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 utmpsyh.utm@utoronto.ca

You MUST use your 'utoronto' email account.

*From the Code of Behaviour on Academic Matters:* “It shall be an offence for a student to knowingly: represent as one's own any idea or expression of an idea or work of another in any academic examination or term test or in connection with any other form of academic work, i.e. to commit plagiarism. Wherever in the Code an offence is described as depending on "knowing", the offence shall likewise be deemed to have been committed if the person ought reasonably to have known.” All students must refer to this website to obtain information on what constitutes plagiarism. [http://www.writing.utoronto.ca/advice/using-sources/how-not-to-plagiarize](http://www.writing.utoronto.ca/advice/using-sources/how-not-to-plagiarize).

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