and water first, then a quieter spot
Headache, dull and heavy	Thirst, screen strain, or tiredness	A full glass of water and ten minutes away from screens
Fidgety, can't sit still	Needing the bathroom, or needing to move	A bathroom trip, then a short walk or stretch
Fast heartbeat, fluttery tummy	Anxiety, excitement, or too much caffeine	Slow breaths out; ask "what just changed?"
Flat, blank, nothing registers	Deep tiredness or a shutdown on the way	Rest and cut input — meet the basics on a schedule

BODY CHECK-IN ROUTINE

Don't wait for the signal

If signals are quiet, a clock can do the noticing for you.

1

Set a reminder

An alarm or watch buzz every few hours.

2

Scan head to toe

Pause for a breath at each part of the map.

3

Name one sensation

"Tight shoulders." "Dry mouth." Plain words are fine.

4

Name one need

Use the decoder above for a best guess.

5

Meet it

Drink, eat, rest, move, or layer up — now, not later.

YOUR TURN

Today's check-in log

A word, a tick, or a question mark all count.

	Hungry?	Thirsty?	Tired?	Feeling?
Morning				
Midday				
Evening				