

# Substitute Assignment

## FARB Lab

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### Instructions:

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

[Farb, N., Daubenmier, J., Price, C. J., Gard, T., Kerr, C., Dunn, B. D., ... & Mehling, W. E. \(2015\). Interoception, contemplative practice, and health. \*Frontiers in psychology\*, 6.](#)

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 you respond?
6. Describe one future direction proposed by the author.

Once complete, email the assignment to the Undergraduate Assistant at [psyched.utm@utoronto.ca](mailto:psyched.utm@utoronto.ca)

You **MUST** use your 'utoronto' email account.

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**Plagiarism will not be tolerated.**

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