Instructions:

Click on the following article and answer the following questions in 2-3 pages (double-spaced).


1. What is interoception?

2. Why is interoception thought to be important for well-being?

3. What is the difference between interoceptive attention tendency and interoceptive accuracy?

4. What is the difference between active and passive inference?

5. How do you most often respond to body sensations- with active or passive inference? Do you think you are biased in how your respond?

6. Describe one future direction proposed by the author.

Once complete, email the assignment to the Undergraduate Assistant at psyched.utm@utoronto.ca

You MUST use your 'utoronto' email account.

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